

# **Cookbook for Mentone Elementary**

**Created by HPS Menu Planner**

# Table of Contents

**Salad Bar**

**Whole Grain Cereal Variety**

**Sub Sandwich**

**Black Bean Salsa**

**Hamburger on Bun**

**Baked Beans**

**Toasted Cheese Sandwich**

**Tomato Soup**

**Sweet & Sour Chicken**

**Chicken Parmesan**

**Chicken Patty on Bun**

**Green Beans**

**Broccoli**

**California Blend**

**Corn**

**Pork Tenderloin on Bun**

**Hot Dog on Bun**

**Sloppy Joe**

**Goulash**

**Chili**

**Cheeseburger on Bun**

**Cooked Carrots**

**Tater Tot Casserole**

**Peas**

**Grilled Ham & Cheese Sandwich**

**Peas & Carrots**

**Spaghetti with Meat Sauce**

**Salad Bar- HS**

**Veggie Dip**

**Chicken Alfredo**

**Baked Apples**

**Orange Chicken**

**Oriental Vegetables**

**Refried Beans with Cheese- Mentone**

**Spaghetti & Meat Sauce (Mentone)**

**Garlic Bread (Mentone)**

**Chicken Gravy**

**Ham & Cheese Sandwich (Mentone)**

**Hamburger on Bun (Mentone)**

**Black Bean Salsa (Mentone)**

**Hot Dog on Bun (Mentone)**

**Baked Beans (Mentone)**

**Macaroni & Cheese (Mentone)**

**Jello with Whipped Topping (Mentone)**

**BBQ Chicken on Sub Bun (Mentone)**

**Chicken Patty on Bun (Mentone)**

**Taco Salad (Mentone)**

**Chili Beans**

**Garlic Broccoli**

**Creamed Turkey (Mentone)**

**Chicken & Noodles (Mentone)**

**Turkey & Cheese Sandwich (Mentone)**

**Tenderloin on Bun (Mentone)**

**Broccoli & Cheese (Mentone)**

**Beef Gravy (Mentone)**

**Cooked Carrots (Mentone)**

**Lasagna with Egg Noodles**

**Nacho Meat**

**Cheese Sauce (Mentone)**

**Grilled Cheese Sandwich (Mentone)**

**Taco Meat (Mentone)**

**Chili (Mentone)**

# Salad Bar

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9202

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	1/2 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/5 Ounce		100187
EGG HRD CKD DCD IQF 4-5 GFS	2 Tablespoon		192198
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
Grape Tomatoes	3/4 Cup		749041
CARROT STIX STRAIGHT CUT 2-5 RSS	9 Each		576646
CUCUMBER 1-24CT P/L	3/4 Cup		238653
PEPPERS GREEN STRP 3/4 2-3 RSS	9 Ounce		849995
CELERY STIX 4-3 RSS	3/4 Cup		781592
BEAN GARBANZO 6-10 GCHC	1/4 Cup		118753
PEAS FRZN 30	1/4 Cup	BAKE	100350
BANANA TURNING 40 P/L	1 Each		200999
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	1/2 Cup		198013
GRAPES RED SDLSS 18AVG MRKN	1 Cup		197831
APPLE FRSH SLCD 100-2Z P/L	2 Package	BAKE	473171

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	2 Package	READY_TO_EAT Ready to Eat	893711
DRESSING RNCH CLSC CUP 120- 1FLZ LTHSE	2 Each		750851
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

Meat	1.33
Grain	1.33
Fruit	0.72
GreenVeg	1.00
RedVeg	0.99
OtherVeg	0.38
Legumes	0.08
Starch	0.08

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Serving

#### Amount Per Serving

Calories	607.78		
Fat	25.19g		
SaturatedFat	7.18g		
Trans Fat	0.00g		
Cholesterol	68.68mg		
Sodium	972.33mg		
Carbohydrates	78.09g		
Fiber	10.45g		
Sugar	37.61g		
Protein	20.60g		
Vitamin A	14060.92IU	Vitamin C	69.54mg
Calcium	422.05mg	Iron	3.01mg

# Whole Grain Cereal Variety

<b>Servings:</b>	21.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9210

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	704280
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	READY_TO_EAT Single-serve ready to eat dry cereal.	453143

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	268711
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	101.43		
Fat	1.07g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	142.62mg		
Carbohydrates	22.48g		
Fiber	2.05g		
Sugar	6.76g		
Protein	1.86g		
Vitamin A	342.86IU	Vitamin C	6.26mg
Calcium	61.90mg	Iron	5.05mg



# Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9217

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
Turkey Breast Deli	1 Ounce		100121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1/2 Ounce	READY_TO_EAT	100018
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	1 bun	BAKE	4339

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	2.25
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.55		
<b>Fat</b>	9.40g		
<b>SaturatedFat</b>	3.95g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.86mg		
<b>Sodium</b>	774.35mg		
<b>Carbohydrates</b>	34.27g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.32g		
<b>Protein</b>	17.26g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Black Bean Salsa

<b>Servings:</b>	34.00	<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-9218

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN, KERNEL YELLOW IQF FROZEN	1 Cup		4328233
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN		231981
SALSA 103Z 6-10 REDG	1 #10 CAN	READY_TO_EAT None	452841

