

# **Cookbook for**

**Created by HPS Menu Planner**

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**Breakfast Bagel Sandwich (Ham/Egg/Cheese)**

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# Pepperoni Pizza Slice

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10733

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WGRAIN SLC 96-4.67Z MAX	100 Each		437440

## Preparation Instructions

Arrange slices on cookie sheet, lined with parchment paper.

Bake at 425 degrees for 8-10 min.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	280.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	780.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.00mg	<b>Iron</b> 1.80mg

# Chicken Nuggets

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10734

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	500 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040

## Preparation Instructions

Arrange chicken pieces on a cookie sheet with parchment paper.

Bake at 400 degrees for 8-10 min.

Serving size 6 pieces.

### 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: 100.00

Serving Size: 5.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.00mg	<b>Iron</b>	2.00mg



# Calzone (3 cheese)

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10735

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN 60-4.69Z GILARDI	100 Each		658591

## Preparation Instructions

Arrange calzones on a baking sheet with parchment paper.

Bake at 400 degrees for 8-10 minutes.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	430.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	410.00mg	<b>Iron</b>	2.70mg

# Nachos

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10739

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	100 Serving	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHIP TORTL RND YEL 5-1.5 KE	1000 Each		163020
SAUCE CHS NACHO DLX 6-10 GCHC	100 Serving		323616

## Preparation Instructions

Prepare taco filling in bag, in boiling water for 45-60 min. Temp to confirm 165 degrees.

Empty nacho cheese into a 1/2 pan, place in the steamer for 10 min to warm.

Arrange 8-10 chips in a paper food boat, add 3 oz taco meat and .5 oz nacho cheese.

#12 scoop for meat, #60 scoop for cheese.

### 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: 100.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	427.50		
<b>Fat</b>	16.88g		
<b>SaturatedFat</b>	2.63g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	97.50mg		
<b>Sodium</b>	655.00mg		
<b>Carbohydrates</b>	44.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	23.75g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	95.00mg	<b>Iron</b>	1.80mg

# Hamburger

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10740

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	<b>BAKE</b> Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
Alpha Hamburger Bun 4in Wheat	100 Each	READY_TO_EAT	

## Preparation Instructions

Bake beef patties on a baking sheet with parchment paper. 6-8 minutes at 400 degrees until temp is 165.

Hold in liquid of beef broth and onions.

Add beef patty to bun at service time, wrap or serve.

### 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: 100.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.52mg

# Stuffed Crust Pizza

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10742

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WDG WGRAIN STFD 72CT MAX	100 Each		198952

## Preparation Instructions

Arrange pizza slices on a cookie sheet lined with parchment paper.

Bake at 400 degrees for 8-10 minutes.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	500.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 370.00mg	<b>Iron</b> 2.40mg

# Baby Carrots

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10745

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 200-1.6Z RSS	100 Serving		786321

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00

Amount Per Serving			
<b>Calories</b>	62.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	112.50mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	1.25g		
<b>Vitamin A</b>	8125.00IU	<b>Vitamin C</b>	1.50mg
<b>Calcium</b>	52.50mg	<b>Iron</b>	0.00mg

# Hash Brown Stars

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	7.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10746

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN STARZ .36Z 6-5 LAMB	100 Serving		233101

## Preparation Instructions

Arrange hash browns on parchment lined cookie sheet. Bake 8-10 minutes or until temperature reaches 165\*.  
Serve 7 each.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 7.00 Each

#### Amount Per Serving

<b>Calories</b>	148.81		
<b>Fat</b>	7.94g		
<b>SaturatedFat</b>	0.99g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	277.78mg		
<b>Carbohydrates</b>	16.87g		
<b>Fiber</b>	1.98g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.98g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.94mg	<b>Iron</b>	0.99mg

# Pretzel Bites w/ Cheese

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10747

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT NUGGET WGRAIN 330-.5Z J&J	100 Serving		500171
SAUCE CHS NACHO 6-10 PANCHV	100 Fluid Ounce		287229

## Preparation Instructions

Arrange Pretzel Bites on parchment lined cookie sheet. Bake at 375\* for 6-8 minutes until temp reaches 165\*.  
Portion 1 oz of nacho cheese in to cups. Serve 5 pretzel bites, and 1 oz cheese.

#30 scoop cheese.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00

#### Amount Per Serving

<b>Calories</b>	185.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	345.00mg		
<b>Carbohydrates</b>	38.50g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

# Steamed Broccoli

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10748

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GFS	100 Serving		285590

## Preparation Instructions

Pour frozen broccoli into a slotted pan, place slotted pan in a full pan, cover and place in steamer for 30 min.

Portion into 1 cup servings.

#4 scoop.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	34.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	23.00mg		
<b>Carbohydrates</b>	5.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	30.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg



# Macaroni and Cheese

<b>Servings:</b>	100.00	<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-10749

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	100 Serving		119122

## Preparation Instructions

Place bags in boiling water for 30 min. Confirm temperature at 165 degrees. Pour contents into a full pan.  
Serve with #8 scoop.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.49
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	216.42		
<b>Fat</b>	8.21g		
<b>SaturatedFat</b>	4.48g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.39mg		
<b>Sodium</b>	731.34mg		
<b>Carbohydrates</b>	23.13g		
<b>Fiber</b>	1.49g		
<b>Sugar</b>	4.48g		
<b>Protein</b>	12.69g		
<b>Vitamin A</b>	559.70IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.85mg	<b>Iron</b>	0.81mg

# Boneless Wings

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10751

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	100 Serving	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301

## Preparation Instructions

Evenly spread 1 bag of boneless wings onto a cookie sheet lined with parchment paper.

