

# **Cookbook for GLEN LAKE COMMUNITY SCHOOL**

**Created by HPS Menu Planner**

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# Blueberry Muffin

<b>Servings:</b>	42.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6113

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Cup	melted	299405
YOGURT GRK PLN FF PRO 2-6 OIKOS	1 Cup		673231
EGG SHL LRG A GRD PAST 6-30CT GFS	9 Each		265454
FLAVORING VANILLA IMIT 1-QT KE	2 Tablespoon		110736
BAKING POWDER DBL ACTING 5#	1 3/4 Tablespoon		138201
FLOUR ULTRAGRAIN 50 HLCHC	8 Cup		515002
1 % White Milk	1 Pint		
BLUEBERRIES FZ CULTIVATE IQF 30 COMM	8 Cup		765270
Kosher Salt	1 Teaspoon		31708

## Preparation Instructions

Preheat oven to 350 degrees, no fan.

- 1, Add the melted butter, Greek yogurt, eggs, and vanilla to the mixing bowl and mix well.
2. In a large bowl, whisk together the flour, baking powder and salt.
3. Add 1/4 of the flour mixture to the butter mixture and mix to just combine. Add 1/3 of the milk and mix until just combined.
4. Continue alternating flour mixture and milk until all mixed.
5. Remove mixer and paddle, and stir in blueberries until well dispersed in the batter.
6. Line muffin pans with paper liners, and scoop a level #12 (green) scoop into each well.
7. Bake at 350 degrees for 15 minutes, rotate pans, and bake for an additional 8-10 minutes until golden brown and a toothpick comes clean when testing.
8. Remove from pans, cool and serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.43
<b>Grain</b>	0.05

<b>Fruit</b>	0.21
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.12
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 42.00  
Serving Size: 1.00

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**Amount Per Serving**

<b>Calories</b>	153.39
<b>Fat</b>	5.78g
<b>SaturatedFat</b>	3.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.90mg
<b>Sodium</b>	84.08mg
<b>Carbohydrates</b>	21.05g
<b>Fiber</b>	2.74g
<b>Sugar</b>	2.38g
<b>Protein</b>	4.97g

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<b>Vitamin A</b>	43.10IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	37.90mg	<b>Iron</b>	1.21mg

# Morning Glory Muffin

<b>Servings:</b>	48.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6771

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD 10-30CT GCHC	12 Each		505412
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 3/10 Cup		732900
YOGURT GRK PLN FF 6-32Z OIKOS	1 3/10 Cup		147481
SUGAR CANE GRANUL 25 GFS	4 Cup		108642
CARROT SHRD MED 2-5 RSS	8 Cup		313408
APPLE DELIC GLDN 125-138CT MRKN	4 Each	grated	597481
FLOUR ULTRAGRAIN 50 HLCHC	4 Cup		515002
OATS OLD FASHIONED 12-42Z QUAK	4 Cup	ground into a flour in Robocoupe	304096
BAKING SODA 36Z GFS	2 Tablespoon		513849
SPICE CINNAMON GRND 5 TRDE	3 Tablespoon		224731
SALT KOSHER COARSE 12-3 MRTN	2 Teaspoon		153550
COCONUT FANCY SHRD 5-2 GFS	2 Cup		265829
CRAISINS SWTND DRD CRANBERRIES 1-25	2 Cup		897420

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Mix the eggs, oil, yogurt and sugar in the mixer until well blended.
3. Mix in the shredded carrot and apple.
4. In a large bowl, whisk together the flour, oat flour, soda, salt and cinnamon and add to the wet mixture. DO NOT OVERMIX!
5. Stir in the raisins and the coconut.
6. Line muffin tins with papers, and using a #12 scoop (green) proceed to fill the muffin cups.
7. Bake at 350 for 15 minutes, then rotate tins and bake for 8-10 minutes or until a tester comes out clean.

8. Cool and enjoy!

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.21
<b>Fruit</b>	0.03
<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: 48.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	200.55		
<b>Fat</b>	7.80g		
<b>SaturatedFat</b>	1.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	29.22mg		
<b>Sodium</b>	257.55mg		
<b>Carbohydrates</b>	31.31g		
<b>Fiber</b>	2.68g		
<b>Sugar</b>	18.21g		
<b>Protein</b>	3.26g		
<b>Vitamin A</b>	3176.13IU	<b>Vitamin C</b>	1.65mg
<b>Calcium</b>	16.70mg	<b>Iron</b>	0.81mg



# Jelly Doughnut Muffin

<b>Servings:</b>	56.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6772

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 1/3 Cup	melted	299405
YOGURT GRK PLN FF PRO 2-6 OIKOS	1 1/3 Cup		673231
EGG SHL LRG A GRD 10-30CT GCHC	9 Each		505412
SUGAR CANE GRANUL 25 GFS	2 Cup		108642
SUGAR BROWN LT 12-2 P/L	1 1/3 Cup		860311
FLOUR ULTRAGRAIN 50 HLCHC	10 1/3 Cup		515002
BAKING SODA 6-5 CLABBER GIRL	1 Teaspoon		626531
BAKING POWDER DBL ACTING 5#	2 Tablespoon		138201
SPICE CINNAMON GRND 5 TRDE	1 1/2 Tablespoon		224731
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Teaspoon		224944
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550
FLAVORING VANILLA IMIT 1-QT KE	1 1/3 Tablespoon		110736
MILK WHT 1 4-1GAL RGNLBRND	1 Quart		817801
JELLY APPLE-GRAPE 6-10 GFS	2 Cup		100927

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Place melted butter, yogurt, eggs, both sugars and vanilla in the mixer bowl and blend well.
3. Place all of the dry ingredients in a large bowl and whisk to combine.
4. Alternate adding flour mixture and milk to the wet mixture, finishing with the flour. DO NOT OVERMIX>
5. Line muffin tins with papers, and using a #12 scoop (green) fill all of the prepared cups with a level scoop.
6. Bake for 12 minutes, then rotate pans and bake for another 5 minutes or so until they are golden brown and pass the toothpick test.

7. Remove from pans and let cool for 10-15 minutes.
- 8 While the muffins cool, whisk the grape jelly until it is less solid, and fill a disposable pastry bag with a bismark tip.
9. Pipe about a teaspoon of jelly into the middle of the muffin.
10. Lightly top with sifted powdered sugar and serve.

### 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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	223.39		
<b>Fat</b>	5.66g		
<b>SaturatedFat</b>	3.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.13mg		
<b>Sodium</b>	199.91mg		
<b>Carbohydrates</b>	38.91g		
<b>Fiber</b>	1.55g		
<b>Sugar</b>	21.48g		
<b>Protein</b>	5.68g		
<b>Vitamin A</b>	112.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	104.22mg	<b>Iron</b>	1.08mg

# Maple Glazed Muffin

<b>Servings:</b>	42.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 1 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6873

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	8 3/4 Cup		515002
SUGAR BROWN LT 12-2 P/L	1 2/3 Cup		860311
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 1/4 Cup		732900
YOGURT GRK PLN FF PRO 2-6 OIKOS	2 1/2 Cup		673231
MILK WHT 1 4-1GAL RGNLBRND	2 1/2 Cup		817801
EGG SHL LRG A GRD 10-30CT GCHC	11 Each		505412
FLAVORING MAPLE IMIT 1-QT KE	2 Tablespoon		110779
SUGAR BROWN LT 12-2 GFS	1 1/4 Cup	use for filling	314641
SPICE CINNAMON GRND 5 TRDE	5 Teaspoon	use for filling	224731
SUGAR POWDERED 6X 25 GFS	1 Cup	Use for glaze.	108693

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Mix together all of the wet ingredients in the mixer until well blended.
3. In a large bowl, whisk all of the dry muffin ingredients together.
4. In a small bowl, whisk the filling ingredients together and put aside.
5. Add the flour mixture to the wet ingredients and mix until just blended. DO NOT OVERMIX.
6. Line the muffin tins with papers, and scoop 1 level #30 scoop into each paper.
7. Sprinkle about 1.5 teaspoon of filling on top of each muffin, then top the filling with another #30 scoop of batter.
8. Bake for 15 minutes, then rotate the pans and bake an additional 5-7 minutes until golden brown.
9. While the muffins bake, sift 1 cup of powdered sugar into a small bowl, add 1 tsp. of maple flavoring and enough milk to create a glaze. Scrape into a squirt bottle for service.
10. When muffins are done, remove to cool.
11. Right before service, add a swirl of the glaze on top of the muffin and enjoy.

