

# **Cookbook for NEW PRAIRIE HIGH SCHOOL**

**Created by HPS Menu Planner**

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# BANANA BREAD



<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>	Breakfast	<b>Recipe ID:</b>	R-11570

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	240.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	24.00g

<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	159.00mg	<b>Iron</b>	1.00mg

# CHICKEN TERIYAKI SANDWICH WITH PROVOLONE & PINEAPPLE (M-2, G-2 .95)



<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-11591

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each		786520
SAUCE TERIYAKI GLAZE 6-80Z KIKKOMAN	1 Ounce		311502
PINEAPPLE SLCD IN JCE & WTR 6-10 GFS	1 Slice		612456
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each		831221

## Preparation Instructions

Follow instructions for preparing chicken half way through cooking process glaze chicken breast with one oz teriyaki sauce and return to oven

Remove from oven and place one chicken patty on bottom of bun, top with pineapple and cheese place back in oven with top of bun open next to sandwich to toast

place top on sandwich and serve

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	440.71
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	1478.10mg
<b>Carbohydrates</b>	41.44g
<b>Fiber</b>	3.25g
<b>Sugar</b>	12.39g
<b>Protein</b>	29.79g

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<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	2.25mg
<b>Calcium</b>	155.00mg	<b>Iron</b>	2.61mg

# BOSCO MOZZARELLA STICKS & MARINARA SAUCE



<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-11599

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

## Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<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>	340.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	362.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	458.00mg	<b>Iron</b>	2.00mg



# CHICKEN AND NOODLE



<b>Servings:</b>	50.00	<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-11655

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX NO MSG 12-5 HRTHSTN	3 7/8 Gallon	3 Gallons Water, 8oz Base	261564
CELERY DCD 1/4 2-5 RSS	1 1/2 Quart	3 Cups	198196
CARROT MATCHSTICK SHRED 2-3 RSS	50 Ounce	3 cups	198161
ONION DEHY CHPD 15 P/L	1 1/4 Cup	3/4 cup	263036
SPICE PARSLEY FLAKES 2Z TRDE	1/4 Cup	1/4 cup	259195
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon	1 Teaspoon	225061
SEASONING POULTRY 10Z TRDE	1 Teaspoon	1 Teaspoon	273996
PASTA NOODL KLUSKI 1/8 2-5 GCHC	12 1/2 Pound	3 1/2 Pounds	270385
CHIX PULLED WHT & DRK BLND 2-5 TYS	9 1/2 Pound	9 1/2 pounds	467802

## Preparation Instructions

Directions:

Combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning.

Bring to boil. Reduce heat and cover. Simmer for 20 minutes.

Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender.

CCP: Heat to 165° F or higher for at least 15 seconds.

Pour 9 lb (1 gal cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings,

use 6 pans.

CCP: Hold for hot service at 135° F or higher

Portion with 8 oz ladle (1 cup).

## SLE Components

Amount Per Serving

<b>Meat</b>	2.03
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.12
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	596.05		
<b>Fat</b>	11.10g		
<b>SaturatedFat</b>	3.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	170.80mg		
<b>Sodium</b>	770.85mg		
<b>Carbohydrates</b>	86.58g		
<b>Fiber</b>	3.27g		
<b>Sugar</b>	5.66g		
<b>Protein</b>	36.72g		
<b>Vitamin A</b>	4819.69IU	<b>Vitamin C</b>	2.18mg
<b>Calcium</b>	29.35mg	<b>Iron</b>	7.79mg

# SESAME GREEN BEANS



<b>Servings:</b>	1.00	<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-11664

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL 26 P/L	1/8 Pound		857424
OIL OLIVE PURE 4-3LTR GCHC	1/8 Tablespoon		432061
SALT SEA 36Z TRDE	1/8 Teaspoon		748590
SPICE SESAME SEED HULLED 19Z TRDE	1/8 Tablespoon		513806

## Preparation Instructions

Directions:

WASH HANDS.

1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour

Notes:

### 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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 0.25 Cup			
<b>Amount Per Serving</b>			
<b>Calories</b>	4.61		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	44.66mg		
<b>Carbohydrates</b>	0.80g		
<b>Fiber</b>	0.30g		
<b>Sugar</b>	0.40g		
<b>Protein</b>	0.20g		
<b>Vitamin A</b>	75.90IU	<b>Vitamin C</b>	1.34mg
<b>Calcium</b>	4.07mg	<b>Iron</b>	0.11mg

# baked beans

NO IMAGE

<b>Servings:</b>	23.00	<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-11945

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	1 #10 CAN		298913
KETCHUP POUCH 2-1.5GAL CRWNCOLL	1/2 Cup		452801
ONION DEHY CHPD 15 P/L	1 Ounce		263036
MUSTARD PKT 500-5.5GM GFS	5 1ea=5.5gm	BAKE	700051
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937

## Preparation Instructions

MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.

POUR MIXTURE INTO BEANS AND MIX WELL.

COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS.

STORE IN WARMER UNTIL SERVICE.

SERVE WITH #8 DIPPER for 1/2 cup serving.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

CCP: DISCARD LEFTOVERS

## 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: 23.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	204.26		
<b>Fat</b>	0.57g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	659.28mg		
<b>Carbohydrates</b>	41.73g		
<b>Fiber</b>	5.69g		
<b>Sugar</b>	18.06g		
<b>Protein</b>	9.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.55mg	<b>Iron</b>	2.26mg

# Sloppy Joe on Roll (1-M,1-G)



<b>Servings:</b>	116.00	<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-15231

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	20 1/8 Pound		100158
ONION SPANISH JUMBO 50 MRKN	3 1/4 Cup		200778
SPICE GARLIC GRANULATED 20 TRDE	2 1/2 Tablespoon		228435
TOMATO PASTE 6-10 COMM	7 1/4 Cup		150580
KETCHUP BTL COLTS 16-20Z REDG	8 1/4 Cup		808401
WATER	1 1/4 Quart		H2O
VINEGAR WHT DISTILLED 4 4-1GAL	2 3/4 Cup		517582
SPICE MUSTARD DRY 1 COLMANS	1 1/4 Teaspoon		400018
Black Pepper	1/2 Teaspoon		24108
brown sugar	1 Cup		
3 1/2" Whole Grain Hamburger Bun	116 Each		

## Preparation Instructions

Directions:  
Brown ground beef. Drain. Continue immediately.  
Add onions and granulated garlic. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.

Pour 10 lb 12 oz (1 gallon ¼ cup) ground beef mixture into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop ( cup) onto bottom half of each roll. Cover with top half of roll.

Notes:

1: Comments:

2: \*See Marketing Guide.

3: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.06
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.04
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 116.00

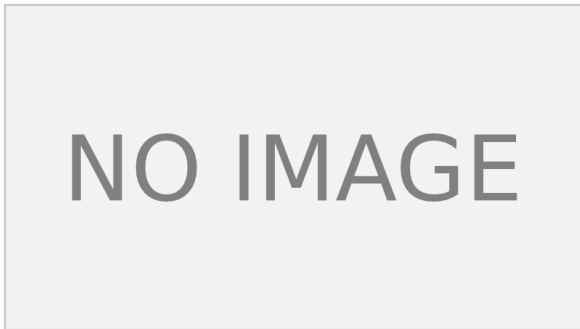
Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	293.96		
<b>Fat</b>	13.86g		
<b>SaturatedFat</b>	4.12g		
<b>Trans Fat</b>	2.06g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	241.26mg		
<b>Carbohydrates</b>	24.61g		
<b>Fiber</b>	2.59g		
<b>Sugar</b>	4.17g		
<b>Protein</b>	18.98g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.26mg
<b>Calcium</b>	4.96mg	<b>Iron</b>	10.02mg



# Broccoli W/ Cheese (1-G)



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16421

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS 30 COMM	1 Cup		256211
JTM Cheddar Cheese Sauce Boil in Bag	1/4 Ounce		15013

## Preparation Instructions

steam broccoli for approx 4-8 min or until crisp to the tooth, cook times will vary depending of fresh, frozen or cut size of product

Follow heating instructions for cheese

Place one cup of broccoli on tray and top with 2 oz of cheese sauce

### SLE Components

Amount Per Serving

<b>Meat</b>	0.12
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	64.98		
<b>Fat</b>	0.96g		
<b>SaturatedFat</b>	0.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.37mg		
<b>Sodium</b>	93.53mg		
<b>Carbohydrates</b>	10.24g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	2.12g		
<b>Protein</b>	6.84g		
<b>Vitamin A</b>	46.64IU	<b>Vitamin C</b>	0.00mg

**Calcium** 24.28mg **Iron** 0.00mg

# Pulled Pork Mac and Cheese (1-M, 1--G, .89)

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16435

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 2-5 AUSTBL	1 Ounce		632160
ENTREE MACAR & CHS WGRAIN 6-5 JTM	4 Ounce		609121
DRESSING RANCH LT 4-1GAL KRAFT	1 Tablespoon		672802
SAUCE BBQ CANNONBALL 4-1GAL KENS	1 Tablespoon		433388
BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 Slice		277862

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.08
<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 Serving

#### Amount Per Serving

<b>Calories</b>	416.40
<b>Fat</b>	20.05g
<b>SaturatedFat</b>	8.40g
<b>Trans Fat</b>	0.33g
<b>Cholesterol</b>	61.33mg
<b>Sodium</b>	1170.67mg
<b>Carbohydrates</b>	39.33g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.00g

<b>Protein</b>	19.03g
<b>Vitamin A</b> 433.33IU	<b>Vitamin C</b> 0.40mg
<b>Calcium</b> 254.00mg	<b>Iron</b> 2.26mg

# Apple Poppy Seed Coleslaw Crunch (1-O, .30)

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16438

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	1/2 Cup		361300
ONION GREEN 2 RSS	1/8 Cup		596981
DRESSING POPPYSEED DELI 4-1GAL LTHSE	1/8 Cup		112798
SEED SUNFLWR RSTD SLTD 4-4 GFS	1/8 Cup		337910
APPLE RED DCD 3/8 2-5 MI LOCAL	1/2 Ounce		601092

## Preparation Instructions

In a large bowl, combine cabbage, apples and green onions. Drizzle with dressing; toss to coat. Refrigerate, covered, at least 1 hour. Just before serving, top with sunflower kernels.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	149.60
<b>Fat</b>	8.84g
<b>SaturatedFat</b>	1.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	150.86mg
<b>Carbohydrates</b>	17.61g
<b>Fiber</b>	2.65g

<b>Sugar</b>	9.97g
<b>Protein</b>	0.72g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 52.17mg	<b>Iron</b> 0.17mg

# BLUSHING CHILLED PEARS (.5-F, .50)

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16440

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR HALVES W/P 6-10 GFS	1/2 Cup		167622
GELATIN MIX CHERRY 12-24Z GFS	1/8 Teaspoon		524611

## Preparation Instructions

1. Pour drained pears into serving line pans.
2. Sprinkle cherry gelatin over pears to give blushing color (pink to light red).
3. Cover and chill.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

4. Portion two pear halves. Each portion provides.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

### 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: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	36.28
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.65mg
<b>Carbohydrates</b>	8.31g
<b>Fiber</b>	1.00g

<b>Sugar</b>	7.31g
<b>Protein</b>	0.02g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.02mg	<b>Iron</b> 0.00mg



# Tiger Fries (.5-S, .5-RO)



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16565

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	3 Ounce		273660
FRIES 3/8 R/C 6-5 STLTH	2 Ounce		614149

## Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

### 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>	0.50

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	254.31
<b>Fat</b>	9.63g
<b>SaturatedFat</b>	1.78g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	410.34mg
<b>Carbohydrates</b>	38.07g
<b>Fiber</b>	3.57g
<b>Sugar</b>	7.74g
<b>Protein</b>	2.60g
<b>Vitamin A</b>	4838.71IU
<b>Vitamin C</b>	5.81mg

**Calcium** 30.78mg **Iron** 1.16mg

# Lime-Honey Fruit Salad (1-F)



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	3.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16576

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA MI 138CT MRKN	3 Piece		569392
PEAR 95-110CT MRKN	2 Each		198056
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup		280895
GRAPES GREEN SEEDLESS 17AVG	1 Cup		197858
STARCH CORN 24-1 ARGO	1 Teaspoon		108413
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	1/4 Cup		217523
SPICE POPPY SEED WHOLE 20Z TRDE	1/2 Teaspoon		225134
JUICE LIME PAST 6-30.5Z SUN ORCHARD	1/4 Cup		567581

## Preparation Instructions

1. Cube Fruit and clean grapes
2. In a small microwave-safe bowl, combine cornstarch and lime juice until smooth. Microwave, uncovered, on high for 20 seconds; stir. Cook 15 seconds longer; stir. Stir in honey and poppy seeds.
3. In a large bowl, combine the apples, pears and grapes. Pour dressing over fruit; toss to coat. Cover and

refrigerate overnight.

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Cup

### Amount Per Serving

<b>Calories</b>	878.33		
<b>Fat</b>	1.13g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.23mg		
<b>Carbohydrates</b>	243.17g		
<b>Fiber</b>	24.02g		
<b>Sugar</b>	192.67g		
<b>Protein</b>	5.22g		
<b>Vitamin A</b>	375.36IU	<b>Vitamin C</b>	42.39mg
<b>Calcium</b>	106.56mg	<b>Iron</b>	2.66mg

# Strawberry Short Cake (1-G.1-F)



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16581

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY SLCD 4+1 6-6.5 GFS	1 Cup		293393
DOUGH CKY STRAWB SHRTCK WGRAIN 240-1Z	1 Each		459482
TOPPING WHIP CRM 12-10.8Z DRMWHP	2 1/2 Gram		161128

## Preparation Instructions

top half Biscuit with other items and serve

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	333.88
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	110.00mg
<b>Carbohydrates</b>	76.72g
<b>Fiber</b>	3.99g
<b>Sugar</b>	60.25g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 71.64mg

**Calcium** 20.00mg **Iron** 1.79mg