Bake at 400 degrees for 8-10 minutes, confirm temp of 165 degrees.

### 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: 100.00

Serving Size: 5.00

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	8.75g		
<b>SaturatedFat</b>	1.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	337.50mg		
<b>Carbohydrates</b>	12.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	17.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.25mg	<b>Iron</b>	1.25mg

# Mozzarella Dippers w/ Marinara

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10752

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 5192-1.93	100 Serving		148067
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	100 Each	READY_TO_EAT None	677721

## Preparation Instructions

Break into 2 stick serving sizes. Arrange on cookie sheet lined with parchment paper. Bake at 400 degrees for 8-10 minutes. Confirm temp of 165 degrees. Serve with one Marinara dip cup.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	880.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	362.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	314.00mg	<b>Iron</b>	1.60mg

# Hot Dog on Bun

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10754

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	100 Serving		304913
Hot Dog Bun (Alpha Baking)	100 Each		

## 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: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.11mg	<b>Iron</b>	0.76mg

# Cheeseburger on Bun

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10764

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hamburger Bun (Alpha Baking)	100 Each		
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	<b>BAKE</b> Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
American Cheese Sliced RF	100 Slice		666204

## Preparation Instructions

Arrange beef patties on a cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Place 1 slice of cheese on each patty, then place in a bun. Wrap or serve.

### 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: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	175.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	5.25g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	500.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	15.50g		
<b>Vitamin A</b>	30.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.44mg

# Bacon Cheeseburger on Bun

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10766

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hamburger Bun (Alpha Baking)	100 Each		
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	<b>BAKE</b> Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
American Cheese Sliced RF	100 Slice		666204
BACON CKD SLCD 2- 150CT ARMR	100 Slice		563315

## Preparation Instructions

Arrange beef patties on a cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Place 1 slice of cheese on each patty, break one slice of bacon in half and place on the cheese, then place in a bun. Wrap in foil or serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	201.67		
<b>Fat</b>	14.03g		
<b>SaturatedFat</b>	5.95g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	53.50mg		
<b>Sodium</b>	572.53mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	17.47g		
<b>Vitamin A</b>	30.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 120.00mg **Iron** 1.44mg

# Tacos (hard shell)

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10767

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	100 Serving	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
SHELL TACO CORN WGRAIN 8-48CT GFS	200 Each		197191

## Preparation Instructions

Prepare taco filling in bag, in boiling water for 45-60 min. Temp to confirm 165 degrees.

Arrange 2 taco shells in a paper food boat, add 3 oz taco meat.

Heaping #12 scoop of meat.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	243.33		
<b>Fat</b>	11.08g		
<b>SaturatedFat</b>	2.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	97.50mg		
<b>Sodium</b>	315.00mg		
<b>Carbohydrates</b>	15.67g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	20.83g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.33mg	<b>Iron</b>	1.08mg



# Grilled Cheese Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10768

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN IW 72-4.19Z	100 Each		786360

## Preparation Instructions

Arrange sandwiches on a cookie sheet, leave in the oven safe bags. Bake at 400 degrees for 6-8 minutes.

### 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: 100.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	280.30		
<b>Fat</b>	9.90g		
<b>SaturatedFat</b>	5.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.00mg		
<b>Sodium</b>	580.80mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	18.50g		
<b>Vitamin A</b>	523.96IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	465.89mg	<b>Iron</b>	1.64mg

# Cheese Omelet

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10769

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	100 Each		240080

## Preparation Instructions

Arrange omelets on cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	165.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	83.00mg	<b>Iron</b>	1.00mg

# Dominos Smart Slice (Cheese)

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10770

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dominos Cheese Pizza	100 Slice		

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	2.02
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.40
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	303.24		
<b>Fat</b>	14.15g		
<b>SaturatedFat</b>	8.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.49mg		
<b>Sodium</b>	3.03mg		
<b>Carbohydrates</b>	31.33g		
<b>Fiber</b>	4.04g		
<b>Sugar</b>	3.03g		
<b>Protein</b>	15.16g		
<b>Vitamin A</b>	15.16IU	<b>Vitamin C</b>	10.11mg
<b>Calcium</b>	35.38mg	<b>Iron</b>	10.11mg

# Spaghetti with Meatballs

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10771

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL BEEF PRECKD 30# 960-.5Z	500 Each	<b>BAKE</b> Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f.	147681
PASTA ROTINI WGRAIN 2-10 COMM	100 Cup		869490
SAUCE SPAGHETTI 6-10 GCHC	25 Cup		144207

## Preparation Instructions

Pour dry pasta into full size steam table pan. (6 lbs of noodles/pan) Fill 1/2 full of water. Steam for 17-20 min or until noodles are done. Drain water.

Arrange meatballs on parchment lined cookie sheets, bake at 375\* for 8-10 min or until temperature reaches 165\*.

Open cans, warm sauce in steam table pans or on stove.

