

Cookbook for LaCrosse High School

Created by HPS Menu Planner

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Cereal Choice

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-15334

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	2.13g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	22.75g		
Fiber	2.00g		
Sugar	7.75g		
Protein	1.25g		
Vitamin A	425.00IU	Vitamin C	5.10mg
Calcium	115.00mg	Iron	4.05mg

Creamed Chicken

Servings:	65.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15335

Ingredients

Description	Measurement	DistPart #
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Pound	840860
FLOUR H&R A/P 2-25 GFS	2 Pound	227528
Tap Water for Recipes	1/2 Gallon	000001WTR
1 % White Milk	2 Gallon	
BASE CHIX LO SOD 12-1 LEGO	1/2 Pound	130869
Chicken, Diced, Cooked, Frozen	12 Pound	100101

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	261.50		
Fat	9.98g		
SaturatedFat	2.95g		
Trans Fat	0.00g		
Cholesterol	72.26mg		
Sodium	264.31mg		
Carbohydrates	16.79g		
Fiber	0.37g		
Sugar	5.99g		
Protein	23.86g		
Vitamin A	4.92IU	Vitamin C	0.99mg
Calcium	17.42mg	Iron	0.61mg

Chef Salad w/ roll & goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15336

Ingredients

Description	Measurement	DistPart #
LETTUCE ICEBERG FS 4-6CT MRKN	2 Cup	307769
TOMATO 5X6 XL 5 MRKN	1/8 Cup	438197
CARROT JUMBO 50 P/L	1/4 Cup	198501
Ham, Cubed Frozen	3 Ounce	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup	100012
DINNER ROLL, W GRAIN, AM	1 roll	4372
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280
MARGARINE CUP SPRD WHPD 900-5GM	1 Each	880981

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	380.45		
Fat	13.18g		
SaturatedFat	6.05g		
Trans Fat	0.00g		
Cholesterol	54.66mg		
Sodium	1013.26mg		
Carbohydrates	44.35g		
Fiber	6.44g		
Sugar	8.61g		
Protein	23.44g		
Vitamin A	7337.79IU	Vitamin C	4.61mg
Calcium	148.04mg	Iron	9.20mg

PBJ Sandwich w/ string cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15337

Ingredients

Description	Measurement	DistPart #
USDA Commodity Smooth Peanut Butter	2 TBSP.	100396
JELLY APPLE-GRAPE 6-10 GFS	1 Tablespoon	100927
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	336
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	490.00		
Fat	19.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	365.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	15.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	198.00mg	Iron	0.00mg

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15338

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	650.00mg		
Carbohydrates	44.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.00mg	Iron	12.00mg

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15339

Ingredients

Description	Measurement	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each	205030
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00
Fat	10.00g
SaturatedFat	3.50g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	440.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 24.00mg	Iron 11.80mg

Peas

Servings:	93.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15340

Ingredients

Description	Measurement	DistPart #
PEAS GREEN IQF 30 GFS	14 Pound	285660
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup	840860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	42.05		
Fat	0.47g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.73mg		
Carbohydrates	6.47g		
Fiber	2.16g		
Sugar	2.16g		
Protein	2.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	Iron	0.59mg

Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15341

Ingredients

Description	Measurement	DistPart #
Aunt Millie's Homestyle 100% Whole Wheat Bread	1 Slice	336
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Teaspoon	840860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	123.33		
Fat	3.67g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	36.67mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.38mg	Iron	0.00mg

Corn

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15342

Ingredients

Description	Measurement	DistPart #
CORN WHL KERNEL FCY GRADE 6-10 GFS	4 #10 CAN	118966
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup	840860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	114.17		
Fat	1.94g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.38mg		
Carbohydrates	23.14g		
Fiber	2.72g		
Sugar	6.81g		
Protein	2.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.54mg

Powdered Sugar Icing

Servings:	220.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-15343

Ingredients

Description	Measurement	DistPart #
SUGAR POWDERED 6X 25 GFS	10 Cup	108693
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Cup	840860
1 % White Milk	1 Cup	
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon	110744

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 220.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	29.55		
Fat	0.81g		
SaturatedFat	0.33g		
Trans Fat	0.00g		
Cholesterol	0.07mg		
Sodium	8.56mg		
Carbohydrates	5.50g		
Fiber	0.00g		
Sugar	5.32g		
Protein	0.04g		
Vitamin A	0.05IU	Vitamin C	0.01mg
Calcium	0.22mg	Iron	0.00mg

Mostaccioli

Servings:	65.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15344

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
Diced Tomatoes cnd	2 #10 CAN	100329
SAUCE MARINARA A/P 6-10 REDPK	4 #10 CAN	592714
PASTA MOSTACC RIG W/LINES 4-5 GFS	4 3/4 Pound	413350

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	394.11		
Fat	16.65g		
SaturatedFat	3.67g		
Trans Fat	1.84g		
Cholesterol	0.00mg		
Sodium	864.40mg		
Carbohydrates	43.66g		
Fiber	7.01g		
Sugar	14.22g		
Protein	22.79g		
Vitamin A	977.92IU	Vitamin C	15.12mg
Calcium	40.33mg	Iron	1.05mg

Green Beans

Servings:	88.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15345

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	4 #10 CAN	100307
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup	840860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 88.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	23.36		
Fat	0.50g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	169.61mg		
Carbohydrates	3.53g		
Fiber	2.35g		
Sugar	1.18g		
Protein	1.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	Iron	0.00mg

Garlic Bread

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15346

Ingredients

Description	Measurement	DistPart #
Bread, Whole Grain Texas Toast 22 oz/16 sl	1 Slice	6369
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Teaspoon	840860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	133.33		
Fat	5.17g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	38.07mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.38mg	Iron	6.00mg

Carrots

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15347

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, low sodium, canned	3 #10 CAN	100309
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/2 Cup	840860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.81		
Fat	1.57g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	221.98mg		
Carbohydrates	5.89g		
Fiber	1.47g		
Sugar	2.95g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.16mg	Iron	0.00mg

Caesar Salad

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15348

Ingredients

Description	Measurement	DistPart #
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	5 Pound	702595
CHEESE PARM GRTD 4-5 PG	1/2 Pound	445401
DRESSING CAESAR 4-1 GAL GFS	2 Cup	818201
CROUTON LRG SEAS 10-2 GFS	1/2 Pound	748520

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	69.15		
Fat	5.64g		
SaturatedFat	0.81g		
Trans Fat	0.00g		
Cholesterol	4.06mg		
Sodium	162.66mg		
Carbohydrates	4.96g		
Fiber	0.06g		
Sugar	0.40g		
Protein	0.89g		
Vitamin A	334.48IU	Vitamin C	0.41mg
Calcium	2.37mg	Iron	0.04mg

Macaroni & Cheese

Servings:	90.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15349

Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR 2-10 KE	7 Pound	654550
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	2 Cup	840860
SALT IODIZED 24-26Z GFS	2 Teaspoon	108308
Black Pepper	1 Teaspoon	24108
1 % White Milk	1 1/2 Gallon	
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound	100036
Cheese, Cheddar Reduced fat, Shredded	1 1/2 Pound	100012

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.27
GreenVeg	0.00
RedVeg	1.33
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	279.11		
Fat	11.24g		
SaturatedFat	5.73g		
Trans Fat	0.00g		
Cholesterol	22.67mg		
Sodium	443.21mg		
Carbohydrates	31.11g		
Fiber	1.24g		
Sugar	5.96g		
Protein	13.69g		
Vitamin A	2.67IU	Vitamin C	0.54mg
Calcium	14.67mg	Iron	1.24mg

Bread & Butter

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15350

Ingredients

Description	Measurement	DistPart #
Aunt Millie's Homestyle 100% Whole Wheat Bread	1 Slice	336
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Teaspoon	840860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	123.33		
Fat	3.67g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	36.67mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.38mg	Iron	0.00mg

Broccoli

Servings:	67.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15351

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF 30 GFS	14 Pound	285590
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Cup	840860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 67.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.93		
Fat	2.63g		
SaturatedFat	1.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	37.80mg		
Carbohydrates	2.51g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	15.05mg
Calcium	10.30mg	Iron	0.00mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15352

Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each	4040

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	582.60mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	12.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	46.11mg	Iron	10.76mg

Pasta Salad

Servings:	90.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15353

Ingredients

Description	Measurement	DistPart #
PASTA ROTINI RAINBOW 4-5 GFS	6 Pound	413340
PEPPERS GREEN LRG 5 MRKN	1 1/2 Each	592315
CARROT JUMBO 50 P/L	2 Cup	198501
CUCUMBER SELECT 24CT MRKN	3 Each	418439
TOMATO 5X6 XL 5 MRKN	3 Each	438197
DRESSING ITAL 4-1GAL KE	3/4 Gallon	631420

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: 90.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	136.62		
Fat	1.63g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	620.53mg		
Carbohydrates	25.28g		
Fiber	0.77g		
Sugar	3.63g		
Protein	3.86g		
Vitamin A	653.29IU	Vitamin C	3.04mg
Calcium	13.11mg	Iron	1.01mg

Rice Krispie Treat

Servings:	12.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15354

Ingredients

Description	Measurement	DistPart #
CEREAL RICE KRISPIES 4-27Z KELL	6 Cup	732427
MARSHMALLOW MINI 12-1 GFS	10 Ounce	191736
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	3 Tablespoon	840860

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: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	155.62		
Fat	2.75g		
SaturatedFat	1.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	103.29mg		
Carbohydrates	30.47g		
Fiber	0.00g		
Sugar	14.18g		
Protein	1.59g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.86mg	Iron	3.60mg

Mashed Potato Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15355

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	327120
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	613738
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 33/100 Tablespoon	552061

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.91		
Fat	12.91g		
SaturatedFat	2.73g		
Trans Fat	0.00g		
Cholesterol	26.82mg		
Sodium	851.82mg		
Carbohydrates	35.27g		
Fiber	4.27g		
Sugar	2.09g		
Protein	18.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.30mg

Mixed Vegetables

Servings:	93.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15356

Ingredients

Description	Measurement	DistPart #
VEG MIXED 30 GFS	14 Pound	285690
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup	840860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.48		
Fat	0.47g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	17.65mg		
Carbohydrates	6.20g		
Fiber	1.55g		
Sugar	1.55g		
Protein	1.03g		
Vitamin A	387.58IU	Vitamin C	3.10mg
Calcium	10.38mg	Iron	0.37mg

Taco Meat

Servings:	42.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15357

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
SEASONING TACO 21Z TRDE	2 1/2 Cup	413429

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	261.70		
Fat	17.06g		
SaturatedFat	5.69g		
Trans Fat	2.84g		
Cholesterol	0.00mg		
Sodium	756.90mg		
Carbohydrates	5.72g		
Fiber	0.00g		
Sugar	1.43g		
Protein	21.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.86mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15358

Ingredients

Description	Measurement	DistPart #
TURKEY, DELI BREAST, SLICED	2 Ounce	110554
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
Mini Sub Bun, WG	1 Each	5157

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.47		
Fat	7.54g		
SaturatedFat	2.32g		
Trans Fat	0.00g		
Cholesterol	47.43mg		
Sodium	919.46mg		
Carbohydrates	33.04g		
Fiber	4.00g		
Sugar	4.82g		
Protein	24.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Winter Blend

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15359

Ingredients

Description	Measurement	DistPart #
VEG BLND WINTER 30 GFS	14 Pound	285770
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/2 Cup	840860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	33.69		
Fat	1.16g		
SaturatedFat	0.47g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.11mg		
Carbohydrates	4.63g		
Fiber	1.85g		
Sugar	1.85g		
Protein	1.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.92mg	Iron	0.93mg

Cheesy Potatoes

Servings:	90.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15366

Ingredients

Description	Measurement	DistPart #
HASHBROWN SHRD IQF 6-3 GCHC	15 Pound	316334
1 % White Milk	4 Cup	
Cheese, Cheddar Reduced fat, Shredded	3 Pound	100012
SOUR CREAM 4-5 GCHC	2 Pound	285218
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 1/2 Cup	840860
SOUP CRM OF CHIX 12-5 CAMP	3 #5 CAN	101125

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	181.57		
Fat	9.85g		
SaturatedFat	4.89g		
Trans Fat	0.00g		
Cholesterol	20.21mg		
Sodium	359.44mg		
Carbohydrates	20.63g		
Fiber	2.25g		
Sugar	1.94g		
Protein	6.67g		
Vitamin A	112.90IU	Vitamin C	8.09mg
Calcium	14.66mg	Iron	0.64mg

Chili

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15367

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
SEASONING CHILI MIX 6-5.7Z LAWR	3 Package	521183
Diced Tomatoes cnd	3 #10 CAN	100329
BEAN RED 6-10 GCHC	3 #10 CAN	190209
JUICE TOMATO 100 12-46FLZ SACRM	2 Quart	302414