## 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>	0.19
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	125.47		
<b>Fat</b>	0.44g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	316.52mg		
<b>Carbohydrates</b>	24.38g		
<b>Fiber</b>	4.56g		
<b>Sugar</b>	3.13g		
<b>Protein</b>	5.44g		
<b>Vitamin A</b>	359.44IU	<b>Vitamin C</b>	4.04mg
<b>Calcium</b>	79.98mg	<b>Iron</b>	1.37mg

# Hamburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9219

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3.5 inch white hamburger bun	1 Each	READY_TO_EAT	3124

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

# Baked Beans

<b>Servings:</b>	400.00	<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-9220

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK & NAVY 6-10 GFS	12 #10 CAN		118826
SUGAR BROWN LT 12-2 GFS	3 Pound		314641
SUGAR CANE GRANUL 25 GFS	1 Pound		108642
KETCHUP CAN NAT LO SOD 6-10 REDG	12 Cup	READY_TO_EAT None	200621
SAUCE BBQ 4-1GAL SWTBRAY	1/4 Gallon		655937
SPICE ONION POWDER 19Z TRDE	1/2 Cup		126993
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	8 Tablespoon		860221
SALT IODIZED 24-26Z GFS	4 Tablespoon		108308

## 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>	0.78
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	109.78
<b>Fat</b>	0.39g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	370.63mg
<b>Carbohydrates</b>	23.65g
<b>Fiber</b>	4.66g
<b>Sugar</b>	12.38g
<b>Protein</b>	3.88g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 31.09mg **Iron** 1.12mg

---

# Toasted Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9232

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	2 Teaspoon		299405
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	2 Slice		100018

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	356.67		
<b>Fat</b>	18.33g		
<b>SaturatedFat</b>	9.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	12.00mg

# Tomato Soup

<b>Servings:</b>	18.00	<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-9233

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN		101427
1% LOW FAT MILK	3 HALF-PINT		4752
Tap Water for Recipes	3 Cup	UNPREPARED	000001WTR

## 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: 18.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	87.68		
<b>Fat</b>	0.42g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	398.73mg		
<b>Carbohydrates</b>	17.61g		
<b>Fiber</b>	0.79g		
<b>Sugar</b>	11.30g		
<b>Protein</b>	2.91g		
<b>Vitamin A</b>	317.28IU	<b>Vitamin C</b>	5.07mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.57mg

# Sweet & Sour Chicken

<b>Servings:</b>	214.00	<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-9242

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	<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
SAUCE SWT & SOUR 6-64Z MINR	15 Cup		534811

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.25
<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: 214.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	195.36		
<b>Fat</b>	10.11g		
<b>SaturatedFat</b>	1.94g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.04mg		
<b>Sodium</b>	330.45mg		
<b>Carbohydrates</b>	15.57g		
<b>Fiber</b>	2.31g		
<b>Sugar</b>	4.68g		
<b>Protein</b>	10.58g		
<b>Vitamin A</b>	0.21IU	<b>Vitamin C</b>	0.50mg
<b>Calcium</b>	0.38mg	<b>Iron</b>	0.20mg



# Chicken Parmesan

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9244

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY HOAG 3.75Z 60CT TYS	1 Each	<p><b>BAKE</b> Appliances vary, adjust accordingly. <b>UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.</b> Conventional Oven 20-22 minutes at 350°F from frozen.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. <b>UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.</b> Convection Oven 10-13 minutes at 350°F from frozen.</p> <p><b>DEEP_FRY</b> Appliances vary, adjust accordingly. <b>UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.</b> Deep Fry 3 1 2 - 4 minutes at 350°F from frozen. <b>UNPREPARED</b></p>	167040
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170
SAUCE SPAGHETTI W/BITS 6-10 ANGM	2 Tablespoon		315494

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	312.50
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	895.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	2.75g
<b>Sugar</b>	3.50g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 123.50mg	<b>Iron</b> 0.15mg

# Chicken Patty on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9245

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 inch white hamburger bun	1 Each	READY_TO_EAT	3124
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.00mg	<b>Iron</b>	2.00mg

# Green Beans

<b>Servings:</b>	192.00	<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-9247

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	8 #10 CAN	HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1/2 Pound		299405

## 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: 192.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	29.89		
<b>Fat</b>	0.92g		
<b>SaturatedFat</b>	0.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	150.89mg		
<b>Carbohydrates</b>	4.31g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	4.31IU	<b>Vitamin C</b>	6.47mg
<b>Calcium</b>	2.41mg	<b>Iron</b>	4.31mg

# Broccoli

<b>Servings:</b>	124.00	<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-9248

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	30 Pound		610902
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	33/100 Pound		299405

## 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>	0.16
<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: 124.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	21.25		
<b>Fat</b>	0.94g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	8.49mg		
<b>Carbohydrates</b>	1.70g		
<b>Fiber</b>	0.85g		
<b>Sugar</b>	0.85g		
<b>Protein</b>	0.42g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	12.73mg
<b>Calcium</b>	8.74mg	<b>Iron</b>	0.00mg

# California Blend

<b>Servings:</b>	124.00	<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-9249

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	33/100 Pound		299405
VEG BLND CALIF 30 KE	30 Pound		283780

## 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: 124.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	40.77		
<b>Fat</b>	0.94g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	38.71mg		
<b>Carbohydrates</b>	6.45g		
<b>Fiber</b>	2.58g		
<b>Sugar</b>	2.58g		
<b>Protein</b>	1.29g		
<b>Vitamin A</b>	1290.32IU	<b>Vitamin C</b>	23.23mg
<b>Calcium</b>	26.06mg	<b>Iron</b>	0.00mg

# Corn

<b>Servings:</b>	124.00	<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-9250

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	33/100 Pound		299405
CORN, KERNEL YELLOW IQF FROZEN	30 Pound		4328233

## 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>	0.75

### Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	94.74		
<b>Fat</b>	2.24g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	18.29g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	7.84g		
<b>Protein</b>	2.61g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.26mg	<b>Iron</b>	0.00mg

# Pork Tenderloin on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9252

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 inch white hamburger bun	1 Each	READY_TO_EAT	3124
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	DEEP_FRY Deep fryer: deep fry at 350 degrees f for 2-3 minutes conventional oven: from the frozen state, bake at 350 degrees f inconventional oven for 14 minutes. Convection oven: from thefrozen state, bake at 350 degrees f in convection oven for 10 minutes. Microwave: on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	849014

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<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: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	390.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	620.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg



# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9253

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	1 Each		570662
White Hot Dog Bun	1 Each		3162

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.67mg	<b>Iron</b>	0.88mg

# Sloppy Joe

<b>Servings:</b>	480.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9254

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	75 Pound		135081
KETCHUP CAN NAT LO SOD 6-10 REDG	48 Cup	READY_TO_EAT None	200621
SAUCE BBQ 4-1GAL SWTBRAY	1 Gallon		655937
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	6 Tablespoon		860221
SUGAR BROWN LT 12-2 P/L	6 Pound		860311
SUGAR CANE GRANUL 25 GFS	1 Pound		108642
SALT IODIZED 24-26Z GFS	6 Teaspoon		108308

## Preparation Instructions

No Preparation Instructions available.

### 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: 480.00

Serving Size: 3.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	194.65		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	68.75mg		
<b>Sodium</b>	256.16mg		
<b>Carbohydrates</b>	17.74g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	17.15g		
<b>Protein</b>	16.26g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.27mg	<b>Iron</b>	2.54mg

# Goulash

<b>Servings:</b>	384.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9255

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 2-10 KE	24 Pound		654550
SAUCE SPAGHETTI FCY 6-10 REDPK	6 #10 CAN		852759
TOMATO DCD I/JCE MW 6-10 GFS	6 #10 CAN		246131
SPICE ONION POWDER 19Z TRDE	6 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	6 Tablespoon		224839
SUGAR BROWN LT 12-2 P/L	1 1/2 Cup		860311
BEEF GRND CKD 6-5 COMM	18 Pound		135081
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	12 Ounce		299405
SEASONING ITAL HRB 6Z TRDE	1 Tablespoon		428574

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.75
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.35
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	174.81		
<b>Fat</b>	2.69g		
<b>SaturatedFat</b>	1.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.50mg		
<b>Sodium</b>	312.59mg		
<b>Carbohydrates</b>	28.32g		
<b>Fiber</b>	2.80g		
<b>Sugar</b>	5.74g		
<b>Protein</b>	10.18g		
<b>Vitamin A</b>	573.76IU	<b>Vitamin C</b>	6.40mg

**Calcium** 51.83mg **Iron** 2.06mg

# Chili

<b>Servings:</b>	450.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9261

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	30 Pound		135081
BEAN KIDNY RD DK LO SOD 6-10 P/L	24 #10 CAN		598002
TOMATO DCD I/JCE MW 6-10 GFS	12 #10 CAN		246131
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SUGAR CANE GRANUL 25 GFS	1/4 Cup		108642
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.07
<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>	0.69
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 450.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	192.47		
<b>Fat</b>	2.82g		
<b>SaturatedFat</b>	0.85g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	29.33mg		
<b>Sodium</b>	441.57mg		
<b>Carbohydrates</b>	25.63g		
<b>Fiber</b>	7.59g		
<b>Sugar</b>	3.56g		
<b>Protein</b>	15.90g		
<b>Vitamin A</b>	517.33IU	<b>Vitamin C</b>	6.21mg
<b>Calcium</b>	117.85mg	<b>Iron</b>	3.63mg

# Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9263

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3.5 inch white hamburger bun	1 Each	READY_TO_EAT	3124
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Slice	READY_TO_EAT	100018

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.25
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	375.00		
<b>Fat</b>	19.50g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.50mg		
<b>Sodium</b>	505.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	24.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

# Cooked Carrots

<b>Servings:</b>	124.00	<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-9265

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	33/100 Pound		299405
CARROT SLCD C/C LRG 30 GFS	30 Pound		285680

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

### Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	41.02		
<b>Fat</b>	1.48g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	54.17mg		
<b>Carbohydrates</b>	7.58g		
<b>Fiber</b>	3.25g		
<b>Sugar</b>	3.25g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	15707.91IU	<b>Vitamin C</b>	2.60mg
<b>Calcium</b>	21.92mg	<b>Iron</b>	0.39mg

# Tater Tot Casserole

<b>Servings:</b>	380.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	7.00 tot section	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9266

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	60 Pound		135081
CHEESE CHED MLD SHRD 4-5 LOL	20 Pound		150250
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	8 #5 CAN		488259
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SALT IODIZED 24-26Z GFS	1 Teaspoon		108308
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037
POTATO TATER TOTS 6-5 LMBSUPR	70 Pound		233404

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<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: 380.00

Serving Size: 7.00 tot section

Amount Per Serving			
<b>Calories</b>	388.38		
<b>Fat</b>	21.69g		
<b>SaturatedFat</b>	8.99g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.91mg		
<b>Sodium</b>	623.30mg		
<b>Carbohydrates</b>	21.10g		
<b>Fiber</b>	2.49g		
<b>Sugar</b>	0.30g		
<b>Protein</b>	25.05g		
<b>Vitamin A</b>	240.58IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	214.94mg	<b>Iron</b>	3.86mg



# Peas

<b>Servings:</b>	402.00	<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-9267

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 1/4 Pound		299405
PEAS FZ 30 COMM	201 Cup		110510

## 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>	0.50

### Nutrition Facts

Servings Per Recipe: 402.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	71.95		
<b>Fat</b>	1.09g		
<b>SaturatedFat</b>	0.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.99mg		
<b>Sodium</b>	58.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.30mg	<b>Iron</b>	0.00mg

# Grilled Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9268

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	2 Teaspoon		299405
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Slice	READY_TO_EAT	100018
ham, cured ,97% fat free water added	1 11/50 Ounce		100187

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	346.81		
<b>Fat</b>	16.27g		
<b>SaturatedFat</b>	8.39g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	54.46mg		
<b>Sodium</b>	738.04mg		
<b>Carbohydrates</b>	37.44g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	7.72g		
<b>Protein</b>	14.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	12.00mg

# Peas & Carrots

<b>Servings:</b>	124.00	<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-9269

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	17/167 Pound		299405
PEAS & CARROT 30 GFS	9 17/67 Pound		285730

## 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>	0.08
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.08

### Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	21.49		
<b>Fat</b>	0.28g		
<b>SaturatedFat</b>	0.18g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.77mg		
<b>Sodium</b>	9.45mg		
<b>Carbohydrates</b>	2.84g		
<b>Fiber</b>	0.95g		
<b>Sugar</b>	1.26g		
<b>Protein</b>	0.63g		
<b>Vitamin A</b>	472.63IU	<b>Vitamin C</b>	1.51mg
<b>Calcium</b>	0.08mg	<b>Iron</b>	0.23mg

# Spaghetti with Meat Sauce

<b>Servings:</b>	340.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9270

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	30 Pound		573201
Diced Tomatoes cnd	4 #10 CAN	BAKE	100329
PASTA SPAGHETTI 10 4-5 GFS	16 Pound		413370
BEEF GRND CKD 6-5 COMM	4 Pound		135081
SPICE GARLIC POWDER 21Z TRDE	12 Tablespoon		224839
ONION DEHY SUPER TOPPER 6-2 P/L	12 Tablespoon		223255
SALT IODIZED 24-26Z GFS	8 Tablespoon		108308

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<b>Grain</b>	0.75
<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: 340.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	139.23		
<b>Fat</b>	2.52g		
<b>SaturatedFat</b>	0.86g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	19.04mg		
<b>Sodium</b>	248.41mg		
<b>Carbohydrates</b>	20.13g		
<b>Fiber</b>	1.62g		
<b>Sugar</b>	3.82g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	163.11IU	<b>Vitamin C</b>	4.79mg
<b>Calcium</b>	12.97mg	<b>Iron</b>	1.39mg

# Salad Bar- HS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11311

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon		150250
Turkey Breast Deli	4/5 Ounce		100121
Ham, Cubed Frozen	61/100 Ounce		100188-H
EGG HRD CKD DCD IQF 4-5 GFS	2 Tablespoon		192198
CHEESE COTTAGE SML 1 4-5 GCHC	1/4 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
BEAN GARBANZO 6-10 GCHC	2 Tablespoon		118753
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
PEAS GREEN IQF 30 GFS	2 Tablespoon		285660
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/8 Cup		732451
LETTUCE SALAD SEP BAGS 4-5 RSS	1 Cup		242071
Homemade Croutons- Prairie Heights	2 Ounce		

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.41
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.25
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

---

**Amount Per Serving**

---

<b>Calories</b>	590.02
<b>Fat</b>	28.10g
<b>SaturatedFat</b>	11.78g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	166.42mg
<b>Sodium</b>	2889.30mg
<b>Carbohydrates</b>	52.39g
<b>Fiber</b>	8.54g
<b>Sugar</b>	13.98g
<b>Protein</b>	31.71g

---

<b>Vitamin A</b>	5373.14IU	<b>Vitamin C</b>	11.48mg
<b>Calcium</b>	211.87mg	<b>Iron</b>	1.40mg

# Veggie Dip

<b>Servings:</b>	512.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 TBSP.	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11312

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Gallon		429406
SOUR CREAM 4-5 GCHC	5 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH 18-3.2Z FTHLL	2 Package		473308

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 512.00

Serving Size: 1.00 TBSP.

#### Amount Per Serving

<b>Calories</b>	21.07		
<b>Fat</b>	1.36g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.86mg		
<b>Sodium</b>	79.63mg		
<b>Carbohydrates</b>	2.28g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.64g		
<b>Protein</b>	0.14g		
<b>Vitamin A</b>	28.61IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.72mg	<b>Iron</b>	0.00mg

# Chicken Alfredo

<b>Servings:</b>	160.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11313

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Unseasoned, chicken Strips, cooked, frozen	10 Pound		110462
SAUCE ALFREDO FZ 6-5 JTM	30 Pound		155661
PASTA ROTINI RAINBOW 4-5 GFS	10 Pound		413340

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.44
<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: 160.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	286.30		
<b>Fat</b>	10.31g		
<b>SaturatedFat</b>	5.72g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	49.58mg		
<b>Sodium</b>	694.19mg		
<b>Carbohydrates</b>	29.21g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	5.92g		
<b>Protein</b>	18.15g		
<b>Vitamin A</b>	362.69IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	323.46mg	<b>Iron</b>	0.90mg



# Baked Apples

<b>Servings:</b>	48.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11314

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GFS	2 #10 CAN		117773
SUGAR CANE GRANUL 50 GFS	1/2 Cup		425311
SUGAR BROWN MED 25 GFS	3 Cup	UNSPECIFIED	108626
LEMON JUICE 100 12-32FLZ GFS	2 Teaspoon		311227
SPICE CINNAMON GRND 5 TRDE	3 Teaspoon		224731

## 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: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	106.44		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.56mg		
<b>Carbohydrates</b>	26.94g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	23.70g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Orange Chicken

<b>Servings:</b>	125.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11315

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	<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
SAUCE ORNG GINGR 4-.5GAL ASIAN	15 Cup		802860

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	320.46		
<b>Fat</b>	14.86g		
<b>SaturatedFat</b>	2.86g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.86mg		
<b>Sodium</b>	124.80mg		
<b>Carbohydrates</b>	31.36g		
<b>Fiber</b>	3.43g		
<b>Sugar</b>	14.58g		
<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>	0.00mg

# Oriental Vegetables

<b>Servings:</b>	24.00	<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-11316

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ORIENTAL 30 GFS	12 Cup		285720
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1/4 Cup		299405

## 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: 24.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	34.17
<b>Fat</b>	1.83g
<b>SaturatedFat</b>	1.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	7.50mg
<b>Carbohydrates</b>	2.50g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 50.00IU	<b>Vitamin C</b> 0.60mg
<b>Calcium</b> 100.50mg	<b>Iron</b> 0.00mg

# Refried Beans with Cheese- Mentone

<b>Servings:</b>	48.00	<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-15113

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	2 #10 CAN		293962
Cheese, Cheddar Reduced fat, Shredded	1/8 Pound		100012
Cheese, Mozzarella, Part Skim, Shredded	1/8 Pound		100021

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	158.25		
<b>Fat</b>	2.72g		
<b>SaturatedFat</b>	0.93g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.95mg		
<b>Sodium</b>	587.25mg		
<b>Carbohydrates</b>	24.88g		
<b>Fiber</b>	6.47g		
<b>Sugar</b>	1.12g		
<b>Protein</b>	9.19g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.50mg	<b>Iron</b>	2.16mg

# Spaghetti & Meat Sauce (Mentone)

<b>Servings:</b>	464.00	<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-15115

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	40 Pound		100158
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	45 Pound		573201
TOMATO PASTE 6-10 HUNTS	1 1/2 #10 CAN		444707
SAUCE SPAGHETTI TRAD 6-10 RAGU	8 #10 CAN		437972
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SPICE OREGANO GRND 12Z TRDE	3 Tablespoon		513725
SEASONING ITAL HRB 6Z TRDE	3 Tablespoon		428574
SPICE PEPR BLK REST GRIND 16Z TRDE	3 Tablespoon		225061
SUGAR CANE GRANUL 25 GFS	4 Cup		108642
SALT SEA 36Z TRDE	5 Tablespoon		748590
ONION DEHY SUPER TOPPER 6-2 P/L	3 Cup		223255
PASTA SPAG 51 WGRAIN 2-10	20 Pound		221460

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.50
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 464.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	258.12
<b>Fat</b>	9.53g
<b>SaturatedFat</b>	2.83g
<b>Trans Fat</b>	1.03g
<b>Cholesterol</b>	42.00mg
<b>Sodium</b>	420.18mg
<b>Carbohydrates</b>	26.82g
<b>Fiber</b>	3.54g
<b>Sugar</b>	9.22g
<b>Protein</b>	15.04g
<b>Vitamin A</b> 513.76IU	<b>Vitamin C</b> 7.94mg
<b>Calcium</b> 28.54mg	<b>Iron</b> 1.80mg

# Garlic Bread (Mentone)

<b>Servings:</b>	490.00	<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-15116

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	245 Each	READY_TO_EAT	3354
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	7 Pound		299405
SPICE GARLIC POWDER 6 TRDE	1 1/4 Cup		513857
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/2 Cup		224847

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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: 490.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	106.99		
<b>Fat</b>	5.78g		
<b>SaturatedFat</b>	3.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.71mg		
<b>Sodium</b>	393.56mg		
<b>Carbohydrates</b>	10.99g		
<b>Fiber</b>	1.05g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	2.55g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.68mg	<b>Iron</b>	4.02mg

# Chicken Gravy

<b>Servings:</b>	576.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15117

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 1/2 Pound		552061
BROTH CHIX NO MSG 12-5 HRTHSTN	8 #5 CAN		261564
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 1/2 #5 CAN		695513
STARCH CORN 24-1 ARGO	1 1/2 Pound		108413
BASE CHIX 12-1 KE	1 1/2 Pound		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon		225061

## 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: 576.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
<b>Calories</b>	12.03		
<b>Fat</b>	0.27g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.93mg		
<b>Sodium</b>	85.82mg		
<b>Carbohydrates</b>	2.05g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.17g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	9.25IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Ham & Cheese Sandwich (Mentone)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15118

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 11/50 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	197.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.50mg		
<b>Sodium</b>	522.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	8.00mg

# Hamburger on Bun (Mentone)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15119

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	9.80mg

# Black Bean Salsa (Mentone)

<b>Servings:</b>	354.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15120

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA TOMATO FIRE RSTD 6-10	5 #10 CAN		863564
CORN CUT SWT 6-4 GCHC	18 Cup		610782
BEANS BLACK LO SOD 6-10 BUSH	5 #10 CAN		231981

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

### Nutrition Facts

Servings Per Recipe: 354.00

Serving Size: 3.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	58.27		
<b>Fat</b>	0.23g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	219.21mg		
<b>Carbohydrates</b>	11.49g		
<b>Fiber</b>	2.40g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	2.76g		
<b>Vitamin A</b>	20.34IU	<b>Vitamin C</b>	2.87mg
<b>Calcium</b>	21.92mg	<b>Iron</b>	0.69mg

# Hot Dog on Bun (Mentone)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15121

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	770.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.47mg	<b>Iron</b>	10.59mg

# Baked Beans (Mentone)

<b>Servings:</b>	220.00	<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-15122

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	12 #10 CAN		570710
SUGAR BROWN MED 25 GFS	6 Cup	UNSPECIFIED	108626
KETCHUP CAN 6-10 HNZ	3 #10 CAN		100188
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	18 Ounce		860221
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/2 Cup		223255

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 220.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	260.81		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1234.70mg		
<b>Carbohydrates</b>	60.60g		
<b>Fiber</b>	7.10g		
<b>Sugar</b>	30.67g		
<b>Protein</b>	9.91g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.95mg	<b>Iron</b>	2.55mg

# Macaroni & Cheese (Mentone)

<b>Servings:</b>	257.00	<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-15123

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	15 Pound		229941
MILK PWD FF INST 6-5 P/L	1 37/167 Gallon	3 1/3 gallon reconstituted milk	311065
SAUCE MIX CHS INST 8-32Z TRIO	2 1/2 Package		290319
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 33/100 Pound		299405
STARCH CORN 24-1 ARGO	1 33/100 Pound		108413
Black Pepper	33/50 Teaspoon		24108

## Preparation Instructions

Makes 8 pans

### SLE Components

Amount Per Serving

<b>Meat</b>	0.25
<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: 257.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	212.62		
<b>Fat</b>	5.90g		
<b>SaturatedFat</b>	2.86g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.66mg		
<b>Sodium</b>	400.20mg		
<b>Carbohydrates</b>	31.71g		
<b>Fiber</b>	1.87g		
<b>Sugar</b>	5.17g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	88.66mg	<b>Iron</b>	0.84mg

# Jello with Whipped Topping (Mentone)

<b>Servings:</b>	300.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15124

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX ASST RED 12-24Z GFS	8 1/2 Package		500135
TOPPING WHIP 12-32Z RICH	3 Package		307092
FLAVORING VANILLA IMIT 1-QT KE	1 Tablespoon		110736
SUGAR CANE GRANUL 25 GFS	1 Cup		108642

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	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: 300.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	98.69		
<b>Fat</b>	2.02g		
<b>SaturatedFat</b>	2.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	86.28mg		
<b>Carbohydrates</b>	19.91g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	19.91g		
<b>Protein</b>	1.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	15.22mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# BBQ Chicken on Sub Bun (Mentone)

<b>Servings:</b>	480.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15125

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	60 Pound		570533
SAUCE BBQ 4-1GAL SWTBRAY	3 1/2 Gallon		655937
BASE CHIX 12-1 KE	5 Tablespoon		160790
SUGAR BROWN MED 25 GFS	12 Cup		108626
Aunt Millie's Whole Grain Mini Sub 2oz	480 bun		5113

## Preparation Instructions

Serve 1/4 cup chicken mixture on each sub bun.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	329.95		
<b>Fat</b>	5.83g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.67mg		
<b>Sodium</b>	460.97mg		
<b>Carbohydrates</b>	52.25g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	23.72g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	2.67mg



# Chicken Patty on Bun (Mentone)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15126

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each		558061
3.5 WG Hamburger Bun	1 Each		3354

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	600.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	5.00g		
<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>	37.00mg	<b>Iron</b>	10.00mg

# Taco Salad (Mentone)

<b>Servings:</b>	369.00	<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-15127

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	45 Pound		722330
Cheese, Cheddar Reduced fat, Shredded	18 Pound		100012
LETTUCE ROMAINE CHOP 6-2 RSS	20 Pound		735787
BEAN REFRD 6-10 GRSZ	5 #10 CAN		293962
CHIP NACHO CHS 6-15Z DORITOS	9 Package		842241

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.13
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 369.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	235.69
<b>Fat</b>	11.33g
<b>SaturatedFat</b>	4.77g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	37.15mg
<b>Sodium</b>	598.36mg
<b>Carbohydrates</b>	18.65g
<b>Fiber</b>	4.14g
<b>Sugar</b>	1.58g
<b>Protein</b>	16.88g
<b>Vitamin A</b> 2596.22IU	<b>Vitamin C</b> 16.50mg
<b>Calcium</b> 49.18mg	<b>Iron</b> 2.24mg

# Chili Beans

<b>Servings:</b>	72.00	<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-15128

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN CHILI MEX STYLE 6-10 GFS	3 #10 CAN		192015
SEASONING TACO MIX 6-9Z LAWR	1 Tablespoon		159204

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	108.40		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	623.91mg		
<b>Carbohydrates</b>	20.56g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	7.54g		
<b>Vitamin A</b>	331.67IU	<b>Vitamin C</b>	1.29mg
<b>Calcium</b>	43.11mg	<b>Iron</b>	2.91mg

# Garlic Broccoli

<b>Servings:</b>	50.00	<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-15129

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	10 1/2 Pound		IN110473
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Cup		299405
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon		513881

## 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>	0.50
<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: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	63.06		
<b>Fat</b>	3.52g		
<b>SaturatedFat</b>	2.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.60mg		
<b>Sodium</b>	25.47mg		
<b>Carbohydrates</b>	6.21g		
<b>Fiber</b>	3.49g		
<b>Sugar</b>	1.15g		
<b>Protein</b>	3.49g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.26mg	<b>Iron</b>	0.02mg

# Creamed Turkey (Mentone)

<b>Servings:</b>	444.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15130

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	50 Pound		100125
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	128 Ounce		552061
SOUP CRM OF CHIX 12-5 HLTHYREQ	4 #5 CAN		695513
BROTH CHIX NO MSG 12-5 HRTHSTN	24 #5 CAN		261564
BASE CHIX 12-1 KE	1 Pound		160790
STARCH CORN 24-1 ARGO	4 Pound		108413
SPICE PEPR BLK REST GRIND 16Z TRDE	4 Teaspoon		225061

## Preparation Instructions

No Preparation Instructions available.

### 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: 444.00

Serving Size: 6.00 Fluid Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	127.95		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.45g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.89mg		
<b>Sodium</b>	601.94mg		
<b>Carbohydrates</b>	9.81g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.04g		
<b>Protein</b>	10.56g		
<b>Vitamin A</b>	31.99IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chicken & Noodles (Mentone)

<b>Servings:</b>	533.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	4.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15131

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	50 Pound		570533
BROTH CHIX NO MSG 12-5 HRTHSTN	27 #5 CAN		261564
BASE CHIX 12-1 KE	3 Pound		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	5 Teaspoon		225061
PASTA NOODL EGG FZ 4-3 REAMES	11 Package		245046

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.25
<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: 533.00

Serving Size: 4.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	148.06		
<b>Fat</b>	3.86g		
<b>SaturatedFat</b>	1.18g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.24mg		
<b>Sodium</b>	220.41mg		
<b>Carbohydrates</b>	15.38g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	11.48g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.91mg	<b>Iron</b>	2.89mg

# Turkey & Cheese Sandwich (Mentone)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15132

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	215.00		
<b>Fat</b>	6.25g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	475.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	16.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	8.18mg

# Tenderloin on Bun (Mentone)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15133

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950
3.5 WG Hamburger Bun	1 Each		3354

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.00mg	<b>Iron</b>	9.62mg



# Broccoli & Cheese (Mentone)

<b>Servings:</b>	192.00	<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-15134

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	60 Pound		IN110473
SAUCE MIX CHS INST 8-32Z TRIO	1 Package		290319
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package		135261

## 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>	0.50
<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: 192.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	87.32		
<b>Fat</b>	2.16g		
<b>SaturatedFat</b>	1.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.05mg		
<b>Sodium</b>	256.60mg		
<b>Carbohydrates</b>	12.83g		
<b>Fiber</b>	5.12g		
<b>Sugar</b>	2.49g		
<b>Protein</b>	6.38g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	52.75mg	<b>Iron</b>	0.00mg

# Beef Gravy (Mentone)

<b>Servings:</b>	384.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15135

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH BF NO MSG 12-49Z HRTHSTN	5 #5 CAN		504599
SOUP FRENCH ONION 3-4# CAMP	1 #5 CAN		692580
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	1 #5 CAN		488259
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Package		552050
BASE BEEF 12-1 KE	33/100 Pound		160810
STARCH CORN 24-1 ARGO	1 Pound		108413

## 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: 384.00

Serving Size: 1.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	27.88		
<b>Fat</b>	0.69g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.28mg		
<b>Sodium</b>	246.12mg		
<b>Carbohydrates</b>	4.92g		
<b>Fiber</b>	0.09g		
<b>Sugar</b>	0.18g		
<b>Protein</b>	0.39g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.59mg	<b>Iron</b>	0.00mg

# Cooked Carrots (Mentone)

<b>Servings:</b>	400.00	<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-15136

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	79 3/5 Pound		100352
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 10/41 Pound		299405

## 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: 400.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	36.46		
<b>Fat</b>	2.07g		
<b>SaturatedFat</b>	0.69g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	26.57mg		
<b>Sodium</b>	42.27mg		
<b>Carbohydrates</b>	5.90g		
<b>Fiber</b>	1.97g		
<b>Sugar</b>	2.95g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.30mg	<b>Iron</b>	0.00mg

# Lasagna with Egg Noodles

<b>Servings:</b>	512.00	<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-15137

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	50 Pound		100158
Cheese, Mozzarella, Part Skim, Shredded	35 Pound		100021
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
SPICE PEPR BLK REST GRIND 16Z TRDE	5 Tablespoon		225061
SAUCE SPAGHETTI TRAD 6-10 RAGU	10 #10 CAN		437972
SOUP TOMATO 12-5 CAMP	4 #5 CAN		101427
PASTA NOODL EGG FZ 4-3 REAMES	18 Package		245046
SUGAR CANE GRANUL 25 GFS	5 Cup		108642
SALT SEA 36Z TRDE	5 Tablespoon		748590

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.50
<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: 512.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	387.25		
<b>Fat</b>	17.35g		
<b>SaturatedFat</b>	8.22g		
<b>Trans Fat</b>	1.17g		
<b>Cholesterol</b>	108.29mg		
<b>Sodium</b>	588.21mg		
<b>Carbohydrates</b>	37.26g		
<b>Fiber</b>	1.99g		
<b>Sugar</b>	9.20g		
<b>Protein</b>	20.20g		
<b>Vitamin A</b>	423.29IU	<b>Vitamin C</b>	3.70mg

**Calcium** 27.28mg **Iron** 2.15mg

# Nacho Meat

<b>Servings:</b>	230.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15138

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	50 Pound		100158
SAUCE SLOPPY JOE 4-10 MANWICH	4 #10 CAN		860166

## Preparation Instructions

No Preparation Instructions available.

### 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: 230.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	244.34		
<b>Fat</b>	15.57g		
<b>SaturatedFat</b>	5.19g		
<b>Trans Fat</b>	2.60g		
<b>Cholesterol</b>	67.49mg		
<b>Sodium</b>	343.80mg		
<b>Carbohydrates</b>	7.20g		
<b>Fiber</b>	1.80g		
<b>Sugar</b>	5.40g		
<b>Protein</b>	19.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.32mg

# Cheese Sauce (Mentone)

<b>Servings:</b>	341.00	<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-15139

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MIX CHS INST 8-32Z TRIO	2 Package		290319
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261

## 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: 341.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	48.37		
<b>Fat</b>	2.43g		
<b>SaturatedFat</b>	1.28g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.68mg		
<b>Sodium</b>	246.69mg		
<b>Carbohydrates</b>	4.84g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.89g		
<b>Protein</b>	1.42g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	59.40mg	<b>Iron</b>	0.00mg

# Grilled Cheese Sandwich (Mentone)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15141

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Each	READY_TO_EAT	100036
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	BAKE	336

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	260.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Taco Meat (Mentone)

<b>Servings:</b>	420.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15142

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	60 Pound		722330
BEAN REFRD 6-10 GRSZ	5 #10 CAN		293962
SEASONING TACO MIX 6-9Z LAWR	2 Package		159204

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.13
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 420.00

Serving Size: 3.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	127.99		
<b>Fat</b>	4.15g		
<b>SaturatedFat</b>	1.45g		
<b>Trans Fat</b>	0.21g		
<b>Cholesterol</b>	25.24mg		
<b>Sodium</b>	443.53mg		
<b>Carbohydrates</b>	11.30g		
<b>Fiber</b>	3.29g		
<b>Sugar</b>	1.75g		
<b>Protein</b>	11.69g		
<b>Vitamin A</b>	529.42IU	<b>Vitamin C</b>	3.89mg
<b>Calcium</b>	42.70mg	<b>Iron</b>	2.04mg

# Chili (Mentone)

<b>Servings:</b>	379.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15143

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	40 Pound	UNPREPARED	100158
BEAN KIDNY RD DK LO SOD 6-10 P/L	4 #10 CAN		598002
Diced Tomatoes cnd	4 #10 CAN	BAKE	100329
JUICE VEG 100 12-46FLZ V8	8 #5 CAN		100889
SALT IODIZED 24-26Z GFS	4 Tablespoon		108308
ONION DEHY SUPER TOPPER 6-2 P/L	4 Cup		223255
SEASONING CHILI MIX 6-5.7Z LAWR	3 Package		521183
Black Pepper	1 Teaspoon	BAKE	24108

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	0.00
<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: 379.00

Serving Size: 6.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	146.67		
<b>Fat</b>	7.70g		
<b>SaturatedFat</b>	2.52g		
<b>Trans Fat</b>	1.26g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	404.56mg		
<b>Carbohydrates</b>	8.23g		
<b>Fiber</b>	1.85g		
<b>Sugar</b>	2.18g		
<b>Protein</b>	11.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.27mg	<b>Iron</b>	0.50mg