Serve: 1 cup pasta, 5 Meatballs, .25 cup sauce

#4 scoop pasta

#16 scoop sauce

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	364.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	504.00mg
<b>Carbohydrates</b>	49.00g
<b>Fiber</b>	6.50g

<b>Sugar</b>			6.00g
<b>Protein</b>			23.50g
<b>Vitamin A</b>	475.00IU	<b>Vitamin C</b>	5.70mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	2.34mg

# Baked Beans

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10787

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GFS	100 Serving		298913

## Preparation Instructions

Open cans. Pour 2 cans of beans per full size pan. Cover and place in steamer on high for 20 minutes, until temp reaches 165.

Serve with #6 scoop.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00

#### Amount Per Serving

<b>Calories</b>	225.00		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	645.00mg		
<b>Carbohydrates</b>	43.50g		
<b>Fiber</b>	7.50g		
<b>Sugar</b>	13.50g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	81.00mg	<b>Iron</b>	3.00mg

# Black Beans

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10788

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	100 Serving		231981

## Preparation Instructions

Open cans. Pour 2 cans of beans per full size pan. Cover and place in steamer on high for 20 minutes, until temp reaches 165.

Serve with #6 scoop.

### 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>	0.75
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75

#### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	210.00mg		
<b>Carbohydrates</b>	34.50g		
<b>Fiber</b>	9.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	10.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	90.00mg	<b>Iron</b>	2.70mg

# Refried Beans

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10789

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	25 Cup	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341

## Preparation Instructions

Open cans. Pour 2 cans of beans per full size pan. Cover and place in steamer on high for 20 minutes, until temp reaches 165.

#16 scoop.

### 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>	0.66
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.25 Cup

Amount Per Serving			
<b>Calories</b>	210.53		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	210.53mg		
<b>Carbohydrates</b>	36.84g		
<b>Fiber</b>	13.16g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	13.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.16mg
<b>Calcium</b>	66.50mg	<b>Iron</b>	3.03mg



# Chocolate Chip Cookie

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10791

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CHOC CHIP WGRAIN 384-1Z	100 Each		243371

## Preparation Instructions

Arrange frozen cookie dough on a cookie sheet lined with parchment paper. Bake in convection oven at 375 degrees for 10-12 minutes. Let cool. Place cooled cookies in individual fry bags for service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	85.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.08mg

# Double Stuffed Pizza

<b>Servings:</b>	100.00	<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-11041

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 3X5 WGRAIN STFD 96-3.74Z	100 Each	Spread pizzas evenly and bake on parchment lined cookie sheet at 375 for 13-17 minutes. Confirm temp of 165 degrees.	437400

## Preparation Instructions

Spread pizzas evenly and bake on parchment lined cookie sheet at 375 for 13-17 minutes. Confirm temp of 165 degrees.

### 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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 270.00mg	<b>Iron</b> 2.20mg

# Breaded Chicken Sandwich

<b>Servings:</b>	100.00	<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-11044

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
Hamburger Bun (Alpha Baking)	100 Each		

## Preparation Instructions

Arrange chicken patties on parchment lined cookie sheets. Bake at 375 for 8-10 minutes. Confirm temperature of 165 degrees. Place 1 patty into each hamburger bun. Wrap in foil or serve.

### 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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	460.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.00mg	<b>Iron</b>	2.00mg

# Curly Fries

<b>Servings:</b>	100.00	<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-11045

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL 6-4 REDSTNCAN	50 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS 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 SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	181501

## Preparation Instructions

Arrange frozen curly fries on a parchment lined cookie sheet. Bake at 375 degrees for 12-14 minutes, rotating as necessary.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.94

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	207.55		
<b>Fat</b>	10.38g		
<b>SaturatedFat</b>	0.94g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	471.70mg		
<b>Carbohydrates</b>	26.42g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.89g		
<b>Vitamin A</b>	188.68IU	<b>Vitamin C</b>	6.79mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Pears

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11814

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD XL/S 6-10 GFS	50 Cup		262706

## Preparation Instructions

Drain pears in a colander, scoop 1/2 cup into individual portion cups. Lids if necessary.  
#8 scoop.

### 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: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Celery Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11818

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY 24CT 65 AVG P/L	1/2 Cup		840980

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

# Strawberry Cup

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11915

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	100 Each		655010

## Preparation Instructions

Thaw in refrigerator night before service.

### 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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Pudding Cup

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11916

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING CUP CHOC 48-3.75Z KOZY SHACK	100 Each		650942

## Preparation Instructions

Thaw in refrigerator night before service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	120.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	130.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.00mg



# Cheese Pizza Slice

<b>Servings:</b>	100.00	<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-11933

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN SLC 96-4.67Z MAX	100 Each		437430

## Preparation Instructions

BAKE ON PARCHMENT LINED PAN 12 TO 16 MINUTES AT 375 DEGREES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	240.00mg	<b>Iron</b>	2.10mg

# General Tso's Rice Box

<b>Servings:</b>	100.00	<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-11936

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE GEN TSO 4-.5GAL ASIAN	100 Tablespoon		802850
CHIX STRP FAJT SEAS FC 8-4.99 TYS	300 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
RICE BRN PARBL WGRAIN 25 GCHC	100 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

## Preparation Instructions

COOK CHICKEN AS DIRECTED. ADD GENERAL TSO SAUCE TO CHICKEN, COAT EVENLY. COOK RICE AS DIRECTED. SCOOP 1 CUP COOKED RICE INTO CARRY OUT CONTAINER, ADD 3 OZ OF SAUCE COATED CHICKEN. SERVE.

#4 scoop rice

Heaping #12 scoop chicken/sauce.

### SLE Components

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	845.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.00mg		
<b>Sodium</b>	500.00mg		
<b>Carbohydrates</b>	158.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	32.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	3.24mg

# Fortune Cookie

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11937

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	100 Each		565142

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.17
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	11.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	2.67g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.67g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Corn Dog

<b>Servings:</b>	100.00	<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-11940

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	100 Each		620220

## Preparation Instructions

ARRANGE CORN DOGS ON PARCHMENT LINED COOKIE SHEETS. BAKE FOR 12-14 MINUTES AT 375\* OR UNTIL INTERNAL TEMPERATURE REACHES 165\*.

### 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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	1.80mg

# Tator Tots

<b>Servings:</b>	100.00	<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-12030

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	50 Cup		563840

## Preparation Instructions

Arrange tator tots on a parchment lined cookie sheet. Bake at 375\* for 8-10 minutes, until golden brown or until temperature reaches 165\*.

#8 scoop or gloved hand.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	142.86		
<b>Fat</b>	5.56g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	269.84mg		
<b>Carbohydrates</b>	22.22g		
<b>Fiber</b>	3.17g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.59g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.57mg

# Chicken Sticks

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12031

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	800 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283562

## Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375\* for 6-8 minutes until temperature reaches 165\*

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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: 100.00

Serving Size: 8.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Mandarin Oranges

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12032

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mandarin Oranges	50 Cup		3802

## Preparation Instructions

Wash/wipe can. Open can and drain with strainer. Portion oranges into 1/2 cup servings, in portion cups.  
#8 scoop.

### 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: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.00mg



# Personal Pan Pizza (Pepperoni)

<b>Servings:</b>	100.00	<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-12033

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5 RND WGRAIN 60-5.05Z MAX	100 Each		110480

## Preparation Instructions

Arrange pizzas on parchment lined cookie sheet. Bake at 375\* for 8-10 minutes, until temperature reaches 165\*

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		320.00	
<b>Fat</b>		11.00g	
<b>SaturatedFat</b>		3.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		20.00mg	
<b>Sodium</b>		620.00mg	
<b>Carbohydrates</b>		39.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		17.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	130.00mg	<b>Iron</b>	2.90mg

# Personal Pan Pizza (Cheese)

<b>Servings:</b>	100.00	<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-12034

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5 RND WGRAIN 60-5.05Z MAX	100 Each		110470

## Preparation Instructions

Arrange pizza on parchment lined cookie sheet. Bake at 375\* for 6-8 minutes until temperature reaches 165\*.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	320.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	1.20mg

# Banana

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12061

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA 13-3# P/L	100 Each		644482

## Preparation Instructions

Separate from bunch and serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

# Pancakes w/ Chocolate Chips

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12062

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	200 Each		617650
CHOC CHIPS SMISWT MINI 4000/4-4 GFS	100 Ounce		283630

## Preparation Instructions

Arrange pancakes on parchment lined cookie sheet. Bake 6-8 minutes at 375\* or until 165\*. Portion 1 oz of chocolate chips into cup. Serve 2 pancakes, 1 oz chocolate chips.

#30 scoop for chocolate chips.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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: 100.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	222.33		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.67mg		
<b>Sodium</b>	220.00mg		
<b>Carbohydrates</b>	37.33g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	11.33g		
<b>Protein</b>	4.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	2.20mg

# Apple Slices

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12068

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	100 Package	READY_TO_EAT	473171

## 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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	30.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	350.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

# Sweet Potato Fries

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.10 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12095

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	310 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES.	273660

## Preparation Instructions

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON PARCHMENT LINED COOKIE SHEET. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.10 Ounce

#### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	230.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	5000.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.36mg

# String Cheese

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12096

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	100 Each		786580

## Preparation Instructions

Store in refrigerator, serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	80.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	0.00mg

# Yogurt

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12097

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	100 Each	READY_TO_EAT READY_TO_EAT	885750

## Preparation Instructions

Store in refrigerator, ready to eat.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	60.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	0.00mg



# SideKicks Slush Cup

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12099

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	100 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

## Preparation Instructions

Store in freezer, pull 1-2 hours prior to service. Ready to eat.

### 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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	30.00mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1000.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 80.00mg	<b>Iron</b> 0.00mg

# Pineapple

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12102

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GFS	50 Cup		189952

## Preparation Instructions

DRAIN PINEAPPLE IN A STRAINER. SCOOP INTO 1/2 C SERVINGS INTO PORTION CUPS. COVER OR SERVE.

#8 scoop.

### 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: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	12.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Peaches

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12103

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GFS	50 Cup		610267

## Preparation Instructions

DRAIN PEACHES IN A STRAINER, PORTION INTO 1/2 C SERVINGS. COVER OR SERVE.

#8 scoop.

### 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: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

# Applesauce

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12104

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE NAT 72-4Z GFS	100 Each		122200

## Preparation Instructions

READY TO EAT. SERVE.

### 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: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Pizza Hut Pizza (Cheese)

<b>Servings:</b>	100.00	<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-12106

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Hut Cheese Pizza Slice	100 Each	UNSPECIFIED	1

## Preparation Instructions

HOT HOLD AFTER DELIVERY FOR SERVICE. READY TO EAT.