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	312.56		
Fat	10.23g		
SaturatedFat	3.41g		
Trans Fat	1.71g		
Cholesterol	0.00mg		
Sodium	1152.27mg		
Carbohydrates	32.32g		
Fiber	6.88g		
Sugar	5.23g		
Protein	21.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.65mg	Iron	2.26mg

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15368

Ingredients

Description	Measurement	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each	205030
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00		
Fat	12.50g		
SaturatedFat	5.00g		
Trans Fat	0.50g		
Cholesterol	42.50mg		
Sodium	590.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	11.80mg

Spaghetti & Meat Sauce

Servings:	65.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15369

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
Diced Tomatoes cnd	2 #10 CAN	100329
SAUCE MARINARA A/P 6-10 REDPK	4 #10 CAN	592714
PASTA SPAGHETTI 10 2-10 KE	4 3/4 Pound	654560

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	388.27		
Fat	16.65g		
SaturatedFat	3.67g		
Trans Fat	1.84g		
Cholesterol	0.00mg		
Sodium	864.40mg		
Carbohydrates	43.66g		
Fiber	7.01g		
Sugar	13.64g		
Protein	22.79g		
Vitamin A	977.92IU	Vitamin C	15.12mg
Calcium	46.17mg	Iron	1.17mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15370

Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	100036
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	2 Teaspoon	840860
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	336

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	326.67		
Fat	12.33g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	373.33mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	0.76mg	Iron	0.00mg

Tomato Soup

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15371

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	5 #5 CAN	101427
1 % White Milk	1 Gallon	

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	159.82		
Fat	0.80g		
SaturatedFat	0.48g		
Trans Fat	0.00g		
Cholesterol	4.80mg		
Sodium	720.12mg		
Carbohydrates	31.93g		
Fiber	1.42g		
Sugar	20.56g		
Protein	5.40g		
Vitamin A	571.30IU	Vitamin C	9.16mg
Calcium	9.60mg	Iron	1.02mg

Hot Ham & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15372

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.66		
Fat	7.78g		
SaturatedFat	3.14g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	720.33mg		
Carbohydrates	33.28g		
Fiber	2.00g		
Sugar	6.64g		
Protein	17.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	10.00mg

Sloppy Joe on Bun

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15373

Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	8 5/8 Pound	100158
ONION SPANISH JUMBO 10 P/L	10 Ounce	109620
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon	224839
TOMATO PASTE CALIF 26 6-10 GCHC	1/4 #10 CAN	100196
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/4 #10 CAN	100129
Tap Water for Recipes	2 Cup	000001WTR
VINEGAR APPLE CIDER 5% 4-1GAL HNZ	1 1/8 Cup	201812
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon	860221
Black Pepper	1 Teaspoon	24108
SUGAR BROWN MED 25 GFS	2 3/4 Ounce	108626
4" WG HAMBURGER BUN, AUNT MILLIES	50 bun	3159

Preparation Instructions

Serve 1/3 cup meat mixture on each bun.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.03
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	435.37
Fat	18.58g
SaturatedFat	5.52g
Trans Fat	2.76g
Cholesterol	71.80mg
Sodium	445.01mg
Carbohydrates	40.33g
Fiber	2.75g

Sugar	11.86g
Protein	26.45g
Vitamin A 362.41IU	Vitamin C 4.94mg
Calcium 5.72mg	Iron 10.41mg

Chicken & Noodles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15374

Ingredients

Description	Measurement	DistPart #
BASE CHIX LO SOD 12-1 LEGO	2 Cup	130869
PASTA NOODL KLUSKI 1/8 2-5 GFS	2 1/2 Pound	270385
ONION SPANISH JUMBO 10 P/L	14 Ounce	109620
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	4 Ounce	840860
FLOUR H&R A/P 2-25 GFS	4 Ounce	227528
1 % White Milk	6 Cup	
Black Pepper	1 1/2 Teaspoon	24108
Chicken, Diced, Cooked, Frozen	6 3/8 Pound	100101

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.06
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	221.30		
Fat	5.40g		
SaturatedFat	0.94g		
Trans Fat	0.00g		
Cholesterol	76.28mg		
Sodium	317.12mg		
Carbohydrates	23.54g		
Fiber	0.60g		
Sugar	4.36g		
Protein	18.68g		
Vitamin A	1.36IU	Vitamin C	0.83mg
Calcium	5.85mg	Iron	0.84mg

PBJ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15375

Ingredients

Description	Measurement	DistPart #
USDA Commodity Smooth Peanut Butter	2 TBSP.	100396
JELLY APPLE-GRAPE 6-10 GFS	1 Tablespoon	100927
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	336

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	165.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Apple Crisp

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15376

Ingredients

Description	Measurement	DistPart #
FLOUR H&R A/P 2-25 GFS	14 Ounce	227528
OATS QUICK HOT CEREAL 12-42Z GFS	9 Ounce	240869
SUGAR BROWN MED 25 GFS	15 Ounce	108626
SPICE CINNAMON GRND 5 TRDE	2 Tablespoon	224731
SALT IODIZED 24-26Z GFS	1/2 Teaspoon	108308
APPLE SLCD W/P 6-10 GFS	1 #10 CAN	117773
SUGAR CANE GRANUL 25 GFS	10 1/2 Ounce	108642
LEMON JUICE 100 12-32FLZ GFS	1/4 Cup	311227

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.75
Fruit	0.25
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	127.30		
Fat	0.37g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	33.79mg		
Carbohydrates	30.18g		
Fiber	1.76g		
Sugar	19.23g		
Protein	1.57g		
Vitamin A	0.00IU	Vitamin C	0.29mg
Calcium	1.21mg	Iron	0.58mg

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15377

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	46.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	12.70mg

Crispy Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15378

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	327120
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Cup	702595
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/8 Cup	100012
TOMATO 5X6 XL 5 MRKN	1/8 Cup	438197
EGG SHL MED A GRD 6-30CT GCHC	1/4 Each	206547

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	1.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	324.82		
Fat	15.31g		
SaturatedFat	5.20g		
Trans Fat	0.00g		
Cholesterol	85.97mg		
Sodium	409.34mg		
Carbohydrates	17.95g		
Fiber	4.06g		
Sugar	1.74g		
Protein	21.12g		
Vitamin A	2935.72IU	Vitamin C	6.52mg
Calcium	20.30mg	Iron	0.55mg

Hamburger on Bun (HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15379

Ingredients

Description	Measurement	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	1 Each	214880
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	500.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	4.00g
Protein	21.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 24.00mg	Iron 11.80mg

Cheeseburger on Bun (HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15380

Ingredients

Description	Measurement	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	1 Each	214880
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	14.50g		
SaturatedFat	5.50g		
Trans Fat	0.50g		
Cholesterol	47.50mg		
Sodium	650.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	24.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	11.80mg

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15381

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each	785860
SAUCE SPAGHETTI FCY 6-10 REDPK	1/8 Cup	852759
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	276142

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	313.13		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	511.27mg		
Carbohydrates	35.60g		
Fiber	4.87g		
Sugar	7.73g		
Protein	18.87g		
Vitamin A	174.87IU	Vitamin C	2.73mg
Calcium	149.20mg	Iron	3.80mg

Ham Deli Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15382

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	100187
BACON TOPPING 1 DCD 10 HRML	13/100 Cup	827002
CHEESE CHED MLD SHRD 4-5 LOL	13/100 Cup	150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup	242489
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon	426598

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	541.47		
Fat	34.40g		
SaturatedFat	11.81g		
Trans Fat	0.00g		
Cholesterol	74.94mg		
Sodium	1478.15mg		
Carbohydrates	38.37g		
Fiber	2.25g		
Sugar	5.55g		
Protein	23.58g		
Vitamin A	146.12IU	Vitamin C	0.27mg
Calcium	147.58mg	Iron	2.59mg

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15383

Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	152121
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	510.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	28.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	11.00mg

Egg Salad Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15384

Ingredients

Description	Measurement	DistPart #
EGG SHL MED A GRD 6-30CT GCHC	50 Each	206547
ONION SPANISH JUMBO 10 P/L	1 33/100 Cup	109620
CELERY STIX 4-3 RSS	3 1/2 Cup	781592
Black Pepper	1 1/2 Teaspoon	24108
SPICE MUSTARD DRY 1 COLMANS	1 1/2 Teaspoon	400018
MAYONNAISE XHVV DUTY 4-1GAL GFS	1 3/4 Cup	106968
RELISH SWT PICKLE 4-1GAL GFS	1 Cup	517186
Aunt Millie's Homestyle 100% Whole Wheat Bread	100 Slice	336

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	312.18		
Fat	10.68g		
SaturatedFat	2.63g		
Trans Fat	0.00g		
Cholesterol	223.40mg		
Sodium	157.30mg		
Carbohydrates	2.44g		
Fiber	0.21g		
Sugar	0.94g		
Protein	6.11g		
Vitamin A	339.05IU	Vitamin C	0.56mg
Calcium	25.19mg	Iron	0.75mg

Pork Tenderloin Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15385

Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	661950
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.00		
Fat	19.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	520.00mg		
Carbohydrates	40.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	11.62mg

Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15386

Ingredients

Description	Measurement	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	1 Each	214880
SAUCE SPAGHETTI 6-10 P/L	1 Tablespoon	744520
PEPPERONI SLCD 14-16/Z 2-5 GFS	3 Each	729981
CHEESE MOZZ SHRD 4-5 LOL	1 1/2 Tablespoon	645170
4 inch whole grain hamburger buns - 30 ct	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.16
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	387.50
Fat	16.81g
SaturatedFat	6.06g
Trans Fat	0.50g
Cholesterol	51.25mg
Sodium	671.25mg
Carbohydrates	2.88g
Fiber	3.25g
Sugar	5.38g
Protein	25.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 100.13mg	Iron 1.99mg

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15387

Ingredients

Description	Measurement	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 Each	100640
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00		
Fat	12.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	580.00mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	11.08mg

Cheese Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15388

Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
SAUCE CHS CHED POUCH 6-106Z LOL	2 Tablespoon	135261
HOT DOG BUN, W GRAIN, AM	1 bun	4040

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00
Fat	21.50g
SaturatedFat	7.25g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1040.00mg
Carbohydrates	30.50g
Fiber	3.00g
Sugar	5.00g
Protein	14.50g
Vitamin A 0.07IU	Vitamin C 0.00mg
Calcium 150.61mg	Iron 10.76mg

Chicken Salad Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15389

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	6 1/2 Pound	100101
RELISH SWT PICKLE 4-1GAL GFS	1 3/4 Cup	517186
Black Pepper	2 Teaspoon	24108
SPICE MUSTARD DRY 1 COLMANS	2 1/2 Teaspoon	400018
MAYONNAISE XHVY DUTY 4-1GAL GFS	3 1/4 Cup	106968
Aunt Millie's Homestyle 100% Whole Wheat Bread	100 Slice	336

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	364.48		
Fat	13.52g		
SaturatedFat	2.08g		
Trans Fat	0.00g		
Cholesterol	59.28mg		
Sodium	211.84mg		
Carbohydrates	1.40g		
Fiber	0.00g		
Sugar	1.12g		
Protein	12.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.40mg	Iron	0.00mg

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15390

Ingredients

Description	Measurement	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	3 Ounce	199721
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	276142

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	313.30		
Fat	11.30g		
SaturatedFat	4.20g		
Trans Fat	0.00g		
Cholesterol	65.50mg		
Sodium	840.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	3.20mg
Calcium	120.00mg	Iron	3.12mg

Chicken Enchilada Flatbread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15391

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	2 Ounce	100101
SAUCE ENCHILADA MILD 4-1GAL GRSZ	1/4 Cup	598461
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon	100012
CHIP CORN R/F 8-16Z FRITO	1/2 Ounce	537140
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	385.30		
Fat	13.20g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	52.00mg		
Sodium	658.90mg		
Carbohydrates	43.50g		
Fiber	4.70g		
Sugar	4.00g		
Protein	22.10g		
Vitamin A	302.53IU	Vitamin C	2.35mg
Calcium	138.39mg	Iron	2.38mg

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15392

Ingredients

Description	Measurement	DistPart #
POLLOCK FLLT SWT POT MSC 3.6Z 18	1 Each	536302
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	340.00		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	420.00mg		
Carbohydrates	44.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	11.00mg

Boom Boom Chicken

Servings:	160.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15393

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	45 Pound	327120
SAUCE BOOM BOOM 4-1GAL KENS	1 1/4 Gallon	877930

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.68
Grain	1.34
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 12.00 Each

Amount Per Serving

Calories	457.89		
Fat	33.40g		
SaturatedFat	5.85g		
Trans Fat	0.00g		
Cholesterol	41.77mg		
Sodium	209.80mg		
Carbohydrates	19.75g		
Fiber	4.02g		
Sugar	2.34g		
Protein	18.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg