

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

Created by HPS Menu Planner

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Chef Salad

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Ham Sandwich

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Ham Wrap

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

Ingredients

Description	Measurement	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	690141

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	328.45		
Fat	13.43g		
SaturatedFat	6.37g		
Trans Fat	0.00g		
Cholesterol	65.60mg		
Sodium	761.30mg		
Carbohydrates	30.27g		
Fiber	3.25g		
Sugar	2.50g		
Protein	21.39g		
Vitamin A	146.12IU	Vitamin C	1.50mg
Calcium	225.54mg	Iron	3.12mg

Lunchable

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Turkey Sandwich

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Turkey Wrap

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

Ingredients

Description	Measurement	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	690141

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	354.99		
Fat	11.58g		
SaturatedFat	5.75g		
Trans Fat	0.00g		
Cholesterol	66.28mg		
Sodium	881.51mg		
Carbohydrates	30.27g		
Fiber	3.25g		
Sugar	2.50g		
Protein	31.70g		
Vitamin A	146.12IU	Vitamin C	0.00mg
Calcium	225.54mg	Iron	2.22mg

Yogurt Parfait

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Cheese Sandwich

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Cheeseburger

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

Ingredients

Description	Measurement	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	51022

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
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 Each

Amount Per Serving

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

Refried Beans

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

Ingredients

Description	Measurement	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

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: 160.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Baked Apples

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

Ingredients

Description	Measurement	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

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: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Chicken Alfredo

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

Ingredients

Description	Measurement	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

Meat	2.50
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: 225.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Mostaccioli

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

Ingredients

Description	Measurement	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

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Chicken & Noodles

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
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: 320.00

Serving Size: 0.75 Cup

Amount Per Serving

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

Ham Deli Wrap

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

Ingredients

Description	Measurement	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	690141
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon	426598

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	543.15		
Fat	34.05g		
SaturatedFat	10.51g		
Trans Fat	0.00g		
Cholesterol	88.06mg		
Sodium	1272.74mg		
Carbohydrates	31.27g		
Fiber	3.25g		
Sugar	3.50g		
Protein	26.83g		
Vitamin A	146.12IU	Vitamin C	1.77mg
Calcium	227.58mg	Iron	3.31mg

Turkey Deli Wrap

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

Ingredients

Description	Measurement	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	690141

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Apple Crisp

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

Ingredients

Description	Measurement	DistPart #
APPLE SLCD RED PLD IQF 4-5 GFS	10 Pound	818895
SUGAR BROWN MED 25 GFS	4 1/2 Cup	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

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Square

Amount Per Serving

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

Hot Wings

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

Ingredients

Description	Measurement	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

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: 255.00

Serving Size: 4.00 Each

Amount Per Serving

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

Turkey Pot Pie

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

Ingredients

Description	Measurement	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	40 Pound	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

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

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

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