

**Cookbook for SOUTH CENTRAL SCHL/FOOD  
SERVICE**

**Created by HPS Menu Planner**

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# Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14702

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	1 1/4 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	2 Cup		242489
White Wheat Dinner Rolls	2 Each		33119

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	1.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	342.99		
<b>Fat</b>	13.10g		
<b>SaturatedFat</b>	7.76g		
<b>Trans Fat</b>	0.06g		
<b>Cholesterol</b>	48.44mg		
<b>Sodium</b>	778.56mg		
<b>Carbohydrates</b>	38.15g		
<b>Fiber</b>	4.78g		
<b>Sugar</b>	7.56g		
<b>Protein</b>	20.56g		
<b>Vitamin A</b>	281.02IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	271.84mg	<b>Iron</b>	5.77mg

# Ham Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14703

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
School White Wheat Sandwich Bread	2 Slice		12385

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	261.26		
<b>Fat</b>	7.73g		
<b>SaturatedFat</b>	2.84g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.50mg		
<b>Sodium</b>	862.30mg		
<b>Carbohydrates</b>	26.40g		
<b>Fiber</b>	2.36g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.78g		
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	1.50mg
<b>Calcium</b>	137.68mg	<b>Iron</b>	2.24mg

# Ham Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14704

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<b>STEAM</b> PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	328.45
<b>Fat</b>	13.43g
<b>SaturatedFat</b>	6.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.60mg
<b>Sodium</b>	761.30mg
<b>Carbohydrates</b>	30.27g
<b>Fiber</b>	3.25g
<b>Sugar</b>	2.50g

<b>Protein</b>	21.39g		
<b>Vitamin A</b>	146.12IU	<b>Vitamin C</b>	1.50mg
<b>Calcium</b>	225.54mg	<b>Iron</b>	3.12mg

# Lunchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14705

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Ounce	READY_TO_EAT READY_TO_EAT	885750
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	310.83		
<b>Fat</b>	11.67g		
<b>SaturatedFat</b>	5.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	615.00mg		
<b>Carbohydrates</b>	39.17g		
<b>Fiber</b>	3.33g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	414.17mg	<b>Iron</b>	1.76mg

# Turkey Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14706

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	5 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
School White Wheat Sandwich Bread	2 Slice		12385

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	287.80		
<b>Fat</b>	5.88g		
<b>SaturatedFat</b>	2.22g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	58.18mg		
<b>Sodium</b>	982.51mg		
<b>Carbohydrates</b>	26.40g		
<b>Fiber</b>	2.36g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	31.09g		
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	137.68mg	<b>Iron</b>	1.34mg



# Turkey Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14707

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	5 Slice		689541
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<p><b>STEAM</b>  <b>PREPARATION</b>Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING</b>STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b>Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	354.99
<b>Fat</b>	11.58g
<b>SaturatedFat</b>	5.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.28mg
<b>Sodium</b>	881.51mg
<b>Carbohydrates</b>	30.27g
<b>Fiber</b>	3.25g

<b>Sugar</b>			2.50g
<b>Protein</b>			31.70g
<b>Vitamin A</b>	146.12IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	225.54mg	<b>Iron</b>	2.22mg

# Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14708

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	1 Cup		881161
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup		226671
Variety of Fruit	1 1/2 cup		

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	460.60		
<b>Fat</b>	5.22g		
<b>SaturatedFat</b>	2.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	14.93mg		
<b>Sodium</b>	375.67mg		
<b>Carbohydrates</b>	94.63g		
<b>Fiber</b>	6.24g		
<b>Sugar</b>	57.54g		
<b>Protein</b>	12.69g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	323.88mg	<b>Iron</b>	1.07mg

# Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14709

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	4 Slice		189071
School White Wheat Sandwich Bread	2 Slice		12385

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	278.76		
<b>Fat</b>	9.98g		
<b>SaturatedFat</b>	5.34g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	727.30mg		
<b>Carbohydrates</b>	29.40g		
<b>Fiber</b>	2.36g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	18.78g		
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	433.18mg	<b>Iron</b>	1.34mg

# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14710

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each		105880
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	321.98		
<b>Fat</b>	13.94g		
<b>SaturatedFat</b>	5.57g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	748.14mg		
<b>Carbohydrates</b>	29.47g		
<b>Fiber</b>	3.65g		
<b>Sugar</b>	3.88g		
<b>Protein</b>	21.74g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	119.00mg	<b>Iron</b>	9.44mg

# Refried Beans

<b>Servings:</b>	160.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14711

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	7 #10 CAN		100362
CHEESE CHED MLD SHRD 4-5 LOL	5 Pound		150250

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	180.40		
<b>Fat</b>	4.58g		
<b>SaturatedFat</b>	3.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.25mg		
<b>Sodium</b>	255.02mg		
<b>Carbohydrates</b>	23.14g		
<b>Fiber</b>	5.66g		
<b>Sugar</b>	1.13g		
<b>Protein</b>	11.48g		
<b>Vitamin A</b>	142.84IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	102.68mg	<b>Iron</b>	0.10mg

# Baked Apples

<b>Servings:</b>	45.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14712

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD MI 7+1 30 GFS	7 1/2 Pound		270954
SUGAR BROWN LT 50 BIG CHIEF	1/2 Cup		846775
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup		224723
MARGARINE SLD 30-1 GCHC	1/2 Cup		733061

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	101.75		
<b>Fat</b>	1.96g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	30.98mg		
<b>Carbohydrates</b>	19.85g		
<b>Fiber</b>	0.76g		
<b>Sugar</b>	18.33g		
<b>Protein</b>	0.76g		
<b>Vitamin A</b>	285.71IU	<b>Vitamin C</b>	1.83mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.27mg

# Chicken Alfredo

<b>Servings:</b>	225.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14713

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	15 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	45 Pound		155661
PASTA MOSTACC RIG W/LINES 4-5 GFS	20 Pound		413350

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 225.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	345.28		
<b>Fat</b>	10.53g		
<b>SaturatedFat</b>	5.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.66mg		
<b>Sodium</b>	684.57mg		
<b>Carbohydrates</b>	38.62g		
<b>Fiber</b>	1.42g		
<b>Sugar</b>	7.38g		
<b>Protein</b>	21.88g		
<b>Vitamin A</b>	386.87IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	334.35mg	<b>Iron</b>	1.28mg



# Mostaccioli

<b>Servings:</b>	480.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14714

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES 4-5 GFS	30 Pound		413350
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	90 Pound		573201
SAUCE SPAGHETTI FCY 6-10 REDPK	6 #10 CAN		852759
Cheese, Mozzarella, Part Skim, Shredded	30 Pound		100021

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	299.93		
<b>Fat</b>	11.25g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	54.46mg		
<b>Sodium</b>	472.27mg		
<b>Carbohydrates</b>	30.14g		
<b>Fiber</b>	3.18g		
<b>Sugar</b>	8.46g		
<b>Protein</b>	18.64g		
<b>Vitamin A</b>	563.11IU	<b>Vitamin C</b>	12.39mg
<b>Calcium</b>	30.20mg	<b>Iron</b>	1.97mg

# Chicken & Noodles

<b>Servings:</b>	320.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14715

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	60 Pound		100101
PASTA NOODL KLUSKI 1/8 2-5 GFS	40 Pound		270385
GRAVY CHIX RSTD 12-49Z HRTHTSN	12 #5 CAN		516309

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	365.28		
<b>Fat</b>	8.13g		
<b>SaturatedFat</b>	1.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	118.00mg		
<b>Sodium</b>	386.60mg		
<b>Carbohydrates</b>	44.26g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	27.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

# Ham Deli Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14716

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
BACON TOPPING 1 DCD 10 HRML	1/8 Cup		827002
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING: Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	543.15
<b>Fat</b>	34.05g
<b>SaturatedFat</b>	10.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	88.06mg
<b>Sodium</b>	1272.74mg
<b>Carbohydrates</b>	31.27g
<b>Fiber</b>	3.25g
<b>Sugar</b>	3.50g
<b>Protein</b>	26.83g

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<b>Vitamin A</b>	146.12IU	<b>Vitamin C</b>	1.77mg
<b>Calcium</b>	227.58mg	<b>Iron</b>	3.31mg

# Turkey Deli Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14717

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	5 Slice		689541
BACON TOPPING 1 DCD 10 HRML	1/8 Cup		827002
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds on high (microwaves vary for power setting and time). STAGING: Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	569.69		
<b>Fat</b>	32.20g		
<b>SaturatedFat</b>	9.90g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	88.74mg		
<b>Sodium</b>	1392.95mg		
<b>Carbohydrates</b>	31.27g		
<b>Fiber</b>	3.25g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	37.14g		
<b>Vitamin A</b>	146.12IU	<b>Vitamin C</b>	0.27mg
<b>Calcium</b>	227.58mg	<b>Iron</b>	2.41mg

# Apple Crisp

<b>Servings:</b>	80.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Square	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14718

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD RED PLD IQF 4-5 GFS	10 Pound		818895
SUGAR BROWN MED 25 GFS	4 1/2 Cup	UNSPECIFIED	108626
OATS QUICK HOT CEREAL 12-42Z QUAK	4 1/2 Cup		467251
FLOUR H&R A/P 2-25 GFS	4 1/2 Cup		227528
MARGARINE SLD 30-1 GCHC	3 Cup		733061

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Square

#### Amount Per Serving

<b>Calories</b>	168.49		
<b>Fat</b>	6.98g		
<b>SaturatedFat</b>	2.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	91.84mg		
<b>Carbohydrates</b>	26.34g		
<b>Fiber</b>	1.42g		
<b>Sugar</b>	17.27g		
<b>Protein</b>	1.35g		
<b>Vitamin A</b>	489.75IU	<b>Vitamin C</b>	47.70mg
<b>Calcium</b>	3.26mg	<b>Iron</b>	0.47mg

# Hot Wings

<b>Servings:</b>	255.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14719

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	2550 Each		394053
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	2 Quart		282944
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Gallon		426598

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 255.00

Serving Size: 4.00 Each

#### Amount Per Serving

<b>Calories</b>	332.36		
<b>Fat</b>	20.88g		
<b>SaturatedFat</b>	3.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	59.65mg		
<b>Sodium</b>	892.10mg		
<b>Carbohydrates</b>	14.79g		
<b>Fiber</b>	1.43g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	22.86g		
<b>Vitamin A</b>	301.08IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Turkey Pot Pie

<b>Servings:</b>	180.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14769

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	40 Pound	4 Roasts	100125
GRAVY CHIX RSTD 12-49Z HRTHSTN	16 #5 CAN		516309
Carrots, Sliced, low sodium, canned	1 #10 CAN		100309
PEAS FRZN 30	7 1/2 Pound		100350

## Preparation Instructions

Makes 4.5 pans.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 6.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	306.14		
<b>Fat</b>	15.72g		
<b>SaturatedFat</b>	4.82g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	81.78mg		
<b>Sodium</b>	714.66mg		
<b>Carbohydrates</b>	12.90g		
<b>Fiber</b>	0.95g		
<b>Sugar</b>	1.10g		
<b>Protein</b>	31.77g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg