

Cookbook for Fancy Farm Elementary School

Created by HPS Menu Planner

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Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8136

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851
CHIX BRST FLLT BRD WGRAIN CKD 2Z 4-5#	1 Each	Keep Frozen. Heating Instructions: Conventional Oven 14-16 minutes at 375 degrees F. Turn product after 6 minutes. Convection Oven: 13-15 minutes at 375 degrees F. Turn after 6 minutes. Fryer: 3 1/2 to 4 minutes at 350 degrees F.	747611

Preparation Instructions

BAKE

Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Keep Frozen. Heating Instructions: Conventional Oven 14-16 minutes at 375 degrees F. Turn product after 6 minutes. Convection Oven: 13-15 minutes at 375 degrees F. Turn after 6 minutes. Fryer: 3 1/2 to 4 minutes at 350 degrees F.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	310.00		
Fat	12.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	680.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	220.00mg	Iron	2.52mg

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8236

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GFS	1 Each	Thaw and serve	517830
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	Can be steamed, grilled, or oven heated. Heat to 165 degrees internal.	304913

Preparation Instructions

Can be steamed, grilled, or oven heated. Heat to 165 degrees internal. Hot dog bun thaw and serve.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	270.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	675.00mg		
Carbohydrates	20.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	80.11mg	Iron	1.48mg

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8237

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
CHIX BRST FLLT WGRAIN SPCY CKD 4-5#	1 Each		542823

Preparation Instructions

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	350.00		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	485.00mg		
Carbohydrates	41.00g		
Fiber	7.00g		
Sugar	3.00g		
Protein	26.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.88mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8238

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY BRD WGRAIN FC 3Z 4-5	1 Each	Prepare from frozen State Conventional oven: heat for 15 minutes at 375 degrees F. Convection oven: heat for 12 minutes at 375 degrees F. Appliances vary, adjust cook times accordingly. Marketing Tips	157582
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Eat.Ready to	517810

Preparation Instructions

Chicken Patty-

Prepare from frozen State

Conventional oven: heat for 15 minutes at 375 degrees F. Convection oven: heat for 12 minutes at 375 degrees F.
Appliances vary, adjust cook times accordingly.

Marketing Tips

Hamburger Bun-

Ready to Eat

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	340.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	495.00mg		
Carbohydrates	39.00g		
Fiber	6.00g		
Sugar	3.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.88mg

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8239

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND W/A 2PC GFS	2 Ounce	Heat ham to 165 degrees. Place ham and 1 slice of cheese on bun. Wrap, place in warmer.	179906
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Thaw and serve.	517810
SQUASH YELLOW 5 MRKN	1 Slice	READY_TO_EAT	100018

Preparation Instructions

Heat ham to 165 degrees. Place ham and 1 slice of cheese on bun. Wrap, place in warmer.

SLE Components

Amount Per Serving

Meat	0.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	251.67		
Fat	9.83g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	45.83mg		
Sodium	933.33mg		
Carbohydrates	26.00g		
Fiber	5.00g		
Sugar	3.50g		
Protein	17.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.56mg

Hamburger

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	260.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	375.00mg		
Carbohydrates	26.00g		
Fiber	6.00g		
Sugar	3.00g		
Protein	17.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.88mg

Cheeseburger

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

Ingredients

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

Preparation Instructions

Hamburger-

BAKE

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

Bun-

Ready to eat

Cheese-

Ready to Eat

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	315.00
Fat	14.50g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	510.00mg
Carbohydrates	27.00g

Fiber	6.00g		
Sugar	3.50g		
Protein	19.50g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.88mg

Side Salad

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

Ingredients

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

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	15.76
Fat	0.10g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	24.02mg
Carbohydrates	3.16g
Fiber	1.46g
Sugar	0.53g
Protein	1.09g
Vitamin A 4611.75IU	Vitamin C 9.80mg
Calcium 12.63mg	Iron 0.60mg

Sausage Biscuit

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

Ingredients

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

Preparation Instructions

Biscuit:

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

Sausage

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	340.00		
Fat	19.00g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	620.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	2.16mg

Strawberry Yogurt Parfait w/Granola

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8244

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 6-6.5 GFS	1/2 Cup	Thaw	293393
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	2 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

READY_TO_EAT

Ready to use with pouch & serving tip.

Strawberries - Thaw and top yogurt

Granola

READY_TO_EAT

Ready to eat dry cereal packaged for cereal dispensers

SLE Components

Amount Per Serving

Meat	1.49
Grain	0.58
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	307.21
Fat	3.75g
SaturatedFat	0.71g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	123.03mg
Carbohydrates	64.16g
Fiber	2.49g
Sugar	46.04g
Protein	5.06g
Vitamin A 0.00IU	Vitamin C 35.82mg
Calcium 134.33mg	Iron 0.90mg

Lettuce/Tomato Cup- Sandwich

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8271

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	15D44
Tomatoes FR 5 x 6, 2 Layer Tray 20 LB CS- Graves County Schools	1 Slice	READY_TO_EAT	16063

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories			5.88
Fat			0.25g
SaturatedFat			0.01g
Trans Fat			0.00g
Cholesterol			0.00mg
Sodium			1.63mg
Carbohydrates			1.16g
Fiber			0.27g
Sugar			0.66g
Protein			0.13g
Vitamin A	1104.50IU	Vitamin C	3.15mg
Calcium	4.50mg	Iron	0.14mg

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets CHL 2/3 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	15Q10
Cauliflower FR 9-12 CT- Graves County Schools	1/8 Cup	READY_TO_EAT	16W41
Cucumbers FR 5 LB CS- Graves County Schools	1/8 Cup	READY_TO_EAT	16P98
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	2 Cup	READY_TO_EAT	15D44
Peppers SWT CHL GRN DICE 5 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	15A85
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	18B19
CHIX BRST STRP FC LRG 2-5 GCHC	1 Ounce		219011
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Ounce		191043
BACON CKD SLCD 2-150CT ARMR	2 Slice		563315
Carrot CHL SHRD WHL 30/1 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16P70

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.50
Grain	0.00
Fruit	0.00
GreenVeg	1.13
RedVeg	0.52
OtherVeg	0.39
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories 705.70

Fat 47.73g

SaturatedFat 17.68g

Trans Fat 0.00g

Cholesterol 164.80mg

Sodium 1721.26mg

Carbohydrates 9.67g

Fiber 4.77g

Sugar 3.84g

Protein 54.82g

Vitamin A 9670.55IU **Vitamin C** 52.05mg

Calcium 140.61mg **Iron** 1.87mg

Colby Cheese Omelet

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8343

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 225-2.1Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	554470

Preparation Instructions

BAKE

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	110.00		
Fat	8.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	195.00mg		
Sodium	210.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	8.00g		
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.72mg

Lucky Charms w/ Honey Oat Goldfish

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

Ingredients

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

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	230.00
Fat	5.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	295.00mg
Carbohydrates	42.00g
Fiber	3.00g
Sugar	15.00g
Protein	3.00g
Vitamin A 500.00IU	Vitamin C 6.00mg
Calcium 320.00mg	Iron 8.90mg

Trix Cereal

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8364

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782

Preparation Instructions

READY_TO_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	110.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	7.00g		
Protein	1.00g		
Vitamin A	400.00IU	Vitamin C	4.80mg
Calcium	80.00mg	Iron	4.50mg

Blueberry Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8365

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	READY TO EAT	865101

Preparation Instructions

READY TO EAT

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	360.00		
Fat	5.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	360.00mg		
Carbohydrates	76.00g		
Fiber	6.00g		
Sugar	30.00g		
Protein	4.00g		
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Strawberry Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8366

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	Ready to serve.	123031

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00
Fat	5.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	370.00mg
Carbohydrates	76.00g
Fiber	6.00g
Sugar	30.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 3.60mg

Mini Maple Pancakes

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Strawberry Mini Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8368

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269230

Preparation Instructions

READY_TO_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	220.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	40.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Mandarin Oranges

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

Ingredients

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

Preparation Instructions

Ready to use.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	1.00g		
Vitamin A	400.00IU	Vitamin C	18.00mg
Calcium	20.00mg	Iron	0.36mg

Apple Juice

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

Ingredients

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

Preparation Instructions

READY TO DRINK

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	16.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Orange Juice

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8372

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Orange Juice- Graves County Schools	1/2 Cup	READY_TO_DRINK	4437

Preparation Instructions

Ready to drink.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories	27.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	6.50g		
Fiber	0.00g		
Sugar	5.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Toast

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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

* Honey Oat Goldfish

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8390

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	Ready To Eat	770960

Preparation Instructions

Ready To Eat

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	120.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	220.00mg	Iron	4.40mg

1% White Milk

Servings:	1.00	Category:	Milk
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8391

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1 % White Milk- Graves County Schools	1 Cup	READY TO DRINK	3600

Preparation Instructions

READY TO DRINK

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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

Fat Free Chocolate Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8392

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fat Free Chocolate Milk- Graves County Schools	1 Cup	READY_TO_EAT	3677

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	180.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	18.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Grape Jelly

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

Ingredients

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

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	36.40		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.60mg		
Carbohydrates	9.00g		
Fiber	0.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.14IU	Vitamin C	0.06mg
Calcium	0.78mg	Iron	0.04mg

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8395

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE SWT 6-10 KE	1/2 Cup	READY TO EAT	179990

Preparation Instructions

READY TO EAT

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Ketchup

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mini Cinni

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

Ingredients

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

Preparation Instructions

BAKE

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	240.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	39.00g		
Fiber	2.00g		
Sugar	15.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8398

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GFS	1/2 Cup	Drain and serve	610267

Preparation Instructions

Drain and serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	12.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	0.00g		
Vitamin A	300.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8399

Ingredients

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

Preparation Instructions

BAKE

Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	200.00		
Fat	8.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	410.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	1.44mg

Honey

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8400

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY PKT 200-9GM GFS	1 Each	Ready to serve	270539

Preparation Instructions

Ready to serve

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	27.40		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.30mg		
Carbohydrates	7.00g		
Fiber	0.00g		
Sugar	7.00g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.05mg
Calcium	0.43mg	Iron	0.03mg

Pineapple

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

Ingredients

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

Preparation Instructions

Drain and serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

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

Pancake & Sausage on a Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8402

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY WGRAIN/WHLWHE 72-4Z - State Fair - W	1 Each	Fully Cooked. Place on lined pan and spray edges. CONVECTION OVEN - HEAT AT 350 DEGREES F, 10-12 MINUTES IF THAWED; 25 MINUTES IF FROZEN. MICROWAVE (1000 WATT HIGH POWER) - HEAT FOR 60 SECONDS IF THAWED; 90 SECONDS IF FROZEN.	232701

Preparation Instructions

Fully Cooked.

Place on lined pan and spray edges. CONVECTION OVEN - HEAT AT 350 DEGREES F, 10-12 MINUTES IF THAWED; 25 MINUTES IF FROZEN. MICROWAVE (1000 WATT HIGH POWER) - HEAT FOR 60 SECONDS IF THAWED; 90 SECONDS IF FROZEN.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	250.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.49g		
Cholesterol	25.00mg		
Sodium	760.00mg		
Carbohydrates	30.00g		
Fiber	3.00g		
Sugar	10.00g		
Protein	11.00g		
Vitamin A	21.59IU	Vitamin C	0.00mg
Calcium	53.18mg	Iron	1.70mg

Biscuit & Gravy

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	233.83
Fat	9.50g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	597.97mg
Carbohydrates	32.51g
Fiber	1.00g
Sugar	3.75g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 206.02mg	Iron 1.44mg

Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8404

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each	Thaw and serve	556582

Preparation Instructions

Thaw and serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	280.00		
Fat	15.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	30.00g		
Fiber	2.80g		
Sugar	7.00g		
Protein	5.00g		
Vitamin A	9.76IU	Vitamin C	0.00mg
Calcium	13.93mg	Iron	0.70mg

Mustard

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

Ingredients

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

Preparation Instructions

No prep required.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	85.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8407

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each	Thaw 60 minutes. Serve within 8-10 hours for optimal freshness. Do not microwave.	516761

Preparation Instructions

Thaw 60 minutes. Serve within 8-10 hours for optimal freshness. Do not microwave.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	600.00		
Fat	33.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	64.00g		
Fiber	7.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	88.00mg	Iron	2.00mg

Banana

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

Ingredients

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

Preparation Instructions

READY TO EAT

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

Cheesy Bread w/Marinara Sauce

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

Ingredients

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

Preparation Instructions

Cheesy Bread-

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

Marinara-

Ready to Eat

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	320.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	580.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	6.00g		
Protein	17.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg

Calcium 327.00mg **Iron** 2.00mg

Mini Corn Dogs

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

Ingredients

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

Preparation Instructions

BAKE

Heating times may vary with each oven.

DEEP_FRY

Heating times may vary with each fryer.

MICROWAVE

Heating times may vary with each oven.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving			
Calories		375.00	
Fat		25.50g	
SaturatedFat		7.50g	
Trans Fat		0.00g	
Cholesterol		37.50mg	
Sodium		885.00mg	
Carbohydrates		27.00g	
Fiber		1.50g	
Sugar		7.50g	
Protein		10.50g	
Vitamin A	0.00IU	Vitamin C	1.50mg
Calcium	25.50mg	Iron	1.50mg

Jammers

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8433

Ingredients

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

Preparation Instructions

Thaw and serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	570.00		
Fat	32.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	440.00mg		
Carbohydrates	55.00g		
Fiber	8.00g		
Sugar	21.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	5.40mg

General TSO Chicken

Servings:	1.00	Category:	Entree
Serving Size:	10.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8434

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
General TSO's Sauce- Graves County Schools	2 Ounce	Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.	744854

Preparation Instructions

Popcorn chicken

BAKE

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

General TSO

Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00

Amount Per Serving			
Calories	400.00		
Fat	15.00g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	922.00mg		
Carbohydrates	49.00g		
Fiber	3.00g		
Sugar	26.00g		
Protein	19.00g		
Vitamin A	360.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.44mg

Hunan Chicken

Servings:	1.00	Category:	Entree
Serving Size:	10.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8435

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
Hunan Style Orange Sauce- Graves County Schools	2 Ounce	Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.	985480

Preparation Instructions

Chicken

BAKE

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

Hunan Sauce

Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00

Amount Per Serving			
Calories	260.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	916.00mg		
Carbohydrates	39.00g		
Fiber	3.00g		
Sugar	12.00g		
Protein	19.00g		
Vitamin A	236.00IU	Vitamin C	14.00mg
Calcium	30.00mg	Iron	1.44mg

Oranges

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

Ingredients

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

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	65.00		
Fat	0.30g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.27g		
Fiber	3.40g		
Sugar	12.89g		
Protein	0.99g		
Vitamin A	317.00IU	Vitamin C	63.50mg
Calcium	61.00mg	Iron	0.13mg

Asian Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8437

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN ASIAN 6-26.4Z UBEN	1/2 Cup		244541

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	105.00		
Fat	1.00g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	225.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	2.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.36mg

Egg Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8438

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL CHIX WGRAIN CN 3Z 2- 30CT	1 Each	BAKE from frozen state Preparation Type: Heating Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 17 minutes Convection Oven Instructions: Preheat oven to 425°F. Place frozen egg rolls on a baking sheet. Turn once during bakin. Convection: 12-14 minutes Preparation Notes: Heating time may vary with equipment.	599440

Preparation Instructions

Preparation Type: Heating Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 17 minutes Convection Oven Instructions: Preheat oven to 425°F. Place frozen egg rolls on a baking sheet. Turn once during bakin. Convection: 12-14 minutes Preparation Notes: Heating time may vary with equipment.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	150.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	360.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	7.00g		
Vitamin A	35.00IU	Vitamin C	15.00mg
Calcium	4.00mg	Iron	8.00mg

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8440

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	1/2 Each	Place in a minimum amount of boiling water while still frozen. The low temperature of the frozen vegetables will cool the water and stop boiling. Cook from second boil until tender. Avoid overcooking for better flavor and color. Season to taste. Marketing Tips	610902

Preparation Instructions

Place in a minimum amount of boiling water while still frozen. The low temperature of the frozen vegetables will cool the water and stop boiling. Cook from second boil until tender. Avoid overcooking for better flavor and color. Season to taste.

Marketing Tips

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.06
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	5.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.33mg		
Carbohydrates	0.67g		
Fiber	0.33g		
Sugar	0.33g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	5.00mg
Calcium	3.33mg	Iron	0.00mg

Crackers w/Cobb Salad

Servings:	1.00	Category:	Grain
Serving Size:	6.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8544

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE UNSALTED 500-2CT NAB	6 Each		536091

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving

Calories	160.00		
Fat	3.00g		
SaturatedFat	0.00g		
Trans Fat	0.70g		
Cholesterol	0.00mg		
Sodium	130.00mg		
Carbohydrates	28.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.64mg

Pickles

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

Ingredients

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

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving

Calories	4.44		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	288.60mg		
Carbohydrates	1.11g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.21mg	Iron	0.19mg

Onion

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8546

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Onions Dry 10 LB BG- Graves County Schools	1 ring	READY_TO_EAT	16V51

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	24.00
Fat	0.06g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.00mg
Carbohydrates	5.60g
Fiber	1.00g
Sugar	2.54g
Protein	0.66g
Vitamin A 1.00IU	Vitamin C 4.40mg
Calcium 14.00mg	Iron 0.13mg

Honey Mustard Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8547

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING HNY MSTRD FF PKT60-1.5Z MARZ	1 Each	Ready to serve.	589349

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	370.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Italian Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8548

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL FF PKT 60-1.5Z MARZ	1 Each	Ready to use	549584

Preparation Instructions

Ready to use.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	0.00mg	Iron	0.00mg

Ranch Dressing- LG

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8549

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH FF PKT 60-1.5Z MARZ	1 Each	Ready to serve.	582816

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	35.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	480.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

Yogurt w/Honey Oat Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8550

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each	OPEN AND EAT	200612
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	READY TO SERVE	770960

Preparation Instructions

OPEN AND EAT

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	190.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.00mg		
Carbohydrates	33.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	370.00mg	Iron	4.40mg

Fries

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	173.33		
Fat	5.33g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	33.33mg		
Carbohydrates	29.33g		
Fiber	2.67g		
Sugar	0.00g		
Protein	2.67g		
Vitamin A	0.00IU	Vitamin C	8.00mg
Calcium	0.00mg	Iron	0.96mg

Mayonnaise

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8552

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT PKT 200-12GM GFS	1 12 gm	Ready to eat	188741

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	50.00		
Fat	4.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	75.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cucumber w/Ranch Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8553

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumbers FR 5 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	16P98
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each	READY TO EAT	499521

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	78.00		
Fat	6.04g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	125.00mg		
Carbohydrates	6.88g		
Fiber	2.00g		
Sugar	9.68g		
Protein	0.32g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	28.00mg	Iron	1.12mg

Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8554

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS GARL CRST 16" 9CT	1 Slice	For best results, completely thaw the pizza before baking by placing each pizza on a parchment lined baking tray or pizza screen. Allow 2 hours for thawing. Keep pizzas covered while Preheat oven. For convection oven rotate pizza halfway through baking time for even baking. Pizza is baked when the cheese is melted and the edge of the crust is golden brown. Oven temperatures and cook times may vary. Thawed Pizza: Convection Oven, 435 F 6 to 7 minutes. Conveyor Oven, 435 to 450 F 6 to 6.5 minutes. Frozen Pizza: Conveyor Oven, 425 to 435 F 6 to 8 minutes.	564972

Preparation Instructions

For best results, completely thaw the pizza before baking by placing each pizza on a parchment lined baking tray or pizza screen. Allow 2 hours for thawing. Keep pizzas covered while Preheat oven. For convection oven rotate pizza halfway through baking time for even baking. Pizza is baked when the cheese is melted and the edge of the crust is golden brown. Oven temperatures and cook times may vary. Thawed Pizza: Convection Oven, 435 F 6 to 7 minutes. Conveyor Oven, 435 to 450 F 6 to 6.5 minutes. Frozen Pizza: Conveyor Oven, 425 to 435 F 6 to 8 minutes.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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

Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI SLCD 14-16/Z 2-5 GFS	3 Each	Add to top of pizza slice. 3 pieces.	729981
PIZZA CHS GARL CRST 16" 9CT	1 Serving	Preheat oven. For convection oven rotate pizza halfway through baking time for even baking. Pizza is baked when the cheese is melted and the edge of the crust is golden brown. Oven temperatures and cook times may vary. Thawed Pizza: Convection Oven, 435 F 6 to 7 minutes. Conveyor Oven, 435 to 450 F 6 to 6.5 minutes. Frozen Pizza: Conveyor Oven, 425 to 435 F 6 to 8 minutes.	564972

Preparation Instructions

Preheat oven. For convection oven rotate pizza halfway through baking time for even baking. Pizza is baked when the cheese is melted and the edge of the crust is golden brown. Oven temperatures and cook times may vary. Thawed Pizza: Convection Oven, 435 F 6 to 7 minutes. Conveyor Oven, 435 to 450 F 6 to 6.5 minutes. Frozen Pizza: Conveyor Oven, 425 to 435 F 6 to 8 minutes.

SLE Components

Amount Per Serving

Meat	2.67
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	26.25		
Fat	2.44g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	5.63mg		
Sodium	86.25mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.07mg

Fiesta Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8656

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE MEXICAN FIESTA 6-25.9Z UBEN	1/2 Cup	Combine rice, water, and butter, salt and stir well. Bring to a vigorous boil, remove from heat, cover, let stand 10 minutes until most of liquid is absorbed. Fluff and serve.	473006

Preparation Instructions

Combine rice, water, and butter, salt and stir well. Bring to a vigorous boil, remove from heat, cover, let stand 10 minutes until most of liquid is absorbed. Fluff and serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	96.85		
Fat	0.40g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	409.05mg		
Carbohydrates	21.50g		
Fiber	0.50g		
Sugar	1.00g		
Protein	2.35g		
Vitamin A	339.98IU	Vitamin C	9.06mg
Calcium	17.90mg	Iron	1.85mg

Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	0.25	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8657

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	2 Ounce	READY_TO_EAT None	452841

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25

Amount Per Serving

Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	138.67mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	1.33g		
Protein	0.00g		
Vitamin A	237.33IU	Vitamin C	2.67mg
Calcium	22.67mg	Iron	0.00mg

Chicken Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8658

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1/8 Cup	Ready to Eat	191043
TORTILLA FLOUR 8 SFST 24-12CT GRSZ	1 Each	Ready to Eat	713330
Chicken, Fajita Strips, Cooked, Frozen- Graves County Schools	3 2/5 Ounce	PLACE FROZEN CHICKEN FAJITA STRIPS IN A SINGLE LAYER ON SHEET PANS. HEAT TO AN INTERNAL TEMPERATURE OF 165 *F FOR 15 SECONDS. TIMES AND TEMPERATURES ARE CRITICAL TO PRODUCT QUALITY. IN A DECK OVEN HEAT 25-30 MINUTES AT 350 *F AND IN A CONVECTION OVEN HEAT 15-20 MINUTES AT 400 *F.	100117

Preparation Instructions

Cheese-

Ready to Eat

Tortilla Shell-

Ready To Eat

Chicken Fajita-

PLACE FROZEN CHICKEN FAJITA STRIPS IN A SINGLE LAYER ON SHEET PANS. HEAT TO AN INTERNAL TEMPERATURE OF 165 *F FOR 15 SECONDS. TIMES AND TEMPERATURES ARE CRITICAL TO PRODUCT QUALITY. IN A DECK OVEN HEAT 25-30 MINUTES AT 350 *F AND IN A CONVECTION OVEN HEAT 15-20 MINUTES AT 400 *F.

SLE Components

Amount Per Serving

Meat	2.52
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	299.20
Fat	11.68g
SaturatedFat	6.10g
Trans Fat	0.00g
Cholesterol	89.60mg
Sodium	949.60mg
Carbohydrates	23.52g

Fiber	1.00g		
Sugar	3.00g		
Protein	24.64g		
Vitamin A	156.00IU	Vitamin C	0.00mg
Calcium	133.00mg	Iron	1.00mg

Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8659

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	205030
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Ready to eat	517810
BACON CKD SLCD 2- 150CT ARM	1 Slice	Standard Prep: Place bacon on sheet pan. Heat 5-7 minutes at 350 F in convection oven.	563315
Cheese, Processed, Sliced Yellow	1 Ounce	Ready to eat.	100018

Preparation Instructions

Hamburger-

BAKE

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

Bacon-

Standard Prep: Place bacon on sheet pan. Heat 5-7 minutes at 350 F in convection oven.

SLE Components

Amount Per Serving

Meat	3.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	396.67
Fat	21.03g
SaturatedFat	9.20g
Trans Fat	0.50g
Cholesterol	66.00mg
Sodium	717.53mg
Carbohydrates	28.00g
Fiber	6.00g

Sugar			4.00g
Protein			23.97g
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.88mg

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8660

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	1/2 Cup		822477

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	110.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	340.00mg		
Carbohydrates	22.00g		
Fiber	6.00g		
Sugar	7.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Chicken Strip

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8785

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST TNR FRTRR 2.13Z 2-5 TYS	2 Piece	DEEP_FRY Appliances vary, adjust accordingly. UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER. Deep Fry Preheat oil to 350°F. From frozen, place in a fryer basket, submerge in oil, and shake basket. Do NOT over pack product in basket. Cook the product for 5 1 2 - 7 minutes shaking the basket occasionally during cooking. For best performance hold product on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.	898760

Preparation Instructions

DEEP_FRY

Appliances vary, adjust accordingly.

UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.

Deep Fry

Preheat oil to 350°F. From frozen, place in a fryer basket, submerge in oil, and shake basket. Do NOT over pack product in basket. Cook the product for 5 1

2 - 7 minutes shaking the basket occasionally during cooking. For best performance hold product on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	290.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	600.00mg
Carbohydrates	19.00g
Fiber	1.00g

Sugar	0.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.36mg

Peppered Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8888

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY 12-24Z GCHC	2 Tablespoon	SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND SERVE.	701450

Preparation Instructions

SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND SERVE.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving			
Calories	67.67		
Fat	3.01g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	375.94mg		
Carbohydrates	9.02g		
Fiber	0.00g		
Sugar	1.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.03mg	Iron	0.00mg

Penne Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9234

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE 6-5	6 Ounce	Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	491074

Preparation Instructions

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving	
Calories	290.00
Fat	12.00g
SaturatedFat	6.80g
Trans Fat	0.00g
Cholesterol	39.00mg
Sodium	1140.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	8.00g
Protein	17.00g
Vitamin A 473.00IU	Vitamin C 1.00mg
Calcium 402.00mg	Iron 1.00mg

BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9236

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	Prepare from frozen state. Bake at 350 degrees until internal temperature is 165 degrees.	498702
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Ready to eat.	517810

Preparation Instructions

BBQ-

Prepare from frozen state. Bake at 350 degrees until internal temperature is 165 degrees.

Bun-Ready to eat

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	360.00		
Fat	10.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	375.00mg		
Carbohydrates	41.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Potato Wedges

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9237

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE SEAS 6-5 LAMB	2 67/77 Ounce	FRY 1.5 LBS AT 360 DEGREES F. FOR 3 MINUTES AND 15 SECONDS.	457558

Preparation Instructions

FRY 1.5 LBS AT 360 DEGREES F. FOR 3 MINUTES AND 15 SECONDS.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories	130.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

Walking Beef Taco

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

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

Refried Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9239

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	1/2 Cup	Heat to minimum internal temperature of 165 degrees.	293962

Preparation Instructions

Heat to minimum internal temperature of 165 degrees.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories	140.00		
Fat	2.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	23.00g		
Fiber	6.00g		
Sugar	1.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.00mg

Lettuce/Tomato Cup

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

Ingredients

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

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

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

Shredded Cheese

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

Ingredients

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

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	55.00		
Fat	4.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	90.00mg		
Carbohydrates	0.50g		
Fiber	0.00g		
Sugar	0.00g		
Protein	3.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.00mg

Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9398

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Grapes Red SDLS US #1/18 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	14P36

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	52.00		
Fat	0.12g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	13.67g		
Fiber	0.07g		
Sugar	11.69g		
Protein	0.54g		
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.27mg

Crispito

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9481

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHILI WGRAIN 72-3.45Z	1 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 16-18 minutes at 375°F from FROZEN. 10- 14 min. from THAWED. Instructions are approximate. Heat until internal temperature reaches 140°F. CONVECTION Appliances vary, adjust accordingly. Convection Oven 12-15 minutes at 350°F from FROZEN. Instructions are approximate. Heat until internal temperature reaches 140°F. DEEP_FRY Appliances vary, adjust accordingly. Deep Fry 5 - 5 1 2 minutes at 350°F from FROZEN. Instructions are approximate. Heat until internal temperature reaches 140°F.	616781

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

16-18 minutes at 375°F from FROZEN. 10- 14 min. from THAWED.

Instructions are approximate. Heat until internal temperature reaches 140°F.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

12-15 minutes at 350°F from FROZEN.

Instructions are approximate. Heat until internal temperature reaches 140°F.

DEEP_FRY

Appliances vary, adjust accordingly.

Deep Fry

5 - 5 1

2 minutes at 350°F from FROZEN.

Instructions are approximate. Heat until internal temperature reaches 140°F.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	270.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Queso Cheese Sauce

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9482

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110

Preparation Instructions

PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving			
Calories	118.00		
Fat	9.00g		
SaturatedFat	5.30g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	433.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	202.00mg	Iron	0.00mg

Tortilla Chips

Servings:	1.00	Category:	Grain
Serving Size:	8.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9483

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL WHT TRI 5-1.5 KE	1 Ounce	Ready to eat.	163010

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00

Amount Per Serving

Calories	150.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	70.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Applesauce Cup

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

Ingredients

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

Preparation Instructions

READY TO EAT

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	51.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Jammer

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

Ingredients

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

Preparation Instructions

Thaw and serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	570.00		
Fat	32.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	440.00mg		
Carbohydrates	55.00g		
Fiber	8.00g		
Sugar	21.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	5.40mg

Stir Fry Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 6-2 LACHY	1/2 Cup	RANGE TOP SKILLET INSTRUCTIONS: POUR CONTENTS OF BAG INTO LARGE NON-STICK SKILLET. COVER AND COOK ON MEDIUM-HIGH SETTING 10 MINUTES; CAREFULLY REMOVE COVER AND STIR. REPLACE COVER AND CONTINUE COOKING 3 TO 11 MINUTES OR UNTIL HOT, STIRRING OCCASIONALLY. FOR NON-COATED SKILLET, LIGHTLY COAT WITH NON-STICK COOKING SPRAY. OVEN STEAMER INSTRUCTIONS: POUR CONTENTS OF BAG INTO A SLOTTED STEAM TABLE TRAY. DO NOT COVER. COOK 5 MINUTES OR UNTIL HOT. MICROWAVE INSTRUCTIONS: POUR CONTENTS OF BAG INTO A 3-QUART MICROWAVE SAFE DISH. COVER AND MICROWAVE ON HIGH 13 TO 20 MINUTES OR UNTIL HOT, STIRRING EVERY 5 MINUTES.	473324

Preparation Instructions

RANGE TOP SKILLET INSTRUCTIONS: POUR CONTENTS OF BAG INTO LARGE NON-STICK SKILLET. COVER AND COOK ON MEDIUM-HIGH SETTING 10 MINUTES; CAREFULLY REMOVE COVER AND STIR. REPLACE COVER AND CONTINUE COOKING 3 TO 11 MINUTES OR UNTIL HOT, STIRRING OCCASIONALLY. FOR NON-COATED SKILLET, LIGHTLY COAT WITH NON-STICK COOKING SPRAY. OVEN STEAMER INSTRUCTIONS: POUR CONTENTS OF BAG INTO A SLOTTED STEAM TABLE TRAY. DO NOT COVER. COOK 5 MINUTES OR UNTIL HOT. MICROWAVE INSTRUCTIONS: POUR CONTENTS OF BAG INTO A 3-QUART MICROWAVE SAFE DISH. COVER AND MICROWAVE ON HIGH 13 TO 20 MINUTES OR UNTIL HOT, STIRRING EVERY 5 MINUTES.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	25.00mg
Carbohydrates	6.00g
Fiber	2.00g
Sugar	1.00g
Protein	2.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.36mg

Chili Dog

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9630

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	2 Ounce	From thawed state leave in the bag and place in combi oven or kettle and heat til it reaches temperature of 165 degrees	344012
BUN HOT DOG WHEAT WHL 12-12CT GFS	1 Each	Ready to Eat	517830
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.	304913

Preparation Instructions

Hot Dog-

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.

Chili-

From thawed state leave in the bag and place in combi oven or kettle and heat til it reaches temperature of 165 degrees

Hamburger Bun-

Ready to Eat.

SLE Components

Amount Per Serving

Meat	2.69
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	322.14
Fat	19.22g
SaturatedFat	5.58g
Trans Fat	0.00g
Cholesterol	55.63mg
Sodium	753.90mg
Carbohydrates	25.15g
Fiber	5.37g
Sugar	4.72g
Protein	14.46g

Vitamin A	429.57IU	Vitamin C	6.52mg
Calcium	97.61mg	Iron	2.51mg

French Toast Bites

Servings:	1.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9844

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST BITES WGRAIN 384-.51Z	6 Each	Thaw at room temp. for 30-60 minutes. Heat in oven at 375 degrees for 2-3 minutes. Roll in granulated sugar immediately, or ice when cool.	391073

Preparation Instructions

Thaw at room temp. for 30-60 minutes. Heat in oven at 375 degrees for 2-3 minutes. Roll in granulated sugar immediately, or ice when cool.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving

Calories	380.00		
Fat	24.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	540.00mg		
Carbohydrates	38.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

Mini Chocolate Crescent

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9922

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in oven-able pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load.	321722

Preparation Instructions

READY_TO_EAT

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.87
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	100.44		
Fat	3.49g		
SaturatedFat	0.66g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.16g		
Fiber	0.87g		
Sugar	4.37g		
Protein	2.62g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.87mg	Iron	3.49mg

Fudge Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9924

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	Ready to serve.	452082

Preparation Instructions

Ready to serve

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	370.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	390.00mg		
Carbohydrates	76.00g		
Fiber	6.00g		
Sugar	30.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Mini Pancake Wraps

Servings:	1.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP TKY WGRAIN MINI 2-5	6 Each	Cook from thawed or frozen in a microwave, convection or conventional oven. Heat to an internal temperature of 160 degrees F.	696180

Preparation Instructions

Cook from thawed or frozen in a microwave, convection or conventional oven. Heat to an internal temperature of 160 degrees F.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving

Calories	360.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	560.00mg		
Carbohydrates	30.00g		
Fiber	6.00g		
Sugar	8.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.60mg

Maple Syrup

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

Ingredients

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

Preparation Instructions

Ready to eat

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bacon Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9929

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851
BACON CKD SLCD 2-150CT ARMR	2 Slice	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	563315

Preparation Instructions

BAKE

Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	253.33
Fat	12.07g
SaturatedFat	5.90g
Trans Fat	0.00g
Cholesterol	12.00mg
Sodium	555.07mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	3.00g
Protein	8.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 1.44mg

EggStravaganza

Servings:	1.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	3 Ounce	Thaw. Bake in a pan sprayed with pan release. Cover pan with foil. Conventional Oven 275 degrees, 25 to 30 minutes, stirring every 10 minutes. Conventional oven 300 degrees for 35 to 40 min. stirring every 10 minutes.	533034

Preparation Instructions

Thaw. Bake in a pan sprayed with pan release. Cover pan with foil. Conventional Oven 275 degrees, 25 to 30 minutes, stirring every 10 minutes. Conventional oven 300 degrees for 35 to 40 min. stirring every 10 minutes.

SLE Components

Amount Per Serving

Meat	2.63
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving

Calories	180.00		
Fat	0.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	255.00mg		
Sodium	420.00mg		
Carbohydrates	1.50g		
Fiber	0.00g		
Sugar	1.50g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cinnamon Toast

Servings:	1.00	Category:	Grain
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9932

Ingredients

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

Preparation Instructions

Bread-Ready to Eat

Spray bottom of pan. lay bread out on pan and spray with butter spray and sprinkle with cinnamon sugar.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

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

Scalloped Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9944

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SCALLOPED CLSC R/SOD 6-2.25	31 3/11 Gram	BAKE 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	118567

Preparation Instructions

BAKE

1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	110.30		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.60mg		
Carbohydrates	24.07g		
Fiber	1.00g		
Sugar	4.01g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.11mg	Iron	0.30mg

Breaded Okra

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9945

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OKRA CUT BRD SOUTHERN STYL 4-5	1/2 Cup	Cook from frozen. Deep fryer frying oil temp 350 degrees. Deep fry 5-6 minutes	159620

Preparation Instructions

Cook from frozen. Deep fryer frying oil temp 350 degrees. Deep fry 5-6 minutes

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	66.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	380.00mg		
Carbohydrates	14.67g		
Fiber	1.33g		
Sugar	1.33g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	0.48mg

Waffle Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10080

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE 6-4.5 MCC	1/2 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201081

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

DEEP_FRY

FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1

4 TO 2 3

4 MINUTES.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.66

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	185.43		
Fat	6.62g		
SaturatedFat	1.32g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	105.96mg		
Carbohydrates	29.14g		
Fiber	3.97g		
Sugar	0.00g		
Protein	2.65g		
Vitamin A	0.00IU	Vitamin C	4.77mg

Calcium 0.00mg **Iron** 0.95mg

Donut Holes & Chicken Smackers

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

Ingredients

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

Preparation Instructions

Popcorn Chicken

BAKE

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

Donut Holes

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.10
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	270.00		
Fat	14.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	425.00mg		
Carbohydrates	23.50g		
Fiber	2.50g		
Sugar	3.00g		
Protein	11.50g		
Vitamin A	105.74IU	Vitamin C	0.00mg
Calcium	16.89mg	Iron	1.12mg

Bacon Tornado

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Sausage Tornado

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	0.75
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	180.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	280.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mixed Berry Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10369

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Berry Frz Cup- 96/4.5 oz.- Graves County Schools	1/2 Cup	Thaw and serve.	110859

Preparation Instructions

Thaw and serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Salsa

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

Ingredients

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

Preparation Instructions

Ready to eat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	8.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chili

Servings:	1.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	6 Ounce	From thawed state leave in the bag and place in combi oven or kettle and heat til it reaches temperature of 165 degrees	344012

Preparation Instructions

From thawed state leave in the bag and place in combi oven or kettle and heat til it reaches temperature of 165 degrees

SLE Components

Amount Per Serving

Meat	2.06
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.39
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving

Calories	156.43
Fat	5.15g
SaturatedFat	1.75g
Trans Fat	0.00g
Cholesterol	31.90mg
Sodium	236.71mg
Carbohydrates	15.44g
Fiber	4.12g
Sugar	5.15g
Protein	13.38g
Vitamin A 1288.51IU	Vitamin C 19.55mg
Calcium 52.49mg	Iron 3.09mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10480

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Processed, Sliced Yellow	1 Ounce	Place 2 slices of cheese between 2 pieces of bread. Butter spray both sides of sandwich. Place on baking pan, bake 350 degrees for 10 minutes or until golden brown.	100018
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice	Thaw and serve	204822

Preparation Instructions

Place 2 slices of cheese between 2 pieces of bread. Butter spray both sides of sandwich. Place on baking pan, bake 350 degrees for 10 minutes or until golden brown.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	290.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	510.00mg		
Carbohydrates	38.00g		
Fiber	4.00g		
Sugar	7.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.16mg

Pickle Spear

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10484

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE SPEAR 400CT +/-25 5GAL BRICK	1 Slice	Ready to serve.	476897

Preparation Instructions

Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Strawberry Cups

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

Ingredients

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

Preparation Instructions

Thaw and serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Peach Cups

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

Ingredients

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

Preparation Instructions

Thaw and serve

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

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

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10661

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	503640

Preparation Instructions

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.Place frozen pizzas in 18"x26"x1

2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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

Seasoned Potato Coins

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

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

Fruit Punch

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

Ingredients

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

Preparation Instructions

READY_TO_EAT

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	60.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10729

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO SAUS/BN/EGG/CHS WGRAIN 96-3.5	1 Each	Cook from thawed state. Bake at 280 degrees for 10-15 minutes.	497510

Preparation Instructions

Cook from thawed state. Bake at 280 degrees for 10-15 minutes.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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

Pizza Crunchers w/Marinara Sauce

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

Ingredients

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

Preparation Instructions

BAKE

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

Marinara

READY_TO_EAT

None

SLE Components

Amount Per Serving

Meat	0.98
Grain	1.23
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

Amount Per Serving

Calories	453.21
Fat	19.68g
SaturatedFat	8.85g
Trans Fat	0.00g
Cholesterol	29.52mg
Sodium	859.17mg
Carbohydrates	48.34g
Fiber	7.90g
Sugar	6.95g

Protein	21.68g		
Vitamin A	362.10IU	Vitamin C	6.04mg
Calcium	14.44mg	Iron	0.10mg

Turkey

Servings:	1.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10775

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	129 Gram	BAKE Thaw several days before cooking. Bake at 400 degrees until internal temp reaches 165 degrees or more.	100125

Preparation Instructions

BAKE

Thaw several days before cooking. Bake at 400 degrees until internal temp reaches 165 degrees or more.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving

Calories	171.00		
Fat	9.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	69.00mg		
Sodium	582.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sweet Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10776

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT CUT 40-55CT L/S 6-10 GFS	4 Ounce		118605

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	97.01		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.73mg		
Carbohydrates	25.37g		
Fiber	2.99g		
Sugar	16.42g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.94mg	Iron	0.00mg

Turkey Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10777

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX TKY 12-15Z GCHC	1 Tablespoon	STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F- 180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE Marketing Tips	242440

Preparation Instructions

STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F- 180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

Marketing Tips

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	25.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	380.00mg
Carbohydrates	4.00g
Fiber	0.00g
Sugar	1.00g

Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.00mg

Dressing

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10778

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STUFFING CRNBRD 4-6# GDODYS	4 Ounce	Thaw. Remove overwrap and lid. Place on a cookie sheet. Bake at 350 degrees for approximately 60 min. Until temp reaches 165 degrees.	585700

Preparation Instructions

Thaw. Remove overwrap and lid. Place on a cookie sheet. Bake at 350 degrees for approximately 60 min. Until temp reaches 165 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	160.00		
Fat	8.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	530.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	20.00mg	Iron	1.08mg

Chicken & Dumplings

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

Ingredients

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

Preparation Instructions

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

Diced Chicken-

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	156.00		
Fat	4.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	31.00mg		
Sodium	218.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

Black-Eyed Peas

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	100.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	470.00mg		
Carbohydrates	19.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11125

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Ready to Eat	517810
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	1 Each	Cook from frozen state. Conventional Oven: Heat 14-16 minutes at 375F. Turn after 6 minutes. Convection Oven: 13-15 minutes at 375F. Turn after 6 minutes.	542832

Preparation Instructions

Hamburger Bun-

Ready to Eat

Dill Flavored Chicken

Cook from frozen state.

Conventional Oven: Heat 14-16 minutes at 375 F. Turn after 6 minutes. Convection Oven: 13-15 minutes at 375 F. Turn after 6 minutes.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	360.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	565.00mg		
Carbohydrates	40.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	28.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.88mg

Baked Ham

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11216

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND W/A 2PC GFS	2 Ounce	Standard Prep: After slicing ham in 2 oz portion lay in hotel pan and heat in 350 F convection oven until it reaches 165 degrees.	179906

Preparation Instructions

Ham-

Standard Prep: After slicing ham in 2 oz portion lay in hotel pan and heat in 350 F convection oven until it reaches 165 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving

Calories	66.67		
Fat	3.33g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	33.33mg		
Sodium	673.33mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.48mg

Golden Delicious Apples

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
	1 Apple	READY_TO_EAT	14F14

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.01g		
Fiber	4.90g		
Sugar	16.00g		
Protein	0.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.29mg

Frosted Flakes w/ Honey Oat Goldfish

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

Ingredients

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

Preparation Instructions

Product is shelf stable. Ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	220.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	275.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	12.00g
Protein	3.00g
Vitamin A 500.00IU	Vitamin C 15.00mg
Calcium 220.00mg	Iron 8.90mg

Mini Powdered Donuts

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

Ingredients

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

Preparation Instructions

Thaw and serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	270.00		
Fat	11.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	230.00mg		
Carbohydrates	41.00g		
Fiber	2.00g		
Sugar	21.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.72mg

Chocolate Muffin w/Vanilla Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11450

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	Thaw and Serve	262343
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each	Ready to Eat	200612

Preparation Instructions

Chocolate Chip Muffin- Thaw and Serve

Vanilla Yogurt-Ready to Eat

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	250.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	165.00mg		
Carbohydrates	41.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	7.00g		
Vitamin A	14.41IU	Vitamin C	0.05mg
Calcium	162.76mg	Iron	1.33mg

Doritos

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11451

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803

Preparation Instructions

Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	0.40mg

Lo Mein Noodles

Servings:	1.00	Category:	Grain
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11455

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE LO MEIN 4-5 AMOY	4 Ounce	BLANCH Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. - Soup: Add noodles into desired soup broth, simmer for 2 minutes, and serve. - Salad: Toss noodles with desired vegetables and salad	529110

Preparation Instructions

BLANCH

Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. - Soup: Add noodles into desired soup broth, simmer for 2 minutes, and serve. - Salad: Toss noodles with desired vegetables and salad

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories	312.00		
Fat	3.20g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	248.00mg		
Carbohydrates	59.20g		
Fiber	1.60g		
Sugar	0.80g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	1.44mg

Cinnamon Roll

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11457

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WHLWHE 2.25Z 6- 32CT	1 Each	Place frozen rolls in lightly greased pan. Cover rolls with plastic wrap sprayed with non-sticking cooking spray to prevent drying. Let rolls rise at room temperature until double in size (usually 3-4 hours). Preheat oven to 325 degrees F. Bake rolls 15-20 minutes, until golden brown. Remove from oven and place on wire rack to cool. TIME SAVING TIP: Can refrigerate overnight for baking next morning.	797322

Preparation Instructions

Place frozen rolls in lightly greased pan. Cover rolls with plastic wrap sprayed with non-sticking cooking spray to prevent drying. Let rolls rise at room temperature until double in size (usually 3-4 hours). Preheat oven to 325 degrees F. Bake rolls 15-20 minutes, until golden brown. Remove from oven and place on wire rack to cool. TIME SAVING TIP: Can refrigerate overnight for baking next morning.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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

Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11458

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GFS	1/2 Cup	From frozen state place in a hotel pan with small amount of water. Heat at 350 degrees until it reaches 165 degrees.	285590

Preparation Instructions

From frozen state place in a hotel pan with small amount of water. Heat at 350 degrees until it reaches 165 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	17.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	2.50g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	25.00mg
Calcium	1.00mg	Iron	0.00mg

Lasagna Roll-Up

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11459

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each	Place 3 cups of canned sauce in the bottom of steam table pan. Place single layer (18 per pan) of frozen roll-ups in pan, cover with 5 cups of sauce. Cover pan with foil, bake 375 degrees for 45 minutes. Cook until internal temp is 165 degrees.	234041

Preparation Instructions

Place 3 cups of canned sauce in the bottom of steam table pan. Place single layer (18 per pan) of frozen roll-ups in pan, cover with 5 cups of sauce. Cover pan with foil, bake 375 degrees for 45 minutes. Cook until internal temp is 165 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	240.00
Fat	6.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	390.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	5.00g
Protein	15.00g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 300.00mg	Iron 1.08mg

Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11470

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD SLCD 2-150CT ARMR	2 Slice	Standard Prep: Place bacon on sheet pan and heat at 350 degrees 7-9 minutes in a convection oven.	563315
POTATO ROUNDS COIN 6-5 LAMB	2 27/50 Ounce	From frozen state fry at 360 degrees until it reaches 165 degrees.	265632
EGG SCRMBD CKD FZ 4-5# CARG	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330

Preparation Instructions

Bacon-

Standard Prep: Place bacon on sheet pan and heat at 350 degrees 7-9 minutes in a convection oven.

Potato round coins-

From frozen state fry at 360 degrees until it reaches 165 degrees.

Scrambled Egg-

BAKE

Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. **CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300 F Thawed: 30-35 minutes Frozen: 35-40 minutes**

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	293.33
Fat	18.07g
SaturatedFat	5.40g
Trans Fat	0.00g
Cholesterol	202.00mg
Sodium	685.07mg
Carbohydrates	19.00g
Fiber	2.00g

Sugar			0.00g
Protein			11.93g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	1.00mg

Beef Enchiladas

Servings:	44.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11520

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ENCH LO SOD 6-10 REDG - Red Gold - M	32 Ounce	READY_TO_EAT None	407472
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	32 Ounce		722110
TACO FILLING BEEF REDC FAT 6-5 COMM	5 Pound		722330
CHEESE CHED MLD SHRD FINE 4-5 GCHC	20 Ounce		191043
TORTILLA FLOUR 8 SFST 24-12CT GRSZ	1 Each		713330

Preparation Instructions

Prep Time: 45 min.

1. Heat JTM Products in a steamer, kettle or boiling water.
2. Heat for approximately 45 minutes and check for an internal temp. of 165°F or higher (HACCP Critical Control Point - 145°F for 15 seconds)
3. Once the product has reached internal temperature, place on the serving line or in a holding cabinet. Hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use..
4. Portion 34 oz. (4.25 cups) of poco sauce mixed with diced tomatoes in each hotel pan to coat bottom.
5. Portion 1.58 oz. (#20 scoop) of beef taco in the center of 8" tortillas.
6. Roll tortillas leaving ends open.
7. Portion 22 enchiladas in each hotel pan. (2x11)
8. Ladle 18 oz. of queso blanco over each pan of enchiladas evenly.
9. Sprinkle 10 oz. of shredded cheddar cheese over each pan.
10. Bake in a 350°F oven until cheese is melted.

Recipe yields 44 servings (one enchilada equals 6.14 oz. by weight per serving.)

*One serving provides 2.0 oz. M/MA + 1/8 cup R/O vegetable + 1.5 oz. Grain Equivalent

SLE Components

Amount Per Serving

Meat	1.74
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 44.00			
Serving Size: 1.00			
Amount Per Serving			
Calories	192.71		
Fat	8.20g		
SaturatedFat	4.13g		
Trans Fat	0.17g		
Cholesterol	37.80mg		
Sodium	749.65mg		
Carbohydrates	15.94g		
Fiber	4.08g		
Sugar	6.99g		
Protein	14.46g		
Vitamin A	586.45IU	Vitamin C	3.10mg
Calcium	142.51mg	Iron	1.16mg

BBQ Nachos

Servings:	1.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11521

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	3 Ounce	Prepare from frozen state. Bake at 350 degrees until internal temperature is 165 degrees.	498702

Preparation Instructions

Prepare from frozen state. Bake at 350 degrees until internal temperature is 165 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving

Calories	172.50		
Fat	6.00g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	48.75mg		
Sodium	187.50mg		
Carbohydrates	12.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	15.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nacho Cheese Sauce

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11522

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS JALAP R/F 6-5# JTM	2 Ounce	Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temp.	490785

Preparation Instructions

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temp.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

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

Oven Roasted Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11524

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oven Roasted Chicken- Graves County Schools	1 Piece	Thaw and bake according to direction on the box.	100080

Preparation Instructions

Thaw and bake according to direction on the box.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	71.00		
Fat	4.40g		
SaturatedFat	1.20g		
Trans Fat	0.00g		
Cholesterol	26.00mg		
Sodium	24.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.30g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	0.38mg

Macaroni & Cheese

Servings:	1.00	Category:	Grain
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11526

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	1/2 Cup	Placed sealed bad in steamer or boiling water. Heat for 45 minutes, or until item reaches 165 degrees	150731

Preparation Instructions

Placed sealed bad in steamer or boiling water. Heat for 45 minutes, or until item reaches 165 degrees

SLE Components

Amount Per Serving

Meat	1.33
Grain	0.67
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories	188.67		
Fat	7.33g		
SaturatedFat	4.33g		
Trans Fat	0.00g		
Cholesterol	24.67mg		
Sodium	432.00mg		
Carbohydrates	20.67g		
Fiber	1.33g		
Sugar	5.33g		
Protein	10.00g		
Vitamin A	328.67IU	Vitamin C	0.67mg
Calcium	247.33mg	Iron	0.00mg

Meixcorn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11562

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	1/2 Cup	Place corn in minimum amount of boiling water, bring to a second boil and cook until tender. Season to taste.	283730
Peppers SWT CHL GRN DICE 5 LB BG- Graves County Schools	3/50 Cup	READY_TO_EAT	15A85

Preparation Instructions

Place corn in minimum amount of boiling water, bring to a second boil and cook until tender. Season to taste.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.06
Legumes	0.00
Starch	0.37

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving	
Calories	83.27
Fat	0.76g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	4.21mg
Carbohydrates	16.08g
Fiber	1.64g
Sugar	1.71g
Protein	2.32g
Vitamin A 107.75IU	Vitamin C 8.99mg
Calcium 0.96mg	Iron 0.30mg

Pizza Sub

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	7.13
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	172.09		
Fat	11.48g		
SaturatedFat	5.08g		
Trans Fat	0.00g		
Cholesterol	33.00mg		
Sodium	688.98mg		
Carbohydrates	8.23g		
Fiber	2.28g		
Sugar	4.07g		
Protein	9.30g		
Vitamin A	400.00IU	Vitamin C	3.60mg
Calcium	152.78mg	Iron	1.39mg

Emoticon Fries

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

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

Personal Pan Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11982

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 6" WGRAIN 60-5.36Z ALPHA	1 Each		174752

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	360.00		
Fat	17.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	650.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Personal Pan Mexican Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11983

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA MEX 6" WGRAIN 60-6Z ALPH SUPRM	1 Each	Thaw. Place pizza on parchment paper, bake 425 degrees for 7-9 minutes.	476993

Preparation Instructions

Thaw. Place pizza on parchment paper, bake 425 degrees for 7-9 minutes.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	385.00		
Fat	18.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	700.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Personal Pan Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11984

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 6" WGRAIN 60-5.3Z	1 Each	For best results, COMPLETELY THAW THE PIZZA before baking by placing each pizza on a parchment lined baking tray or pizza screen. For best results, bake on pizza screen. ALLOW 2 HOURS FOR THAWING. Keep pizzas covered while thawing For best results, bake on pizza screen. Preheat oven. For convection oven rotate pizza halfway through baking time for even baking. Pizza is baked when the cheese is melted and the edge of the crust is golden brown. Thawed Pizza: Convection Oven, 400 to 425 degrees F 6 to 9 minutes. Conveyor Oven, 425 degrees F 5 to 5 1/2 minutes. Oven temperature and cook times may vary.	474094

Preparation Instructions

For best results, COMPLETELY THAW THE PIZZA before baking by placing each pizza on a parchment lined baking tray or pizza screen. For best results, bake on pizza screen. ALLOW 2 HOURS FOR THAWING. Keep pizzas covered while thawing

For best results, bake on pizza screen. Preheat oven. For convection oven rotate pizza halfway through baking time for even baking. Pizza is baked when the cheese is melted and the edge of the crust is golden brown. Thawed Pizza: Convection Oven, 400 to 425 degrees F 6 to 9 minutes. Conveyor Oven, 425 degrees F 5 to 5 1/2 minutes. Oven temperature and cook times may vary.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	350.00		
Fat	15.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	580.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

Berry Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12146

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	Ready To Eat	15D44
Baby Spinach	1 Cup	Ready To Eat	15R76
ORANGES MAND IN JCE 6-10 GFS	1/4 Cup	Ready To Eat	612448
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/4 Cup	Ready To Eat	17W87
CHIX BRST STRP FC LRG 2-5 GCHC	1 1/2 Ounce		219011
DRIED CRANBERRIES PREM 4 P/L	13/100 Cup		741950
DRIED CRANBERRIES PREM 4 P/L	13/100 Cup		741950
BLUEBERRY 12-1PT P/L	1/4 Cup		451690
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	1 Ounce		421812

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	6.00
Grain	0.00
Fruit	0.50
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	301.28
Fat	15.18g
SaturatedFat	2.56g
Trans Fat	0.00g
Cholesterol	49.50mg
Sodium	271.94mg
Carbohydrates	48.67g
Fiber	4.80g
Sugar	34.07g
Protein	39.08g

Vitamin A	3974.23IU	Vitamin C	35.57mg
Calcium	133.41mg	Iron	1.11mg

Crackers w/Berry Salad

Servings:	1.00	Category:	Grain
Serving Size:	6.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12147

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE UNSALTED 500-2CT NAB	6 Each	Ready To Eat	536091

Preparation Instructions

Ready To Eat

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving

Calories	160.00		
Fat	3.00g		
SaturatedFat	0.00g		
Trans Fat	0.70g		
Cholesterol	0.00mg		
Sodium	130.00mg		
Carbohydrates	28.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.64mg

Raspberry Vinaigrette Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12148

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING VINAG RASPB FF 60-1.5FLZ	1 Each		824970

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	420.00mg		
Carbohydrates	12.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	0.00mg

Mini Confetti Pancakes

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

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

Mini Chocolate Donuts

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	320.00		
Fat	15.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	41.00g		
Fiber	2.00g		
Sugar	19.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Egg & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12878

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4- 12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
EGG OMELET CHS COLBY 225-2.1Z SNYFR	1/2 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	554470

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	275.00
Fat	13.00g
SaturatedFat	5.00g
Trans Fat	0.15g
Cholesterol	102.50mg
Sodium	405.00mg
Carbohydrates	30.50g
Fiber	2.00g
Sugar	5.00g
Protein	10.00g
Vitamin A	200.00IU
Vitamin C	0.14mg

Calcium 62.14mg **Iron** 2.16mg

Banana Split

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12880

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BANANA GREEN 40 P/L	1/2 Each		686503
STRAWBERRY SLCD 4+1 6-6.5 GFS	13/100 Cup		293393
PINEAPPLE TIDBITS IN JCE 6-10 GFS	13/100 Cup		189979
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	13/100 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.49
Grain	0.50
Fruit	0.26
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	255.08
Fat	2.51g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	93.23mg
Carbohydrates	55.27g
Fiber	2.72g
Sugar	36.32g
Protein	5.07g
Vitamin A 37.76IU	Vitamin C 16.79mg
Calcium 137.28mg	Iron 0.58mg

Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12881

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX 25 GCHC	1/2 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories	340.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	74.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.88mg

Green Eggs & Ham

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	190.00		
Fat	11.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	240.00mg		
Sodium	1270.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	0.72mg

Pinto Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12944

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6-10 GCHC	1/2 Cup		261475

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories	100.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	17.00g		
Fiber	9.00g		
Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.00mg

Corn on the Cob

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12945

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN COB EARS LITTLE 2.75 96CT GFS	2 Each		119385

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving			
Calories	180.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	38.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	7.20mg
Calcium	0.00mg	Iron	0.00mg

Corn Nuggets

Servings:	1.00	Category:	Vegetable
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12946

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR CORN NUGGETS BATRD 6-2 GCHC	6 Piece	BAKE PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5 MINUTES ON EACH SIDE. CONVECTION PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1 2 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 3 MINUTES.	694590

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving

Calories	190.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	420.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Macho Nacho

Servings:	1.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12948

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	6 Ounce		344012

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.06
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.39
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving	
Calories	156.43
Fat	5.15g
SaturatedFat	1.75g
Trans Fat	0.00g
Cholesterol	31.90mg
Sodium	236.71mg
Carbohydrates	15.44g
Fiber	4.12g
Sugar	5.15g
Protein	13.38g
Vitamin A 1288.51IU	Vitamin C 19.55mg
Calcium 52.49mg	Iron 3.09mg

Pancake & Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12979

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN 144-1.3Z BKCRFT	1 Each	<p>READY_TO_EAT</p> <p>The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.</p>	156101
SAUSAGE LNK BUFFET CRSE 16/ 10 GFS	1 Each		161100

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	216.67		
Fat	15.50g		
SaturatedFat	4.67g		
Trans Fat	0.00g		
Cholesterol	21.67mg		
Sodium	258.33mg		
Carbohydrates	15.67g		
Fiber	0.00g		
Sugar	5.33g		
Protein	4.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.67mg	Iron	0.48mg