### 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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	3.90g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Dinner Roll

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12114

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll (Alpha Baking)	100 Each		

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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: 100.00

Serving Size: 1.00 Each

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

# Mashed Potato Bowl

<b>Servings:</b>	100.00	<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-12293

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES BAG 12-26Z SIMPL	77 Ounce		182303
CORN WHL KERNEL FCY GRADE 6-10 GFS	25 Cup		118966
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120

## Preparation Instructions

Potatoes: MEASURE INTO A HALF SZ 6" DEEP STEAMTABLE PAN 1 GALLON HOT OR BOILING WATER. ADD ONE POUCH OF POTATOES ALL AT ONCE, USING SPOON OR WIRE WHIP TO DISTRIBUTE EVENLY AND WET ALL POTATOES. LET STAND ONE MINUTE, THEN MIX. PLACE ON STEAMTABLE AND SERVE. FOR A CREAMIER MASHED POTATO, ADD MORE HOT OR BOILING WATER.

Corn: Add 2 cans corn to steam pan, steam 8-10 minutes.

Chicken: Arrange chicken chunks on parchment lined cookie sheet. Bake at 375\* for 6-8 min until 165\*

Portion: #6 scoop potatoes (3/4 C), 12 pieces chicken, #16 scoop corn (1/4 C) into bowl.

Serve with Dinner Roll.

### 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>	1.50

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	306.90
<b>Fat</b>	10.24g
<b>SaturatedFat</b>	1.49g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	11.90mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	41.33g
<b>Fiber</b>	5.79g

<b>Sugar</b>	4.60g
<b>Protein</b>	12.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 62.40mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 0.36mg



# Popcorn Chicken

<b>Servings:</b>	100.00	<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-12295

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120

## Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 357\* for 6-8 minutes, until 165\*.

Serve 12 ea.

Serve with dinner roll.

### 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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	136.90		
<b>Fat</b>	7.74g		
<b>SaturatedFat</b>	1.49g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	11.90mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	8.33g		
<b>Fiber</b>	1.79g		
<b>Sugar</b>	0.60g		
<b>Protein</b>	8.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Thai Chicken w/ Rice (Sweet Chile)

<b>Servings:</b>	100.00	<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-12319

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	300 Ounce	UNSPECIFIED Not currently available	570533
RICE BRN PARBL WGRAIN 25 GCHC	100 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.	516371
SAUCE SWEET CHILI 12- 56Z GFS	200 Tablespoon		271862

## Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375\* for 8-10 minutes until 165\*.

Place 1 bag rice in steamer pan filled 1/4 with hot water. Place uncovered pan in steamer for 20 minutes. Strain if necessary.

Put #4 scoop (1C) rice into take out box. Add heaping #12 scoop of chicken (3oz). Top with 2 TBSP Thai chili sauce. Serve.

### 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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	860.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	161.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	34.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	3.88mg

# Pulled Pork Sandwich

<b>Servings:</b>	100.00	<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-12320

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	300 Ounce		498702
Hamburger Bun (Alpha Baking)	100 Each		

## Preparation Instructions

Fill Kettle with boiling water. Place bags of pork in boiling water, heat until 165\* or higher.

Put 2 bags of pork per 1/2 pan. Add heaping #12 scoop (3oz) of pork to 1 Alpha bun, serve.

### 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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Cheese Ravioli w/ Red Sauce

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12475

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	700 Each		524650
SAUCE MARINARA 6-10 GFS	50 Cup		144215

## Preparation Instructions

Place 2 bags frozen ravioli per deep pan, 1/2 full of water. Steam 10-12 minutes. Drain.

Warm 2 cans of marinara per deep pan. Pour 1/2 C sauce on 7 each ravioli. Serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	9.60mg
<b>Calcium</b>	121.00mg	<b>Iron</b>	2.16mg

# Cheese Filled Breadstick

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12476

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	100 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>Preheat oven to 400° F.</li> <li>Place Bosco Sticks on a baking sheet.</li> <li>THAWED: 6-8 minutes.</li> <li>Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>Preheat oil to 350° F.</li> <li>THAWED: 1-2 minutes.</li> <li>Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>Thaw before cooking.</li> <li>Keep Bosco Stick breadsticks covered while thawing.</li> <li>Bosco Stick breadsticks may be thawed in packaging.</li> <li>Bosco Stick breadsticks have 8 days shelf life when refrigerated.</li> </ol> <p>/u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p>	787440

## Preparation Instructions

Arrange sticks on parchment lined cookie sheet. Bake at 375\* for 10 min or until 165\*

Serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
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<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: 100.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	110.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	140.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	6.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.72mg

# Bistro Box (Cereal)

<b>Servings:</b>	100.00	<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-12492

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	100 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CHEESE STRING MOZZ IW 168-1Z LOL	100 Each		786580
CARROT BABY WHL PETITE 4-5 RSS	25 Cup		768146
Apple slices - 2 oz	100 1 pkg	READY_TO_EAT	04134
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	100 Package		770960
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	100 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

## Preparation Instructions

Assemble boxes with 1 each. Serve with milk.