## 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
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 1 each

<b>Amount Per Serving</b>			
<b>Calories</b>	250.03		
<b>Fat</b>	8.40g		
<b>SaturatedFat</b>	1.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.23mg		
<b>Sodium</b>	39.94mg		
<b>Carbohydrates</b>	38.92g		
<b>Fiber</b>	1.76g		
<b>Sugar</b>	20.21g		
<b>Protein</b>	6.91g		
<b>Vitamin A</b>	93.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	89.20mg	<b>Iron</b>	1.28mg

# Fresh Ginger Muffin

<b>Servings:</b>	36.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6874

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GINGER FRSH 5 P/L	3/7 Cup	peeled and grated	552321
SUGAR CANE GRANUL 25 GFS	2 4/7 Cup	1/2 cup for the ginger syrup, 2.25 cups sugar for the batter	108642
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	3/7 Cup	melted	299405
YOGURT GRK PLN FF PRO 2-6 OIKOS	1 5/7 Cup		673231
EGG SHL LRG A GRD 10-30CT GCHC	6 Each		505412
BUTTERMILK 1 4-1QT RGNLBRND	2 4/7 Cup		245621
FLOUR ULTRAGRAIN 50 HLCHC	5 1/7 Cup		515002
SALT KOSHER COARSE 12-3 MRTN	1 2/7 Teaspoon		153550
BAKING SODA 6-5 CLABBER GIRL	1 5/7 Teaspoon		626531

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan
2. Place the grated ginger in a small saute pan with 1/2 cup sugar, and cook until the sugar is melted, just a couple minutes. Let cool.
3. Add all the wet ingredients to mixer and blend well.
4. Add the dry ingredients to a large bowl and whisk until well blended.
5. Add dry to wet and mix just until the batter comes together.
6. Line muffin tins with papers, and using a #12 scoop (green) fill all of the muffin papers.
7. Sprinkle each muffin with sanding sugar.
8. Bake 10 minutes and rotate. Bake another 5 minutes or until done.
9. Cool and serve.

### 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>	0.00
<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: 36.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	152.07
<b>Fat</b>	3.11g
<b>SaturatedFat</b>	1.69g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.49mg
<b>Sodium</b>	120.39mg
<b>Carbohydrates</b>	27.96g
<b>Fiber</b>	1.22g
<b>Sugar</b>	15.06g
<b>Protein</b>	4.52g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.06mg
<b>Calcium</b>	47.90mg	<b>Iron</b>	0.82mg

# Apple Cider Muffin

<b>Servings:</b>	45.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6875

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	9 Cup		515002
BAKING POWDER 6-5 CLABBER GIRL	1 1/2 Tablespoon		361032
BAKING SODA 6-5 CLABBER GIRL	2 Teaspoon		626531
SALT KOSHER COARSE 12-3 MRTN	1 Teaspoon		153550
SPICE CINNAMON GRND 5 TRDE	4 1/2 Teaspoon		224731
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Teaspoon		224944
Prairie Farms 100% Apple Juice	4 1/2 Cup		2077
EGG SHL LRG A GRD 10-30CT GCHC	7 Each		505412
EXTRACT VANILLA PURE 1-PT GFS	1 Tablespoon		513873

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Place wet ingredients in the mixer bowl and blend well.
3. Place all of the dry ingredients in a large bowl and whisk to combine.
4. Alternate adding flour mixture and milk to the wet mixture, finishing with the flour. DO NOT OVERMIX>
5. Line muffin tins with papers, and using a #12 scoop (green) fill all of the prepared cups with a level scoop.
6. Bake for 12 minutes, then rotate pans and bake for another 5 minutes or so until they are golden brown and pass the toothpick test.
7. Let cool for a bit, then dip the muffin top in melted butter and immediately roll in sugar/cinnamon mixture.

### 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
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 45.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
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<b>Calories</b>	92.32		
<b>Fat</b>	0.93g		
<b>SaturatedFat</b>	0.22g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	18.15mg		
<b>Sodium</b>	110.25mg		
<b>Carbohydrates</b>	18.04g		
<b>Fiber</b>	1.68g		
<b>Sugar</b>	0.44g		
<b>Protein</b>	3.66g		
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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.63mg
<b>Calcium</b>	24.02mg	<b>Iron</b>	1.15mg
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# Cherry Muffin

<b>Servings:</b>	42.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6877

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Cup	melted	299405
YOGURT GRK PLN FF PRO 2-6 OIKOS	1 Cup		673231
EGG SHL LRG A GRD PAST 6-30CT GFS	9 Each		265454
EXTRACT ALMOND IMIT 1-QT KE	2 Tablespoon		159727
BAKING POWDER DBL ACTING 5#	1 3/4 Tablespoon		138201
FLOUR ULTRAGRAIN 50 HLCHC	8 Cup		515002
Kosher Salt	1 Teaspoon	BAKE	31708
1 % White Milk	1 Pint		
CHERRY RED PITTED TART IQF 4-5 GFS	8 Cup	semi-thawed in the oven, then coarsely chopped	139955

## Preparation Instructions

Preheat oven to 350 degrees, no fan.

- 1, Add the melted butter, Greek yogurt, eggs, and almond extract to the mixing bowl and mix well.
2. In a large bowl, whisk together the flour, baking powder and salt.
3. Add 1/4 of the flour mixture to the butter mixture and mix to just combine. Add 1/3 of the milk and mix until just combined.
4. Continue alternating flour mixture and milk until all mixed.
5. Remove mixer and paddle, and stir in cherries until well dispersed in the batter.
6. Line muffin pans with paper liners, and scoop a level #12 (green) scoop into each well.
7. Bake at 350 degrees for 15 minutes, rotate pans, and bake for an additional 8-10 minutes until golden brown and a toothpick comes clean when testing.
8. Remove from pans, cool and serve.

## SLE Components

### Amount Per Serving

<b>Meat</b>	0.43
<b>Grain</b>	0.05
<b>Fruit</b>	0.02
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.12
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>	155.37		
<b>Fat</b>	5.78g		
<b>SaturatedFat</b>	3.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	56.90mg		
<b>Sodium</b>	82.98mg		
<b>Carbohydrates</b>	20.86g		
<b>Fiber</b>	1.98g		
<b>Sugar</b>	3.52g		
<b>Protein</b>	5.16g		
<b>Vitamin A</b>	185.95IU	<b>Vitamin C</b>	0.50mg
<b>Calcium</b>	41.71mg	<b>Iron</b>	1.41mg

# Banana Blueberry Muffin

<b>Servings:</b>	56.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7152

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA 13-3# P/L	18 Each		644482
SUGAR CANE GRANUL 25 GFS	4 1/2 Cup		108642
EGG SHL LRG A GRD 10-30CT GCHC	7 Each		505412
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Cup	melted	299405
YOGURT GRK PLN FF PRO 2-6 OIKOS	1 1/6 Cup		673231
BLUEBERRIES FZ CULTIVATE IQF 30 COMM	6 Cup		765270
FLOUR ULTRAGRAIN 50 HLCHC	9 Cup		515002
BAKING POWDER DBL ACTION 6-5 RDSTR	1 1/2 Tablespoon		683700
BAKING SODA 6-5 CLABBER GIRL	1 1/2 Tablespoon		626531
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Mix together all of the wet ingredients in the mixer until well blended.
3. In a large bowl, whisk all of the dry muffin ingredients together.
4. In a small bowl, whisk the filling ingredients together and put aside.
5. Add the flour mixture to the wet ingredients and mix until just blended. DO NOT OVERMIX. Fold in blueberries.
6. Line the muffin tins with papers, and scoop 1 level #12 scoop into each paper

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.43
<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: 56.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	204.28
<b>Fat</b>	4.02g
<b>SaturatedFat</b>	2.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	23.26mg
<b>Sodium</b>	236.37mg
<b>Carbohydrates</b>	40.88g
<b>Fiber</b>	2.99g
<b>Sugar</b>	21.19g
<b>Protein</b>	3.82g

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<b>Vitamin A</b>	24.27IU	<b>Vitamin C</b>	3.30mg
<b>Calcium</b>	14.91mg	<b>Iron</b>	0.99mg

# Cocoa Oatmeal Muffin

<b>Servings:</b>	47.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7212

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	6 1/4 Cup		515002
SUGAR CANE GRANUL 25 GFS	2 1/2 Cup		108642
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
OATS OLD FASHIONED 12-42Z QUAK	4 Cup		304096
COCOA PWD BAKING 6-5 GFS	1 2/3 Cup		269654
BAKING POWDER DBL ACTION 6-5 RDSTR	3 Tablespoon		683700
SALT KOSHER COARSE 12-3 MRTN	1 1/2 Teaspoon		153550
EGG SHL LRG A GRD 10-30CT GCHC	11 Each		505412
MILK WHT 1 4-1GAL RGNLBRND	1 Quart		817801
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Cup	melted	299405
YOGURT GRK PLN FF PRO 2-6 OIKOS	1 1/2 Cup		673231
FLAVORING VANILLA IMIT 1-QT KE	2 Tablespoon		110736
CHOC CHIPS SMISWT MINI 4000/4-4 GFS	2 Cup		283630

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Add all of the wet ingredients to the mixer and combine well.
3. In a large bowl, combine all of the dry ingredients except the chips.
4. Gently mix the dry ingredients into the wet. DO NOT OVERMIX.
5. Stir in chocolate mini chips.
6. Line muffin tins with papers. Using a #12 scoop (green) fill all of the muffin tins.
7. Bake for 15 minutes then rotate.
8. Bake an additional 5-8 minutes until the muffins test as done.
9. Remove from the oven, then the pan, and serve.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.21
<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: 47.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	286.74		
<b>Fat</b>	8.94g		
<b>SaturatedFat</b>	4.43g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	41.08mg		
<b>Sodium</b>	390.56mg		
<b>Carbohydrates</b>	48.95g		
<b>Fiber</b>	3.62g		
<b>Sugar</b>	28.96g		
<b>Protein</b>	7.75g		
<b>Vitamin A</b>	133.45IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	112.09mg	<b>Iron</b>	2.96mg

# Salted Caramel Muffins

<b>Servings:</b>	56.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7222

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	3/4 Cup	melted	299405
YOGURT GRK PLN FF PRO 2-6 OIKOS	3/4 Cup		673231
BUTTERMILK 1 4-1QT RGNLBRND	6 Cup		245621
EGG SHL LRG A GRD 10-30CT GCHC	7 Each		505412
FLAVORING VANILLA IMIT 1-QT KE	6 Tablespoon		110736
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
FLOUR ULTRAGRAIN 50 HLCHC	12 3/4 Cup		515002
BAKING SODA 6-5 CLABBER GIRL	1 1/2 Tablespoon		626531
SPICE CINNAMON GRND 5 TRDE	2 Tablespoon		224731
CARAMEL DIP L/F CUP 200-1Z LTHSE	8 Each	open, slightly warm, and place in squeeze bottle	450430
Kosher Salt	2 Teaspoon	1 teaspoon for the batter. Use sea salt, and sprinkle each glazed muffin lightly,	31708

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Mix all of the wet ingredients (except the caramel) in the mixer and blend well.
3. Mix all of the dry ingredients (use only one tsp. of the salt) in a large bowl with a whisk.
4. Combine the wet and dry and mix until just blended.
5. Line muffin tin with papers, and scoop (#12, green) level scoops into each tin.
6. Bake for 15 minutes, the rotate. Be cautious about over-browning. Bake an additional 5-8 minutes until they test as done.

7. Remove muffins from the tins, cool slightly.
8. Drizzle each muffin with caramel sauce, then sprinkle with a few grains of sea salt.
9. Enjoy!

## 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
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	240.77		
<b>Fat</b>	3.53g		
<b>SaturatedFat</b>	1.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.69mg		
<b>Sodium</b>	70.91mg		
<b>Carbohydrates</b>	48.33g		
<b>Fiber</b>	1.91g		
<b>Sugar</b>	27.41g		
<b>Protein</b>	5.42g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	79.17mg	<b>Iron</b>	1.40mg



# Zucchini Chocolate Chip Muffin

<b>Servings:</b>	47.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7223

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD 10-30CT GCHC	5 Each		505412
ZUCCHINI 10 MRKN	6 1/4 Cup	shredded	130561
BUTTERMILK 1 4-1QT RGNLBRND	6 1/4 Cup		245621
HONEY CLOVER 4-6 GCHC	1/2 Cup		225614
FLAVORING VANILLA IMIT 1-QT KE	2 Tablespoon		110736
SYRUP PANCK CUP 200-1.5Z GFS	1/2 Cup		160090
SUGAR CANE GRANUL 25 GFS	2 1/2 Cup		108642
FLOUR ULTRAGRAIN 50 HLCHC	10 Cup		515002
COCOA PWD BAKING 6-5 GFS	1 2/3 Cup	sift after measuring	269654
BAKING POWDER DBL ACTION 6-5 RDSTR	3 1/2 Tablespoon		683700
BAKING SODA 6-5 CLABBER GIRL	1 Tablespoon		626531
Kosher Salt	2 1/2 Teaspoon		31708
CHOC CHIPS SMISWT MINI 4000/4-4 GFS	1 2/3 Cup		283630

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Mix wet ingredients and sugar until well blended.
3. In a large bowl, whisk together all dry ingredients (except chips) until combined.
4. Add to mixer with wet ingredients, and mix until just combined.
5. Stir in chocolate chips.
6. Line muffin pans with papers, and fill cups with a #12 scoop (green).
7. Bake for 15 minutes, then rotate. Bake an addition 5-8 minutes until done.
8. lightly sift powdered sugar/cocoa mixture on top if desired.

## 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
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	206.39		
<b>Fat</b>	3.71g		
<b>SaturatedFat</b>	1.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	14.41mg		
<b>Sodium</b>	394.20mg		
<b>Carbohydrates</b>	42.37g		
<b>Fiber</b>	3.51g		
<b>Sugar</b>	19.42g		
<b>Protein</b>	6.04g		
<b>Vitamin A</b>	2.63IU	<b>Vitamin C</b>	0.24mg
<b>Calcium</b>	64.64mg	<b>Iron</b>	2.85mg

# Cinnamon Sugar Muffin

<b>Servings:</b>	48.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7556

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Cup	melted	299405
YOGURT GRK PLN FF PRO 2-6 OIKOS	2 Cup		673231
SUGAR CANE GRANUL 25 GFS	3 1/2 Cup		108642
EGG SHL LRG A GRD 10-30CT GCHC	9 Ounce		505412
FLOUR ULTRAGRAIN 50 HLCHC	10 Cup		515002
BAKING POWDER DBL ACTION 6-5 RDSTR	3 Tablespoon		683700
BAKING SODA 6-5 CLABBER GIRL	1 Teaspoon		626531
Kosher Salt	1 Tablespoon	BAKE	31708
SPICE NUTMEG GRND 16Z TRDE	2 Teaspoon		224944
BUTTERMILK 1 4-1QT RGNLBRND	1 Quart		245621

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Mix the wet ingredients plus the sugar in the mixer until well blended.
3. In a large bowl, whisk dry ingredients together.
4. Add dry to the wet and mix together until just blended. DO NOT OVERMIX!
5. Line muffin tins with papers.
6. Using a #12 scoop (green) scoop all of the muffins.
7. Bake for 15 minutes, then rotate and bake for 5-8 more minutes until done.
8. Remove from the oven and the tins.
9. Melt 1/4 # butter in a stainless bowl.
10. Mix 1 cup sugar with 1 tbsp cinnamon in another bowl.
11. Lightly dip the muffin tops in butter, then the sugar cinnamon mixture.
12. Enjoy!

## 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
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		197.29	
<b>Fat</b>		4.92g	
<b>SaturatedFat</b>		2.75g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		33.33mg	
<b>Sodium</b>		327.51mg	
<b>Carbohydrates</b>		34.65g	
<b>Fiber</b>		1.75g	
<b>Sugar</b>		15.46g	
<b>Protein</b>		5.57g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	53.94mg	<b>Iron</b>	1.16mg

# Sweet Potato Muffin

<b>Servings:</b>	56.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7565

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD 10-30CT GCHC	15 Each		505412
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 1/2 Cup		732900
YOGURT GRK PLN FF PRO 2-6 OIKOS	3 1/2 Cup		673231
POTATO SWEET 70CT 1-40	5 Cup	mashed	881060
SUGAR BROWN LT 12-2 P/L	5 Cup		860311
EXTRACT VANILLA PURE 1-PT GFS	2 Tablespoon		513873
SALT KOSHER COARSE 12-3 MRTN	1 1/2 Teaspoon		153550
SPICE CINNAMON GRND 5 TRDE	2 Tablespoon	scant	224731
BAKING POWDER DBL ACTION 6-5 RDSTR	3 Tablespoon		683700
BAKING SODA 6-5 CLABBER GIRL	1 1/2 Teaspoon		626531
SPICE NUTMEG GRND 16Z TRDE	1 Teaspoon		224944
FLOUR ULTRAGRAIN 50 HLCHC	7 1/2 Cup		515002

## Preparation Instructions

1. Preheat oven to 350 degrees no fan.
2. Mix all of the wet ingredients plus brown sugar in the mixer until well blended.
3. In a large bowl, whisk all dry ingredients together.
4. Add the dry to the wet, and mix until just combined.
5. Line muffin tins with papers.
6. Using a #12 scoop (green) fill all of the papers with a level scoop of batter.
7. Sprinkle with sanding sugar.
8. Bake for 15 minutes, then rotate pans. Bake for an additional 5-8 minutes until done.
9. Enjoy!

## 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
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	206.17
<b>Fat</b>	7.10g
<b>SaturatedFat</b>	0.72g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.56mg
<b>Sodium</b>	317.99mg
<b>Carbohydrates</b>	33.04g
<b>Fiber</b>	1.13g
<b>Sugar</b>	20.47g
<b>Protein</b>	4.42g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.16mg	<b>Iron</b> 0.96mg

# Sky High Apple Pie Muffin

<b>Servings:</b>	47.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7646

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	9 Cup		515002
SPICE CINNAMON GRND 5 TRDE	1 1/2 Tablespoon		224731
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Teaspoon		224944
MILK WHT 1 4-1GAL RGNLBRND	3 Cup		817801
SUGAR BROWN LT 12-2 GFS	1 1/2 Cup		314641
MOLASSES 4-1GAL P/L	1 Tablespoon		234303
YOGURT GRK PLN FF PRO 2-6 OIKOS	1 Cup		673231
APPLESAUCE PLAIN 96-4.5Z COMM	3/4 Cup	or use oil	645050
SUGAR CANE GRANUL 25 GFS	3/4 Cup		108642
EGG SHL LRG A GRD 10-30CT GCHC	7 Each		505412
BAKING POWDER DBL ACTION 6-5 RDSTR	2 Tablespoon		683700
SALT KOSHER COARSE 12-3 MRTN	1 1/2 Teaspoon		153550
APPLE GALA 100CT 40 MRKN	6 Cup	small dice /grated/chopped crisp apples	609942

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Prep crumb topping by mixing 3/4 cup brown sugar, 6T. flour, 6 T oats, 1/5 tsp cinnamon & 6 T. butter until coarse crumbs are formed. Set aside.
3. Mix the wet ingredients plus the sugar in the mixer until well blended.
4. In a large bowl, whisk dry ingredients together.
5. Add dry to the wet and mix together until just blended. DO NOT OVERMIX! Fold in the apples.
6. Line muffin tins with papers.
7. Using a #12 scoop (green) scoop all of the muffins.

8. Sprinkle a bit of the crumb topping on the batter.
9. Bake for 15 minutes, then rotate and bake for 5-8 more minutes until done.
10. Remove from the oven and the tins.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.01
<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: 47.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	157.17		
<b>Fat</b>	1.43g		
<b>SaturatedFat</b>	0.46g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.04mg		
<b>Sodium</b>	281.58mg		
<b>Carbohydrates</b>	32.27g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	14.28g		
<b>Protein</b>	5.56g		
<b>Vitamin A</b>	109.60IU	<b>Vitamin C</b>	0.81mg
<b>Calcium</b>	76.34mg	<b>Iron</b>	1.11mg



# Double Chocolate Banana Muffin

<b>Servings:</b>	47.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7647

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	9 Cup		515002
SUGAR CANE GRANUL 25 GFS	5 Cup		108642
COCOA BAKING 5# HERSH	1 1/2 Cup	sift after measuring	439324
BAKING SODA 36Z GFS	1 1/2 Tablespoon		513849
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550
BANANA 13-3# P/L	18 Each		644482
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
YOGURT GRK PLN FF PRO 2-6 OIKOS	1/2 Cup		673231
EGG SHL LRG A GRD 10-30CT GCHC	7 Each		505412
CHOC CHIPS SMISWT MINI 4000/4-4 GFS	2 Cup		283630

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Place all of the ripe bananas in the mixer bowl and mix while gathering other items.
2. Add the wet ingredients plus the sugar in the mixer until well blended.
3. In a large bowl, whisk dry ingredients together.
4. Add dry to the wet and mix together until just blended. DO NOT OVERMIX! Stir in chocolate chips.
5. Line muffin tins with papers.
6. Using a #12 scoop (green) scoop all of the muffins.
7. Bake for 15 minutes, then rotate and bake for 5-8 more minutes until done.
8. Remove from the oven and the tins.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00

<b>Fruit</b>	0.38
<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: 47.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	277.09		
<b>Fat</b>	6.46g		
<b>SaturatedFat</b>	1.93g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.43mg		
<b>Sodium</b>	248.13mg		
<b>Carbohydrates</b>	56.06g		
<b>Fiber</b>	4.34g		
<b>Sugar</b>	31.33g		
<b>Protein</b>	5.43g		
<b>Vitamin A</b>	29.43IU	<b>Vitamin C</b>	3.93mg
<b>Calcium</b>	20.47mg	<b>Iron</b>	2.13mg

# Raspberry Lemon Poppyseed Muffin

<b>Servings:</b>	44.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7864

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	7 Cup		515002
SPICE POPPY SEED WHOLE 20Z TRDE	6 Tablespoon		225134
BAKING SODA 6-5 CLABBER GIRL	1 Tablespoon		626531
BAKING POWDER 6-5 CLABBER GIRL	1 Tablespoon		361032
SALT KOSHER COARSE 12-3 MRTN	2 Teaspoon		153550
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Cup	melted	299405
SUGAR CANE GRANUL 25 GFS	3 Cup		108642
EGG SHL LRG A GRD 10-30CT GCHC	9 Each		505412
YOGURT GRK PLN FF PRO 2-6 OIKOS	3 Cup		673231
FLAVORING VANILLA IMIT 1-QT KE	2 Tablespoon		110736
MILK WHT 1 4-1GAL RGNLBRND	1 Quart		817801
LEMON JUICE 100 12-32FLZ GFS	1/2 Cup	plus zest of 4 lemons	311227
RASPBERRY WHL IQF 4-5 GFS	6 Cup		244670

## Preparation Instructions

Preheat oven to 350 degrees, no fan.

1. Add the melted butter, Greek yogurt, eggs, and vanilla to the mixing bowl and mix well.
2. In a large bowl, whisk together the flour, baking powder, soda and salt.
3. Add 1/4 of the flour mixture to the butter mixture and mix to just combine. Add 1/3 of the milk and mix until just combined.
4. Continue alternating flour mixture and milk until all mixed.
5. Remove mixer and paddle, and stir in raspberries until well dispersed in the batter.
6. Line muffin pans with paper liners, and scoop a level #12 (green) scoop into each well. Sprinkle with sanding sugar.
7. Bake at 350 degrees for 15 minutes, rotate pans, and bake for an additional 8-10 minutes until golden brown and

a toothpick comes clean when testing.

8. Remove from pans, cool and serve.

## 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
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	210.39		
<b>Fat</b>	5.84g		
<b>SaturatedFat</b>	3.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	38.75mg		
<b>Sodium</b>	174.48mg		
<b>Carbohydrates</b>	33.66g		
<b>Fiber</b>	2.56g		
<b>Sugar</b>	18.16g		
<b>Protein</b>	7.15g		
<b>Vitamin A</b>	142.55IU	<b>Vitamin C</b>	5.56mg
<b>Calcium</b>	128.39mg	<b>Iron</b>	1.09mg

# Applesauce Muffins

<b>Servings:</b>	42.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7869

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Cup	melted	299405
YOGURT GRK PLN FF PRO 2-6 OIKOS	1 Cup		673231
EGG SHL LRG A GRD 10-30CT GCHC	5 Each		505412
FLAVORING VANILLA IMIT 1-QT KE	2 Teaspoon		110736
APPLESAUCE PLAIN 96-4.5Z COMM	8 Each		645050
FLOUR ULTRAGRAIN 50 HLCHC	8 Cup		515002
BAKING SODA 36Z GFS	1 1/2 Teaspoon		513849
BAKING POWDER 6-5 CLABBER GIRL	2 Teaspoon		361032
SPICE CINNAMON GRND 5 TRDE	2 Teaspoon		224731
SPICE ALLSPICE GRND 16Z TRDE	2 Teaspoon		513601
SPICE CLOVES GRND 16Z TRDE	1/2 Teaspoon		224774

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Mix the wet ingredients plus the sugar in the mixer until well blended.
3. In a large bowl, whisk dry ingredients together.
4. Add dry to the wet and mix together until just blended. DO NOT OVERMIX!
5. Line muffin tins with papers.
6. Using a #12 scoop (green) scoop all of the muffins.
7. Bake for 15 minutes, then rotate and bake for 5-8 more minutes until done.
8. Remove from the oven and the tins.
9. Melt 1/4 # butter in a stainless bowl.
10. Mix 1 cup sugar with 1 tbsp cinnamon in another bowl.
11. Lightly dip the muffin tops in butter, then the sugar cinnamon mixture.
12. Enjoy!

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.10
<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: 42.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	136.90		
<b>Fat</b>	4.99g		
<b>SaturatedFat</b>	2.85g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.44mg		
<b>Sodium</b>	75.29mg		
<b>Carbohydrates</b>	20.21g		
<b>Fiber</b>	1.79g		
<b>Sugar</b>	3.07g		
<b>Protein</b>	3.91g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.27mg	<b>Iron</b>	1.03mg

# Maple Oat Pumpkin Muffins

<b>Servings:</b>	44.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7916

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2/3 Cup		732900
YOGURT GRK PLN FF PRO 2-6 OIKOS	1 Cup		673231
SUGAR BROWN LT 12-2 GFS	2 1/2 Cup		314641
FLAVORING MAPLE IMIT 1-QT KE	2 Tablespoon		110779
EGG SHL LRG A GRD 10-30CT GCHC	11 Each		505412
PUMPKIN FCY 6-10 GFS	5 Cup		186244
MILK WHT 1 4-1GAL RGNLBRND	1 1/4 Cup		817801
FLAVORING VANILLA IMIT 1-QT KE	2 Tablespoon		110736
BAKING SODA 6-5 CLABBER GIRL	1 1/3 Tablespoon		626531
SALT KOSHER COARSE 12-3 MRTN	1 1/2 Teaspoon		153550
SPICE CINNAMON GRND 5 TRDE	2 1/2 Teaspoon		224731
SPICE GINGER GRND 12Z BADIA	2 1/2 Teaspoon		430983
SPICE NUTMEG GRND 16Z TRDE	1 1/4 Teaspoon		224944
SPICE CLOVES GRND 16Z TRDE	1 1/4 Teaspoon		224774
FLOUR ULTRAGRAIN 50 HLCHC	9 Cup		515002
OATS OLD FASHIONED 12-42Z QUAK	1 2/3 Cup		304096

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Mix the wet ingredients plus the sugar in the mixer until well blended.
3. In a large bowl, whisk dry ingredients together.

4. Add dry to the wet and mix together until just blended. DO NOT OVERMIX!
5. Line muffin tins with papers.
6. Using a #12 scoop (green) scoop all of the muffins. Sprinkle with additional oats for decoration.
7. Bake for 15 minutes, then rotate and bake for 5-8 more minutes until done.
8. Remove from the oven and the tins.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.09
<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: 44.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	201.48		
<b>Fat</b>	5.08g		
<b>SaturatedFat</b>	0.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.42mg		
<b>Sodium</b>	98.04mg		
<b>Carbohydrates</b>	34.98g		
<b>Fiber</b>	2.71g		
<b>Sugar</b>	13.24g		
<b>Protein</b>	6.08g		
<b>Vitamin A</b>	3226.36IU	<b>Vitamin C</b>	1.09mg
<b>Calcium</b>	53.18mg	<b>Iron</b>	1.46mg



# Butterscotch Banana Muffin

<b>Servings:</b>	42.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7918

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	8 Cup		515002
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Tablespoon		683700
BAKING SODA 6-5 CLABBER GIRL	2 Teaspoon		626531
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550
OATS OLD FASHIONED 3-10 QUAKER	8 Cup		589440
SUGAR CANE GRANUL 25 GFS	2 2/3 Cup		108642
BANANA 1 FRESH STAGE YELLOW 40 DOLE	8 Each		249492
EGG SHL LRG A GRD 10-30CT GCHC	9 Each		505412
MILK WHT 1 4-1GAL RGNLBRND	2 Cup		817801
BUTTERSCOTCH CHIP MINI 4000/4-4 GFS	2 Cup		283640

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Mix the wet ingredients plus the sugar and bananas in the mixer until well blended.
3. In a large bowl, whisk dry ingredients together.
4. Add dry to the wet and mix together until just blended. DO NOT OVERMIX! Stir in chips.
5. Line muffin tins with papers.
6. Using a #12 scoop (green) scoop all of the muffins.
7. Bake for 15 minutes, then rotate and bake for 5-8 more minutes until done.
8. Remove from the oven and the tins.

### 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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 42.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	227.83		
<b>Fat</b>	4.58g		
<b>SaturatedFat</b>	3.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	26.90mg		
<b>Sodium</b>	296.06mg		
<b>Carbohydrates</b>	43.90g		
<b>Fiber</b>	2.19g		
<b>Sugar</b>	24.40g		
<b>Protein</b>	5.87g		
<b>Vitamin A</b>	89.05IU	<b>Vitamin C</b>	1.96mg
<b>Calcium</b>	72.18mg	<b>Iron</b>	1.15mg

# Coconut Lime Muffin

<b>Servings:</b>	42.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8014

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	6 Cup		515002
BAKING POWDER 6-5 CLABBER GIRL	1 1/2 Tablespoon		361032
BAKING SODA 1# HOSP	1 Teaspoon		302938
SALT KOSHER COARSE 12-3 MRTN	1 1/2 Teaspoon		153550
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Cup	melted	299405
SUGAR CANE GRANUL 25 GFS	4 Cup		108642
YOGURT GRK PLN FF PRO 2-6 OIKOS	3 2/3 Cup		673231
EGG SHL LRG A GRD 10-30CT GCHC	9 Each		505412
JUICE LIME KEY WEST 12-16FLZ NL&JO	1/4 Cup	plus 1 T. Lime zest	332380
COCONUT FANCY SHRD 5-2 GFS	3 Cup		265829

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Mix together all of the wet ingredients (including sugar) in the mixer until well blended.
3. In a large bowl, whisk all of the dry muffin ingredients (except coconut) together.
4. Add the flour mixture to the wet ingredients and mix until just blended. DO NOT OVERMIX. Fold in coconut.
6. Line the muffin tins with papers, and scoop 1 level #12 scoop into each paper.
7. Bake for 15 minutes and rotate. Bake an additional 5-8 minutes until done.

### 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
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 42.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	194.73		
<b>Fat</b>	5.65g		
<b>SaturatedFat</b>	3.34g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.87mg		
<b>Sodium</b>	168.23mg		
<b>Carbohydrates</b>	31.93g		
<b>Fiber</b>	1.99g		
<b>Sugar</b>	19.15g		
<b>Protein</b>	4.90g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.78mg	<b>Iron</b>	0.84mg
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# Pineapple Coconut Muffin

<b>Servings:</b>	42.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8016

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	8 Cup		515002
BAKING POWDER 6-5 CLABBER GIRL	3 Tablespoon		361032
SUGAR CANE GRANUL 25 GFS	2 Cup		108642
SALT KOSHER COARSE 12-3 MRTN	2 Teaspoon		153550
MILK COCONUT 24-13.5FLZ CHAOKOH	6 Cup		609341
VINEGAR APPLE CIDER 5 4-1GAL GFS	1/4 Cup		430795
FLAVORING VANILLA IMIT 1-QT KE	4 Teaspoon		110736
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Cup	melted	299405
YOGURT GRK PLN FF PRO 2-6 OIKOS	1 Cup		673231
PINEAPPLE TIDBITS IN JCE 6-10 GFS	4 Cup	or fresh diced pineapple	612464
COCONUT FANCY SHRD 5-2 GFS	1 Cup		265829

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Mix together all of the wet ingredients (including sugar, not pineapple) in the mixer until well blended.
3. In a large bowl, whisk all of the dry muffin ingredients(excluding coconut) together.
4. Add the flour mixture to the wet ingredients and mix until just blended. DO NOT OVERMIX.
6. Line the muffin tins with papers, and scoop 1 level #12 scoop into each paper. Sprinkle the tops with coconut.
7. Bake for 15 minutes, rotate, and bake for 5-8 minutes or until done.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.10
<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: 42.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	234.57		
<b>Fat</b>	10.87g		
<b>SaturatedFat</b>	7.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	11.55mg		
<b>Sodium</b>	208.51mg		
<b>Carbohydrates</b>	29.75g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	11.86g		
<b>Protein</b>	4.36g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.71mg
<b>Calcium</b>	46.64mg	<b>Iron</b>	1.36mg

# Honey and Olive Oil Zucchini Muffins

<b>Servings:</b>	42.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8103

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ZUCCHINI 10 MRKN	9 Cup	grated	130561
EGG SHL LRG A GRD 10-30CT GCHC	7 Each		505412
FLAVORING VANILLA IMIT 1-QT KE	2 Tablespoon		110736
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 1/2 Cup		732900
YOGURT GRK PLN FF PRO 2-6 OIKOS	1 1/2 Cup		673231
SYRUP PANCK CUP 200-1.5Z GFS	1 Cup	Maple Syrup	160090
HONEY CLOVER 4-6 GCHC	1 Cup		225614
SUGAR CANE GRANUL 25 GFS	1 Cup		108642
FLOUR ULTRAGRAIN 50 HLCHC	9 Cup		515002
BAKING SODA 6-5 CLABBER GIRL	1 Tablespoon		626531
BAKING POWDER 6-5 CLABBER GIRL	1 1/2 Tablespoon		361032
SALT KOSHER COARSE 12-3 MRTN	1 1/2 Teaspoon		153550
SPICE CINNAMON GRND 5 TRDE	1 1/2 Tablespoon		224731

## Preparation Instructions

1. Preheat oven to 350 degrees, no fan.
2. Place wet ingredients plus sugar in the mixer bowl and blend well.
3. Place all of the dry ingredients in a large bowl and whisk to combine.
4. Alternate adding flour mixture and milk to the wet mixture, finishing with the flour. DO NOT OVERMIX!
5. Line muffin tins with papers, and using a #12 scoop (green) fill all of the prepared cups with a level scoop.
6. Bake for 12 minutes, then rotate pans and bake for another 5 minutes or so until they are golden brown and pass the toothpick test.

## 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
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	212.45		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	0.81g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	19.62mg		
<b>Sodium</b>	138.75mg		
<b>Carbohydrates</b>	30.97g		
<b>Fiber</b>	1.82g		
<b>Sugar</b>	11.44g		
<b>Protein</b>	4.73g		
<b>Vitamin A</b>	4.24IU	<b>Vitamin C</b>	0.38mg
<b>Calcium</b>	35.00mg	<b>Iron</b>	1.19mg



# Chicken Alfredo with a Twist

<b>Servings:</b>	400.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8104

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF CHIX 12-5 HLTHYREQ	24 #5 CAN		695513
CREAMER HLF & HLF 12-1QT GCHC	6 Gallon		487961
SPICE PEPR WHITE GRND 17Z TRDE	3 Tablespoon		513776
CHEESE PARM GRTD 4-5 PG	1 1/8 Gallon	1 gallon plus 1 pint	445401
SPICE GARLIC POWDER 21Z TRDE	1 1/3 Tablespoon		224839
CHIX DCD 40 COMM	52 Pound		110530
PASTA ROTINI 4-5 GFS	40 Pound		413360

## Preparation Instructions

1. Bring the soup, half and half, garlic, & white pepper in the tilt skillet to a gentle simmer using low heat.
  2. Steam the chicken for 10 minutes and add that and the Parmesan cheese to the sauce and simmer for 25 minutes to develop the flavor.
  3. Adjust seasoning.
  4. Put 20# of pasta into the steam kettle and cover with cold water. Bring to a boil, add a handful of salt, and simmer until al dente...not quite done as the pasta will continue cook as the water drains.
  5. Add half of the sauce to drained pasta in the steam kettle. (Make sure that the valve is CLOSED!) Mix well and scoop into 4" hotel pans that have been sprayed with pan release and cover with plastic wrap. Store in the hot box until service. Both batches should make 16 pans.
  6. Rinse out the steam kettle and begin the second batch immediately.
  7. One portion 2 M/MA 1 oz. eq. Grain
- CCP: Hold for hot service at 135 degrees F. or higher.
- Portion size: 1 cup (2) #8 scoops (gray) Serve in boat for easier clean-up.
- Add 1 oz WG roll to HS to get to 2 WG.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.08
<b>Grain</b>	0.80
<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: 400.00  
Serving Size: 1.00

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**Amount Per Serving**

<b>Calories</b>	363.99		
<b>Fat</b>	10.93g		
<b>SaturatedFat</b>	4.98g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	82.46mg		
<b>Sodium</b>	370.90mg		
<b>Carbohydrates</b>	40.67g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	5.17g		
<b>Protein</b>	22.30g		
<b>Vitamin A</b>	477.10IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.10mg	<b>Iron</b>	1.44mg

# Stromboli Italiano

<b>Servings:</b>	425.00	<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-8106

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 12X16 22-24Z DELSUPR	78 Each	22 in each box	570826
PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG	1 Carton		776221
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	3 Carton		680656
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Carton		786801
SAUCE MARINARA SMOOTH 6-10 PG	1 Gallon	use homemade	231762

## Preparation Instructions

Lay out frozen Pizza sheets and place 6 slices of Ham on top, leaving 1/4 to 1/2 inch all the way around dough. Place 12 Large or 40 Small pepperonis on top of ham and add approximately 2+ cups Mozzarella cheese. It takes about 20 minutes for the dough to be pliable enough to fold, so build your Stromboli for about 20 minutes then start folding.

Fold bottom 1/3 of sheet to center, fold top 1/3 of sheet to center and pinch top and bottom of sheet together. Pinch sides together so cheese does not melt out.

Flip pinched side down on sprayed baking tray. Cut 3 1 inch slits in top to let air escape while cooking.

Let rise to almost double in size. (about 2 hours)

Egg wash the stromboli and sprinkle with sesame seeds.

Bake at 325 convectional over for 18 - 24 minutes. Temp for proper cooking temps.

Let sit for 2 - 3 minutes, cut into proper size for age group and serve with a side of Marinara.

5 slices High School

6 slices 4 - 8th Grade

8 slices K-3rd Grade

Options:

Egg, Sausage, American Cheese - Breakfast

Veggie and cheese (dried well) for vegetarian

## SLE Components

Amount Per Serving

<b>Meat</b>	0.01
<b>Grain</b>	80.75

<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: 425.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	294.38		
<b>Fat</b>	2.78g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.11mg		
<b>Sodium</b>	592.10mg		
<b>Carbohydrates</b>	56.95g		
<b>Fiber</b>	1.85g		
<b>Sugar</b>	1.87g		
<b>Protein</b>	9.24g		
<b>Vitamin A</b>	7.12IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	0.56mg	<b>Iron</b>	3.31mg

# Chicken Pot Pie

<b>Servings:</b>	414.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8352

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	10 Pound		299405
FLOUR A/P 50 ARDENT	10 Pound		585203
ONION SPANISH COLOSS 50 MRKN	8 Each	8-10 small dice	198706
CELERY HEARTS 18-2CT P/L	5 Each	small dice	184710
CARROT JUMBO 50 P/L	20 Each	small dice, or use frozen	198501
POTATO RDSKN DCD FRSH 2-10 GFS	1 Package	steam before adding to filling	541117
CHIX DCD 40 COMM	60 Pound	Steam before adding to filling	110530
BASE CHIX LO SOD 12-1 LEGO	3 Each	diluted in 12.5 gallons hot water	130869
VEG MIXED 12-2.5 GFS	30 Pound		119393
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	414 Serving	<p><b>BAKE</b></p> <p>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.</p> <p>2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1</p> <p>4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p>	237390

## Preparation Instructions

1. Melt butter over medium heat in the tilt skillet.
2. Sweat the onions and celery until translucent.
3. Whisk in the flour and cook over low heat for 10 minutes.
4. Whisk in the chicken stock, S&P, rosemary and thyme and bring to a simmer. Cook, stirring frequently and being sure to scrape the bottom of the skillet to prevent scorching, until the veloute is thickened.
5. Add the chicken, vegetable and potatoes and cook until temp of 165 degrees is reached.
6. Preheat oven to 325 degrees F, low fan.
7. Spray (23) 2" pans with pan spray, and fill each 2/3rds full of the filling.
8. Arrange 18 frozen biscuits 3x6 per pan.
9. Cook in oven for 20-30 minutes until the biscuits are done.
10. Hold at 145 degrees for service.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.32
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 414.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	352.31		
<b>Fat</b>	18.88g		
<b>SaturatedFat</b>	9.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	71.92mg		
<b>Sodium</b>	454.38mg		
<b>Carbohydrates</b>	26.17g		
<b>Fiber</b>	3.66g		
<b>Sugar</b>	2.67g		
<b>Protein</b>	18.54g		
<b>Vitamin A</b>	1371.52IU	<b>Vitamin C</b>	1.01mg
<b>Calcium</b>	48.01mg	<b>Iron</b>	1.33mg

# Pico

<b>Servings:</b>	400.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8354

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA 2 1-25 MRKN	10 Pound	small dice	588381
JUICE LIME KEY WEST 12-16FLZ NL&JO	1/4 Cup		332380
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/4 Cup		732900
PEPPERS JALAPENO 10	6 Each	fine dice	303186
ONION RED JUMBO 10 P/L	3 Each	small dice	596973
CILANTRO CLEANED 4-1 RSS	1/2 Pound	leaves minced	219550
GARLIC PLD FRESH 5 RSS	1/4 Cup	minced	428353
HONEY CLOVER 4-6 GCHC	1/4 Cup	or TT	225614

## Preparation Instructions

1. Prep all vegetables and add to a large bowl.
2. Add seasonings and S&P TT.
3. Check with a chip or two :)
4. Place equal amounts in (2) 4" torpedo pans and bring to salad station.

### 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>	0.03
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 2.00

<b>Amount Per Serving</b>	
<b>Calories</b>	3.15
<b>Fat</b>	0.17g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.25mg
<b>Carbohydrates</b>	0.46g
<b>Fiber</b>	0.10g
<b>Sugar</b>	0.34g

<b>Protein</b>	0.06g		
<b>Vitamin A</b>	47.99IU	<b>Vitamin C</b>	1.23mg
<b>Calcium</b>	0.65mg	<b>Iron</b>	0.02mg



# Mostaccioli

<b>Servings:</b>	425.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8356

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA 6-10 GFS	15 Gallon	use homemade!	144215
BEEF GRND 40 COMM	70 Pound	thawed	110520
PASTA MOSTACC RIG W/LINES 4-5 GFS	50 Pound		413350
CHEESE MOZZ SHRD 4-5 LOL	1 Gallon		645170

## Preparation Instructions

1. Cook the beef in in tilt skillet at 275 degrees F., breaking into small pieces.
2. Drain the fat, then place the meat (in multiple batches) in the large mixer with paddle and mix until the meat is in small, uniform crumbles.
3. Add the drained, crumbled beef back into the tilt skillet with marinara sauce and simmer for one hour. Season TT.
4. Cook 1/2 of the pasta al dente, starting in cold salted water. Make sure to drain before it is where you want it, as the the steam kettle takes a while to drain and the pasta continues to cook when in water.
5. Spray (6) 4" hotel pans with pan spray.
6. Add half of the sauce to the pasta, and fill the pans 2/3rds full, stopping to stir in 1 cup of mozzarella when the pan is half filled, then topping the pan with a little extra sauce and 1 cup of mozzarella on top.
7. Cover with film wrap and hold at 145 degrees F. for service.
8. Rinse out steam kettle and start the next batch of pasta right away.
9. Repeat steps 4-7.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.12
<b>Grain</b>	0.94
<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: 425.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	440.23
<b>Fat</b>	15.34g
<b>SaturatedFat</b>	4.46g
<b>Trans Fat</b>	1.97g
<b>Cholesterol</b>	53.39mg
<b>Sodium</b>	516.74mg
<b>Carbohydrates</b>	50.97g
<b>Fiber</b>	1.88g

<b>Sugar</b>	10.88g
<b>Protein</b>	23.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 6.78mg
<b>Calcium</b> 54.59mg	<b>Iron</b> 2.91mg

# Yummy Creamy Chicken

<b>Servings:</b>	400.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8491

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	45 Pound		110530
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3 Cup		732900
ONION SPANISH COLOSS 50 MRKN	3 Gallon	small dice	198706
PEPPERS COLORED MIXED ASST 12CT P/L	2 Gallon	small dice	491012
CELERY HEARTS 18-2CT P/L	1 1/2 Gallon	small dice	184710
CARROT JUMBO 50 P/L	3 Gallon	small dice, or use frozen	198501
GARLIC PLD FRESH 5 RSS	3 Cup	minced	428353
SALT KOSHER COARSE 12-3 MRTN	1 Cup		153550
SPICE PEPR BLK REST GRIND 5 TRDE	2 Tablespoon		242179
FLOUR H&R UNBLCHD 50# GENM	1 1/2 Gallon	recipe or formula for preparation instructions.	324073
BASE CHIX LO SOD 12-1 LEGO	2 Package	diluted in 7 gallons of hot water	130869
MILK WHT 1 4-1GAL RGNLBRND	6 Gallon		817801
PEAS GREEN IQF 30 GFS	6 Gallon		285660
POTATO RED B SZ 10	25 Pound	medium dice and steamed	597031
90CT 2Z BREAD BOWL, WHOLE WHEAT 8676 - Super Bakery - M	4 1/2 Carton		930232

## Preparation Instructions

NEED: 3 cups of Baby Bam for the recipe

Heat the oil until very hot but not smoking in a large, heavy pot over medium-high heat.

Add the onion, bell peppers, celery, carrots, garlic, Baby Bam, salt, and ground pepper, and cook, stirring, until the vegetables are soft, about 5 minutes.

Add the flour and cook, stirring, for 5 minutes being careful not to scorch.

Add the chicken broth and milk. Stir well and bring to a boil.

Add steamed diced chicken

Lower the heat to medium-low and simmer, uncovered, stirring occasionally, for 20 minutes.

Add the peas and stir well and simmer for 5 minutes longer.

Hold at 145 degrees F for service.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.80
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.08
<b>Legumes</b>	0.24
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00

Amount Per Serving

<b>Calories</b>	244.71
<b>Fat</b>	5.49g
<b>SaturatedFat</b>	1.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.43mg
<b>Sodium</b>	386.60mg
<b>Carbohydrates</b>	27.05g
<b>Fiber</b>	2.87g
<b>Sugar</b>	12.70g
<b>Protein</b>	19.94g
<b>Vitamin A</b> 3918.98IU	<b>Vitamin C</b> 25.11mg
<b>Calcium</b> 241.57mg	<b>Iron</b> 1.06mg

# Tilapia

<b>Servings:</b>	400.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8495

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TILAPIA FLLT IQF 3-5Z 10# FPI	100 Pound	Thaw in walk-in over the course of 3-4 days	512532
BATTER MIX 10-5 DRAKES	5 Pound		516368
SPICE DILL WEED 5Z TRDE	1/4 Cup		513938
SEASONING LEMON PEPR 27Z TRDE	1 Cup		514098

## Preparation Instructions

1. Mix Drakes, lemon pepper, dill, and S&P TT in a 2" hotel pan.
2. Heat the the tilt skillet to 350 degrees, and coat with oil blend.
3. Dredge the tilapia in coating mix, and place in the skillet.
4. Lightly brown on both sides, and remove to a parchment covered sheet pan to finish in the oven.
5. Bake for 5-10 minutes, or until at proper temp (145 degrees)
6. Hold in hot box for service . Serve with Buerre Blanc.

### 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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	115.00
<b>Fat</b>	2.00g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	229.92mg
<b>Carbohydrates</b>	1.05g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.05g
<b>Protein</b>	23.15g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.60mg

# Buerre Blanc

<b>Servings:</b>	400.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8503

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR WHT WINE 7 12-33.5FLZ ROLN	1 Quart	READY_TO_EAT Roland Special Reserve Wine Vinegar can be used straight from the jug for sauces, marinades and dressings.	661686
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	18 Pound	cut into 1" cubes, keep cold	299405
ONION RED JUMBO 10 P/L	2 Each	small dice	596973
TOMATO ROMA 2 1-25 MRKN	8 Each	small dice	588381
SPICE DILL WEED 5Z TRDE	2 Tablespoon		513938
PEPPERS RED 11 P/L	3 Each	small dice	321141
PEPPERS GREEN LRG 5 MRKN	3 Each	small dice	592315

## Preparation Instructions

MAKE just over 1/2 RECIPE!

1. Put vegetables and vinegar in a large non-reactive stockpot and reduce by 2/3rds.
2. Add butter 4oz at a time, whisking until melted over low heat. Repeat using all butter.
3. Add dill and let steep, watching that the sauce does not break.
4. Take off the heat, and hold covered for service. Line your 3rd pans with a towel if held in steam table to prevent breaking.

### 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>	0.03
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 2.00

### Amount Per Serving

**Calories** 145.21

**Fat** 15.85g

**SaturatedFat** 10.08g

**Trans Fat** 0.00g

**Cholesterol** 43.20mg

**Sodium** 0.24mg

**Carbohydrates** 0.28g

**Fiber** 0.08g

**Sugar** 0.18g

**Protein** 0.05g

**Vitamin A** 64.12IU **Vitamin C** 3.15mg

**Calcium** 4.92mg **Iron** 0.02mg



# Pesto Chicken Alfredo with a Twist

<b>Servings:</b>	400.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13902

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF CHIX 12-5 HLTHYREQ	24 #5 CAN		695513
CREAMER HLF & HLF 12-1QT GCHC	6 Gallon	READY_TO_EAT Whitening coffee, cooking applications	487961
SPICE PEPR WHITE GRND 17Z TRDE	3 Tablespoon		513776
CHEESE PARM GRTD 4-5 PG	1 1/8 Gallon	1 gallon plus 1 pint	445401
SPICE GARLIC POWDER 21Z TRDE	1 1/3 Tablespoon		224839
CHIX DCD 40 COMM	52 Pound		110530
SAUCE PESTO BASIL 6-32Z ITALR	64 Ounce		213303
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	40 Pound		229951
Fresh Basil	4 Pound	puree into sauce	

## Preparation Instructions

1. Bring the soup, half and half, garlic, & white pepper in the tilt skillet to a gentle simmer using low heat.
  2. Steam the chicken for 10 minutes and add that and the Parmesan cheese to the sauce and simmer for 25 minutes to develop the flavor.
  3. Adjust seasoning.
  4. Put 20# of pasta into the steam kettle and cover with cold water. Bring to a boil, add a handful of salt, and simmer until al dente...not quite done as the pasta will continue cook as the water drains.
  5. Add half of the sauce, pesto, and basil puree to drained pasta in the steam kettle. (Make sure that the valve is CLOSED!) Mix well and scoop into 4" hotel pans that have been sprayed with pan release and cover with plastic wrap. Store in the hot box until service. Both batches should make 16 pans.
  6. Rinse out the steam kettle and begin the second batch immediately.
  7. One portion 2 M/MA 1 oz. eq. Grain
- CCP: Hold for hot service at 135 degrees F. or higher.  
Portion size: 1 cup (2) #8 scoops (gray) Serve in boat for easier clean-up.  
Add 1 oz WG roll to HS to get to 2 WG.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.08
<b>Grain</b>	1.60
<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: 400.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		364.89	
<b>Fat</b>		11.36g	
<b>SaturatedFat</b>		4.98g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		82.46mg	
<b>Sodium</b>		370.90mg	
<b>Carbohydrates</b>		40.00g	
<b>Fiber</b>		3.29g	
<b>Sugar</b>		4.39g	
<b>Protein</b>		22.45g	
<b>Vitamin A</b>	477.10IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	136.10mg	<b>Iron</b>	1.44mg

# Hummus

<b>Servings:</b>	12.93	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13903

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO LO SOD 6-10 P/L	1 #10 CAN		597991
SAUCE SOY TAMARI 6-10FLZ KIKK	1/2 Cup		201633
LEMON JUICE 100 12-32FLZ GFS	1/2 Cup		311227
Colavita EVOO 6-34oz	1 Cup		133642
GARLIC CLOVES SML NAT RSTD 8-1	4 Each		624211
PASTE TAHINI PURE SESAME 12-32Z ROLN	2 Tablespoon	READY_TO_EAT Roland Tahini may be used cold, it will thicken up, or at room temperature. May also be used in heated cooked dishes.	661481
SPICE CUMIN GRND 15Z TRDE	1 Tablespoon		273945
Black Pepper	1 Tablespoon	BAKE	24108

## Preparation Instructions

puree until smooth. serve with whole grain pita chips

### 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>	1.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 12.93

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	215.83
<b>Fat</b>	3.32g
<b>SaturatedFat</b>	0.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	280.07mg
<b>Carbohydrates</b>	38.24g
<b>Fiber</b>	8.16g

<b>Sugar</b>			2.00g
<b>Protein</b>			10.47g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	4.63mg
<b>Calcium</b>	41.56mg	<b>Iron</b>	3.42mg

# Maple Carrots

<b>Servings:</b>	200.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13949

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Og Maple Syrup 12oz	1 Quart		553372
CARROT JUMBO 50 P/L	40 Pound		198501

## Preparation Instructions

Peel & Cut carrots in thin half moon slices.

Toss with syrup and arrange on sheet trays.

Roast at 350°F until the syrup forms a glaze on the carrots.

approx 25 min.

Hold HOT FOR SERVICE

### 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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	38.55		
<b>Fat</b>	0.14g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	63.82mg		
<b>Carbohydrates</b>	8.47g		
<b>Fiber</b>	3.25g		
<b>Sugar</b>	4.24g		
<b>Protein</b>	0.85g		
<b>Vitamin A</b>	18759.21IU	<b>Vitamin C</b>	3.97mg
<b>Calcium</b>	33.04mg	<b>Iron</b>	0.38mg

# Broccoli Salad

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13968

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	3 Pound		732451
DRIED CHERRIES PREMIUM 4 P/L	1 Cup		741940
MAYONNAISE LT 4-1GAL HELM	2 Cup		659932
VINEGAR CIDER 4 6-1GAL GFS	3 Tablespoon		107239
SUGAR CANE GRANUL 25 GFS	2 Tablespoon		108642

## 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>	1.08
<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: 20.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	114.11		
<b>Fat</b>	6.03g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	8.00mg		
<b>Sodium</b>	223.32mg		
<b>Carbohydrates</b>	14.73g		
<b>Fiber</b>	2.68g		
<b>Sugar</b>	7.30g		
<b>Protein</b>	2.59g		
<b>Vitamin A</b>	592.09IU	<b>Vitamin C</b>	84.78mg
<b>Calcium</b>	44.67mg	<b>Iron</b>	0.69mg

# Baked Beans

<b>Servings:</b>	77.50	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 8 oz spoon	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14010

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	6 #10 CAN		822477

## Preparation Instructions

Heat in 2 Deep Hotel pans until 170°F

Hold Hot for Service on the steam table

### 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>	1.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 77.50

Serving Size: 1.00 8 oz spoon

#### Amount Per Serving

<b>Calories</b>	220.28		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	680.87mg		
<b>Carbohydrates</b>	44.06g		
<b>Fiber</b>	12.02g		
<b>Sugar</b>	14.02g		
<b>Protein</b>	10.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.10mg	<b>Iron</b>	2.88mg

# Low Fat Ranch Dressing

<b>Servings:</b>	128.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	1.00 2 oz plastic cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14014

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH 18-3.2Z HVALL	1 Package		192716
MAYONNAISE LT 4-1GAL HELM	2 Quart		659932
BUTTERMILK 1 9-.5GAL RGNLBRND	2 Quart		245522

## 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>	0.00
<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: 128.00

Serving Size: 1.00 2 oz plastic cup

#### Amount Per Serving

<b>Calories</b>	42.49		
<b>Fat</b>	3.66g		
<b>SaturatedFat</b>	0.62g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.94mg		
<b>Sodium</b>	286.73mg		
<b>Carbohydrates</b>	1.94g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.81g		
<b>Protein</b>	0.56g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.94mg	<b>Iron</b>	0.00mg



# Ranch Salad

<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 8 oz spoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14016

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce Chopped Romaine 6/2#	12 Quart		2783
CHERRY TOMATOES	1 Cup	Washed	16P46
CUCUMBER SDLSS 12-1CT P/L	1 Cup	Quartered & Diced	532312
CROUTON FOCA GARL RSTD 10-2 GCHC	1 Cup		619053
RED ONION	4 Ounce	Thin Slice	15N63
BACON APPLWD 18-22CT 15# SGRDL	8 Slice	Cooked & Diced	611460

## Preparation Instructions

Toss all together  
keep chilled for service

### 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>	0.02
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 8 oz spoon

Amount Per Serving			
<b>Calories</b>	5.16		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.52mg		
<b>Carbohydrates</b>	0.88g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	1.14IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	0.17mg	<b>Iron</b>	0.06mg

# Kale Caesar Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 8 oz spoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14019

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce Chopped Romaine 6/2#	4 Pound		2783
KALE BABY MIX 2-1.5 RSS	1 1/2 Pound		537740
CROUTON FOCA GARL RSTD 10-2 GCHC	1 Cup		619053

## Preparation Instructions

Toss Together with 2 cups of Dressing

Keep Chilled for Service

### 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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 8 oz spoon

#### Amount Per Serving

<b>Calories</b>	6.40		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.40mg		
<b>Carbohydrates</b>	0.96g		
<b>Fiber</b>	0.24g		
<b>Sugar</b>	0.16g		
<b>Protein</b>	0.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.24mg	<b>Iron</b>	0.11mg

# Caesar Dressing

<b>Servings:</b>	384.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14021

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GARLIC CLOVES SML NAT RSTD 8-1	1/2 Cup		624211
EGG, LIQUID WHOLE PASTEURIZED CARTON REF	3 Cup		882373
CHEESE PARM GRTD 2- 5# GLCHS	24 Ounce		168331
VINEGAR BALSAMIC 2- 10LTR ROLN	1 1/2 Cup	READY_TO_EAT Roland Balsamic Vinegar is a sweet and sour vinegar with a heady fragrance. It should be used sparingly because of its distinct character in vinaigrettes and marinades for meat and poultry. Sprinkle over warm and cold vegetables or fruit.	768405
VINEGAR RED WINE GOURMET	1 1/2 Cup		263802
MUSTARD WGRAIN 6- 32Z CRWNCOLL	1/2 Cup		634892
MUSTARD DIJON PLAS 6-48Z GRYP	1/2 Cup		312267
YOGURT GRK PLN FF PRO 2-6 OIKOS	9 Cup		673231
OIL OLIVE XVRGN MEDITRR 4-3LTR PG	9 Cup		758521

## Preparation Instructions

Mix Together ingredients with immersion blender

Slowly add Oil in a small steady stream.

Makes 3 Gallons

### 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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 384.00  
Serving Size: 1.00

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**Amount Per Serving**

<b>Calories</b>	49.70
<b>Fat</b>	5.25g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.16mg
<b>Sodium</b>	16.81mg
<b>Carbohydrates</b>	0.52g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.46g
<b>Protein</b>	0.52g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.86mg	<b>Iron</b>	0.00mg

# Italian Sausage

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14135

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE CHIX BRKFST NAT 1.4Z 114CT	3 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 8-10 minutes if frozen, 5 - 7 minutes if thawed.	666102
ONION SPANISH COLOSS 50 MRKN	1/2 Cup		198706
PEPPERS GREEN LRG 5 MRKN	1/2 Cup		592315
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
BUN SUB SLCD WGRAIN 5 12- 8CT GFS	1 Each	READY_TO_EAT	276142

## 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	528.94		
<b>Fat</b>	23.29g		
<b>SaturatedFat</b>	8.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	120.00mg		
<b>Sodium</b>	1087.72mg		
<b>Carbohydrates</b>	49.78g		
<b>Fiber</b>	6.57g		
<b>Sugar</b>	11.46g		
<b>Protein</b>	31.15g		
<b>Vitamin A</b>	278.35IU	<b>Vitamin C</b>	69.90mg
<b>Calcium</b>	333.52mg	<b>Iron</b>	3.42mg

# Breakfast Wrap

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14138

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6- 5.01TYS	100 Each	<p><b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.</p> <p><b>PAN_FRY</b> Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.</p>	138941
EGG SCRMBD PTY GRLLD 369- 1.25Z SNYFR	100 Each	<p><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</p>	663091
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	100 Each	<p><b>STEAM</b> PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690130
CHEESE CHED MLD SHRD 4-5 LOL	100 Ounce		150250

## Preparation Instructions

No Preparation Instructions available.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<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: 100.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>	355.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	155.00mg		
<b>Sodium</b>	625.00mg		
<b>Carbohydrates</b>	26.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	21.50g		
<b>Vitamin A</b>	240.50IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	231.00mg	<b>Iron</b>	2.90mg

# Green Fruit Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14169

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MELON HNYDEW 5-6CT/AVG MFC	1/4 Cup		197904
KIWI 33-39CT P/L	1/4 Cup		287008
YOGURT VAN L/F PARFPR 6-4 YOPL	2 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500

## Preparation Instructions

Tray up broccoli on sheet trays

spray with garlic spray

Roast in oven at 350°F Low Fan 12 min.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<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: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	77.50		
<b>Fat</b>	0.63g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.25mg		
<b>Sodium</b>	27.50mg		
<b>Carbohydrates</b>	16.38g		
<b>Fiber</b>	1.29g		
<b>Sugar</b>	11.58g		
<b>Protein</b>	2.25g		
<b>Vitamin A</b>	275.00IU	<b>Vitamin C</b>	36.00mg
<b>Calcium</b>	65.42mg	<b>Iron</b>	0.63mg



# Apple Pie

<b>Servings:</b>	512.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14171

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
brown sugar	4 Pound	READY_TO_EAT	
cinnamon	4 Tablespoon	READY_TO_EAT	
STARCH CORN 24-1 ARGO	1 Cup		108413
DOUGH PIE SHT 10X12 20-17.12Z PILLS	8 Each	BAKE Follow instruction on the package	350743
APPLE SLCD RED PLD IQF 4-5 GFS	84 Quart		818895

## 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>	0.00
<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: 512.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	37.93		
<b>Fat</b>	0.14g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	34.20mg		
<b>Carbohydrates</b>	9.91g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	8.05g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	50.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	0.09mg	<b>Iron</b>	0.01mg

# Fish Sandwich

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14237

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	48 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
BUN SUB SLCD WGRAIN 5 12-8CT GFS	48 Each	READY_TO_EAT	276142

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<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: 48.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	320.01		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	760.01mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.01mg	<b>Iron</b>	3.10mg