### 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>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	448.67
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	579.67mg
<b>Carbohydrates</b>	70.00g
<b>Fiber</b>	3.67g
<b>Sugar</b>	34.00g
<b>Protein</b>	13.17g
<b>Vitamin A</b> 700.00IU	<b>Vitamin C</b> 41.00mg

**Calcium** 528.67mg **Iron** 8.90mg



# Bistro Box (Nachos)

<b>Servings:</b>	100.00	<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-12494

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	25 Cup		768146
Apple slices - 2 oz	100 1 pkg	READY_TO_EAT	04134
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	100 Package		770960
CHIP TORTL YEL RND WGRAIN 80-1.5Z	100 Each		510876
GUACAMOLE CLSC 48-2Z WHOLLY GUAC	100 Each		558401
SAUCE CHS NACHO DLX 6-10 GCHC	100 Fluid Ounce	#30 scoop or 1 oz of cheese into portion cup with lid	323616
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	100 Each		707193

## Preparation Instructions

Assemble boxes with 1 each. Serve with milk.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	613.67
<b>Fat</b>	26.25g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	859.67mg
<b>Carbohydrates</b>	85.00g
<b>Fiber</b>	8.67g
<b>Sugar</b>	25.00g
<b>Protein</b>	10.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 37.40mg

**Calcium** 258.67mg **Iron** 5.30mg

# Fruit and Yogurt Parfait

<b>Servings:</b>	100.00	<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-12500

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	25 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN FF 4-5# UPSTFM	100 Cup	READY_TO_EAT Keep refrigerated until ready to serve.	675591
STRAWBERRY IQF 30 COMM	13 Cup		150450
BLUEBERRY FREE-FLOW IQF 30 GFS	13 Cup		119873

## Preparation Instructions

Assemble parfaits with 1/2 C yogurt, .25 cup of blueberry/strawberry mixture, 1/2 C yogurt. Cover with lid. Fill top piece with 1/4 C granola.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.58
<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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	283.87
<b>Fat</b>	3.13g
<b>SaturatedFat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	168.85mg
<b>Carbohydrates</b>	55.48g
<b>Fiber</b>	2.04g
<b>Sugar</b>	37.86g
<b>Protein</b>	7.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 1.67mg
<b>Calcium</b> 600.00mg	<b>Iron</b> 0.36mg

# Bistro Box (Fruit and Yogurt Parfait)

<b>Servings:</b>	100.00	<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-12502

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	100 Each		557991
CHEESE COLBY JK CUBE IW 200-1Z LOL	100 Each		680130
CARROT BABY WHL PETITE 4-5 RSS	25 Cup		768146
CRANBERRY DRIED 300-1.16Z COMM	100 Each		765981

## Preparation Instructions

Assemble the box with 1 of each product. Add Yogurt Parfait from Recipe #12500

Serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	408.67		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	324.67mg		
<b>Carbohydrates</b>	63.00g		
<b>Fiber</b>	5.67g		
<b>Sugar</b>	42.00g		
<b>Protein</b>	11.17g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	246.67mg	<b>Iron</b>	1.44mg

# Bistro Box (Protein Pack)

<b>Servings:</b>	100.00	<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-12503

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS TRADITIONAL 2-3.75 GREC	100 Tablespoon	portion #30 scoop into portion cups.	108171
CHEESE COLBY JK CUBE IW 200-1Z LOL	100 Each		680130
GRAPES RED LUNCH BUNCH 21AVG MRKN	50 Cup	Wash and portion into 1/2 C servings	280895
CARROT BABY WHL PETITE 4-5 RSS	25 Cup		768146
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	100 Package	READY_TO_EAT Ready to Eat	893711
EGG HARD CKD PLD BIB 4-2.5 GFS	50 Each	Slice eggs in half	229431
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	100 Package		770960
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	100 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

## Preparation Instructions

Assemble 1 of each product into compartments of clamshell container. Serve with milk.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.13
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	528.67
<b>Fat</b>	18.75g
<b>SaturatedFat</b>	6.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	117.50mg
<b>Sodium</b>	677.17mg
<b>Carbohydrates</b>	73.00g
<b>Fiber</b>	4.67g
<b>Sugar</b>	32.00g

<b>Protein</b>	18.67g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 482.67mg	<b>Iron</b> 6.70mg

# Cauliflower

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.10 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12688

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GFS	100 Cup		610882

## Preparation Instructions

Pour 1 bag cauliflower into straining half pan. Fill half pan with water, add strain pan, steam for 10-12 minutes until 165\*.

Serve with #4 scoop, 1 cup.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.10 Cup

#### Amount Per Serving

<b>Calories</b>	20.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	0.00mg

# Fish Bites

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12770

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BITE BRD WGRAIN .5Z 10 HILNR	800 Each		402655

## Preparation Instructions

Arrange bites, evenly on a parchment lined pan. Bake at 375\* for 8-10 minutes until 165\*.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	250.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg



# Corn

<b>Servings:</b>	100.00	<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-12850

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE 6-10 GFS	50 Cup		118966

## Preparation Instructions

Add 2 cans to 1/2 pan and steam for 6-8 minutes until 165\*. Drain water, serve with #8 scoop, 1/2 C.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	600.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	120.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Walking Taco (WG Doritos)

<b>Servings:</b>	100.00	<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-12851

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	100 Package		815803
CHIX TACO FILLING CKD 4-5.03 TYS	200 Ounce	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHEESE CHED MLD SHRD 4-5 LOL	50 Ounce		150250

## Preparation Instructions

Boil chicken taco meat in bags in the kettle until 165\*. Open individual Doritos, top with 2oz chicken taco meat (#16 scoop) and .5 oz (#60 scoop) or appropriate pinch of cheese. Serve.

### 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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	345.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.00mg		
<b>Sodium</b>	585.00mg		
<b>Carbohydrates</b>	30.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	19.50g		
<b>Vitamin A</b>	340.50IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	151.00mg	<b>Iron</b>	1.22mg

# Taco (Soft Shell)

<b>Servings:</b>	100.00	<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-12853

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	200 Ounce	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
TORTILLA WRP 12 WHL WHEAT 6-12CT - Mission Foods - M	100 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	364390
CHEESE CHED MLD SHRD 4-5 LOL	50 Ounce		150250

## Preparation Instructions

Thaw tortillas in refrigerator. Boil taco filling in bags in the kettle until 165\*. Fill taco shell with 2 oz (#16 scoop) taco filling and .5 oz shredded cheese (pinch or #60 scoop). Wrap and serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	3.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	445.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.00mg		
<b>Sodium</b>	925.00mg		
<b>Carbohydrates</b>	51.50g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	25.50g		
<b>Vitamin A</b>	340.50IU	<b>Vitamin C</b>	0.00mg

**Calcium** 331.00mg **Iron** 3.70mg

# Green Beans

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13282

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	75 Cup		100307

## Preparation Instructions

Pour 2 cans into deep pan. Steam for 10-12 minutes until 165\*. Strain and serve. 3/4 C or heaping #6 scoop.

### 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>	0.75
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	24.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	210.00mg		
<b>Carbohydrates</b>	4.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chicken Tenders

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13283

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	300 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

## Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375\* for 8-10 minutes until 165\*. Serve 3 each.

### 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: 100.00

Serving Size: 3.00 Each

Amount Per Serving			
<b>Calories</b>	260.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Mashed Potatoes

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13285

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	650 Ounce	<b>BOIL</b> COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	860560

## Preparation Instructions

BOIL

COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. \*TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.

Serve. 3/4 cup or heaping #6 scoop.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	164.37		
<b>Fat</b>	4.48g		
<b>SaturatedFat</b>	1.49g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	283.91mg		
<b>Carbohydrates</b>	26.90g		
<b>Fiber</b>	2.99g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.99g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.89mg	<b>Iron</b>	1.08mg

# Gravy

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Tablespoon	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13288

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX TKY 12-15Z GCHC	200 Tablespoon		242440

## Preparation Instructions

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

Serving size 1 oz (1 oz ladle)

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Tablespoon

#### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	760.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	0.00mg



# Syrup

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13290

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK MAPL 4-1GAL KE	100 Fluid Ounce		107611

## Preparation Instructions

1 serving = 1 fluid oz

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	27.50mg		
<b>Carbohydrates</b>	25.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	24.50g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Rice Krispie Treat

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13291

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TREAT RICE KRISPIE MINI 600-.39Z KELL	100 Each		859570

## Preparation Instructions

n/a

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	45.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	50.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.30mg

# Tossed Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13299

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD SEP BAGS 4-5 RSS	150 Cup		242071

## Preparation Instructions

Mix salad ingredients. Offer 1.5 C servings with gloved hand.

### 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>	0.75
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.50 Cup

#### Amount Per Serving

<b>Calories</b>	17.29		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	17.29mg		
<b>Carbohydrates</b>	3.46g		
<b>Fiber</b>	1.73g		
<b>Sugar</b>	1.73g		
<b>Protein</b>	1.73g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.74mg	<b>Iron</b>	0.00mg

# Mini Corn Dogs

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13302

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	600 Each		497360

## Preparation Instructions

Arrange mini corn dogs on parchment lined cookie sheet. Bake at 375\* for 8-10 minutes until 165\*. Serve 6 each.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.50g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	10.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	2.16mg

# Grapes

<b>Servings:</b>	100.00	<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-13303

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 5 MRKN	50 Cup		121893

## Preparation Instructions

Wash grapes, arrange into .5 C servings in portion cups.

### 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: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	55.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.50mg	<b>Iron</b>	0.50mg

# French Fries

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13305

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 RC CRISPY ON DEL 6-5 LAMB	75 Cup		772520

## Preparation Instructions

Arrange french fries on parchment lined cookie sheet. Bake at 375\* for 10-12 minutes until crispy. Open oven at 6 minutes and turn fries. Serve 3/4 C.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

#### Amount Per Serving

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

# Chocolate Chip French Toast

<b>Servings:</b>	100.00	<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-13308

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	100 Package		498492

## Preparation Instructions

Leave in individual bags. Arrange French Toast, on parchment lined cookie sheets. Bake at 375\* for 8-10 minutes until 165\*. Serve 1 each.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	1000.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	260.00mg	<b>Iron</b>	3.60mg

# Juice Box- Dragon Punch

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13310

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	100 Each	READY_TO_EAT Thaw before serving. Any unused thawed portions can be refrigerated for upto 14 days	510571

## Preparation Instructions

Ready to eat. Thaw day before service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	50.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	35.00mg
<b>Carbohydrates</b>	13.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 30.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg



# Jonny Pop (Strawberry/Banana)

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13462

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ POP STRAWB BAN 96-1.55FLZ	100 Each		857571

## Preparation Instructions

Ready to Eat. Keep frozen, serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	50.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	10.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

# Oreo Cookie Pack

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13463

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE OREO PC PKG 120-2CT	100 Package		843237

## Preparation Instructions

Ready to serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	85.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.08mg

# Rainbow Goldfish Crackers

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13466

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	100 Package		112702

## Preparation Instructions

Ready to serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	100.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

# Steamed Carrots

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13469

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SMOOTH COIN CUT 2-5 RSS	100 Cup		313173

## Preparation Instructions

Add 3 bags of carrots to a colander pan inside of a full pan. Steam for 8-10 minutes. Offer 1 C or #4 scoop.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	11.11		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	2.67g		
<b>Fiber</b>	0.89g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	0.22g		
<b>Vitamin A</b>	4755.56IU	<b>Vitamin C</b>	1.73mg
<b>Calcium</b>	9.33mg	<b>Iron</b>	0.08mg

# Fresh Sugar Snap Peas

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13471

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SGR SNAP 10 P/L	100 Cup		778214

## Preparation Instructions

Thoroughly wash peas, remove any noticeable stems. Offer 1 C or #4 scoop.

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	26.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.00mg		
<b>Carbohydrates</b>	5.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	700.00IU	<b>Vitamin C</b>	37.80mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.26mg

# Tiny Tacos

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13474

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 4.5 PRSD 24-12CT	200 Each	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: <b>BRING TO ROOM TEMPERATURE.</b> Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING STEAM CABINET:</b> 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).	558691
CHIX TACO FILLING CKD 4-5.03 TYS	200 Ounce	<b>UNSPECIFIED</b> Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHEESE CHED MLD SHRD 4-5 LOL	50 Cup		150250

## Preparation Instructions

Thaw tortillas in refrigerator. Boil taco filling in bags in the kettle until 165\*. Fill 2 taco shells with 2 oz (#16 scoop) taco filling (1 oz in each) and .5 oz shredded cheese (pinch or #60 scoop). Fold and serve.

### 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: 100.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	470.00
<b>Fat</b>	26.00g
<b>SaturatedFat</b>	14.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	125.00mg
<b>Sodium</b>	910.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	31.00g

<b>Vitamin A</b>	762.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	514.00mg	<b>Iron</b>	2.72mg

# Rice

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14463

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	100 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

## Preparation Instructions

Steam water and rice for 12-15 min or until water is absorbed.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	680.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	148.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	2.88mg



# Turkey and Gravy

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14480

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST COOK IN BAG 2- 9.5AVG GFS	19 Pound		581802
GRAVY MIX TKY 12-15Z GCHC	100 Fluid Ounce	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 Serving size 1 oz (1 oz ladle)	242440

## Preparation Instructions

Bake 4 cases turkey roasts prior to turkey day. Bake turkey roasts for 5 hours. Cover Off. Cut into bite size pieces.

Mix 1 gallon of turkey pieces with 3 quarts of gravy. Pour into a 6 ½ pan. Temp 165°

Gravy: Make in big kettle. Add 1 gallon of warm water per bag of gravy. Whip together when you have 8 bags in kettle. Continue until all of gravy mix & water are into kettle and mixed well. Cover-stir. Whip every 15 minutes until thick. Takes 1 to 1 ½ hours. Temp 165°

Serve 4oz or #8 scoop.

Serve with Mashed Potatoes.

## SLE Components

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

### Amount Per Serving

**Calories** 164.00

**Fat** 5.56g

**SaturatedFat** 1.14g

**Trans Fat** 0.00g

**Cholesterol** 49.40mg

**Sodium** 1162.80mg

**Carbohydrates** 8.76g

**Fiber** 0.00g

**Sugar** 2.76g

**Protein** 17.96g

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

**Calcium** 29.20mg      **Iron** 0.82mg

# Mixed Berry Fruit Cup

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14648

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Berry Fruit Cup	100 Each	Thaw in refrigerator 3-4 hours prior to service.	110859

## 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: 100.00

Serving Size: 1.00 Each

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

# Sweet Potato Tots

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14649

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT MINI TATER PUFF 6-2.5 LAMB	75 Cup		872570

## Preparation Instructions

Arrange tots on parchment lined paper. Cook for 6-8 min at 375\* or until 165\*. Rotate tots halfway through cooking to ensure crispiness.

### 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>	0.90
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	304.48		
<b>Fat</b>	7.16g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	411.94mg		
<b>Carbohydrates</b>	60.90g		
<b>Fiber</b>	5.37g		
<b>Sugar</b>	28.66g		
<b>Protein</b>	1.79g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.19mg	<b>Iron</b>	0.00mg

# Breakfast Bagel Sandwich (Ham/Egg/Cheese)

<b>Servings:</b>	100.00	<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-14650

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 225-2.1Z SNYFR	100 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
HAM BOILED DELI SLCD 10 6-2 GFS	100 Ounce		680621
BAGEL WHT WGRAIN IW 72-2Z LENDER	100 Each		217911

## Preparation Instructions

Arrange omelets on parchment lined cookie sheets. Bake at 375\* for 6-8 minutes or until 165\*.

Assemble sandwiches with 1 omelette, 1 (1oz) slice ham, and 1 bagel. Wrap and hold for service.

### 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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	275.00
<b>Fat</b>	9.75g
<b>SaturatedFat</b>	3.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	205.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	30.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	18.50g
<b>Vitamin A</b>	400.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 120.00mg **Iron** 2.70mg

# Dragon Punch Juice Box

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14951

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	100 Each	READY_TO_EAT Thaw before serving. Any unused thawed portions can be refrigerated for upto 14 days	510571

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	50.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	35.00mg
<b>Carbohydrates</b>	13.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 30.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# Blueberries

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14952

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 30 COMM	50 Cup		764740

## Preparation Instructions

Portion frozen strawberries into .5 cup servings (#8 scoop). Thaw and serve partially frozen.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	40.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.00mg		
<b>Carbohydrates</b>	10.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg