

# **Cookbook for BIGELOW HILL ELEMENTARY**

**Created by HPS Menu Planner**

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# Breaded Chicken Patty Sandwich \*

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5777

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	50 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

Cook to 165 Degrees

Hold @ 145 Degrees until served

\*\*ALLERGENS: SOY, WHEAT\*\*

### 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: 50.00

Serving Size: 1.00

Amount Per Serving

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

# Spicy Chicken Patty

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5778

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	50 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. Bake until 165 Degrees	327080

## Preparation Instructions

Hold for hot service at 145 Degrees

\*\*ALLERGENS: WHEAT, SOY\*\*

### 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: 50.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	400.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.00mg

# Cheeseburger 9-12

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5779

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 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
CHEESE AMER 184CT SLCD 4-5 GCHC	50 Slice		272744

## Preparation Instructions

\*\*ALLERGENS:

:MILK, SOY (CHEESE)\*\*

Heat to 165 degrees

Hold for service at 145 degrees

### 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>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>	245.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	0.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.00mg	<b>Iron</b>	1.80mg

# Pretzel Wrapped Beef Hot Dog

<b>Servings:</b>	50.00	<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-5795

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL DOG TKY WGRAIN 10-6CT KUNZLER	50 Each		863671

## Preparation Instructions

Preheat oven to Convection: 350°

Conventional to 375°

Place thawed product on baking sheet.

Bake for 10-12 minutes or until crisp and golden

Place in heated warmer until service.

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: WHEAT\*\*

### 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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.40mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	2.70mg

# Pork & Bean

<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-5861

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	1 #10 CAN		822477

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly.

Pour beans into a steam table pan.

Place in

Convection Oven: at 350°F for 30-40 minutes or until internal temperature reaches 145°F.

Conventional Oven: at 375° for 30-40 minutes or until internal temperature reaches 145°F.

Cover with foil and vent. Place in heated unit until service.

Serve with a 4 oz. spoodle

### 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>	0.54
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	161.67		
<b>Fat</b>	0.54g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	323.33mg		
<b>Carbohydrates</b>	32.33g		
<b>Fiber</b>	5.39g		
<b>Sugar</b>	11.86g		
<b>Protein</b>	7.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	53.89mg	<b>Iron</b>	2.16mg

# Pepperoni Rippers Pizza

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 sticks	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5865

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
W/G Pepperoni Pizza Rippers	150 sticks	<b>BAKE</b> Allow to thaw prior to cooking. Cook for 9 - 12 minutes in a 325°F - 350°F convection oven. Products appear to be cooked but are not and need to be cooked to an internal temperature of 165°F. Keep frozen, may be refrigerated.	090B

## Preparation Instructions

Hold at 145 Degrees until service

\*Allergens\* Wheat, Soy, Milk, Egg

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 sticks

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	8.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	4.00mg

# Cheese Rippers Pizza

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 sticks	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5874

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
W/G Cheese Pizza Rippers	150 sticks	<b>BAKE</b> Allow to thaw prior to cooking. Cook for 9 - 12 minutes in a 325°F - 350°F convection oven. Products appear to be cooked but are not and need to be cooked to an internal temperature of 165°F. Keep frozen, may be refrigerated.	092B

## Preparation Instructions

Hold at 145 degrees until service

**\*\*ALLERGEN MILK, SOY, WHEAT\*\***

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 sticks

#### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	600.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	8.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	20.00mg



# Fresh Salad w/ Ranch

<b>Servings:</b>	15.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5888

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL GCHC	12 Fluid Ounce		472999
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	15 Cup		600504

## Preparation Instructions

Wash Hands and put on proper gloves

Mix Romaine lettuce with the ranch dressing 15 minutes before serving.

Place pan of frozen ice pack for service.

Hold for cold service at 41 degrees or below

Serve with an 8 oz. spoodle

**\*\*ALLERGENS; MILK, EGG\*\***

### 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: 15.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	96.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.00mg		
<b>Sodium</b>	170.67mg		
<b>Carbohydrates</b>	16.80g		
<b>Fiber</b>	2.67g		
<b>Sugar</b>	5.07g		
<b>Protein</b>	2.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	58.67mg	<b>Iron</b>	2.67mg

# Diced Pear Cup

<b>Servings:</b>	25.00	<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-5894

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD XL/S 6-10 GFS	1 #10 CAN		290203

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	72.43		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.35mg		
<b>Carbohydrates</b>	17.59g		
<b>Fiber</b>	1.03g		
<b>Sugar</b>	15.52g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Deluxe Burger

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PATTY	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5899

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	50 Piece	<b>BAKE</b> This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641

## Preparation Instructions

\*\*ALLERGENS: WHEAT AND MILK (BURGER)\*\*

WHEAT (BUN)

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 PATTY

<b>Amount Per Serving</b>			
<b>Calories</b>	170.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.44mg

# Green Beans

<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-5912

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	1 #10 CAN	BAKE	221990
SEASONING VEGETABLE NO SALT 21Z TRDE	1/2 Teaspoon		647230

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly.

Pour beans into a steam table pan.

Place in pan and add seasoning.

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

Serve in 4 oz. spoodle

### 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>	20.42		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	139.99mg		
<b>Carbohydrates</b>	4.08g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	4.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	4.00mg

# Diced Peaches

<b>Servings:</b>	25.00	<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-5921

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GFS	1 #10 CAN		268348

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Cup up using a 4 oz spoodle

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.52
<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: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	62.08		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.35mg		
<b>Carbohydrates</b>	14.49g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.38g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chicken Dippers

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5926

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX GRILLBITES CHARB 400-.65Z PIER	200 Each	<b>BAKE</b> Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 6-7 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 4-5 minutes time.	534684

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Piece

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

# Mashed Potatoes

<b>Servings:</b>	39.92	<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-5933

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package		146581

## Preparation Instructions

1: Pour 4 Liters (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half steam table pan. 2: Add all potatoes

and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

Hold for service at 145 degrees

**\*\*ALLERGEN: MILK\*\***

Serve with a # 8 Disher

### 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: 39.92

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	70.40		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	95.54mg		
<b>Carbohydrates</b>	14.08g		
<b>Fiber</b>	1.01g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.01g		
<b>Vitamin A</b>	1.91IU	<b>Vitamin C</b>	10.10mg
<b>Calcium</b>	8.40mg	<b>Iron</b>	0.26mg

# Mandarin Oranges

<b>Servings:</b>	22.00	<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-5941

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND BRKN L/S 6-10 GFS	1 #10 CAN		152811

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	18.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.36mg



# Macaroni and Cheese

<b>Servings:</b>	13.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5942

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	5 Pound		609121

## Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Let set in warmer for at least 30 minutes before serving.

Heat to 165 degrees

Hold for service at 145 degrees

Serve with a 6 oz. spoodle

\*\*ALLERGENS: MILK, EGG, WHEAT\*\*

### 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: 13.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

<b>Calories</b>	302.15		
<b>Fat</b>	15.08g		
<b>SaturatedFat</b>	8.31g		
<b>Trans Fat</b>	0.51g		
<b>Cholesterol</b>	48.21mg		
<b>Sodium</b>	777.95mg		
<b>Carbohydrates</b>	26.67g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	3.08g		
<b>Protein</b>	16.41g		
<b>Vitamin A</b>	670.77IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	372.31mg	<b>Iron</b>	1.03mg

# Steamed Broccoli

<b>Servings:</b>	25.00	<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-5952

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	9 8/13 Pound		610902
SEASONING VEGETABLE NO SALT 21Z TRDE	1 6/19 Teaspoon		647230

## Preparation Instructions

9.50 cups = to 4# of frozen broccoli

Stove Top Preparation: Place in a minimum amount of boiling water while still frozen. The low temperature of the frozen vegetables will cool the water and stop boiling. Cook from second boil until tender and reach a temperature of 140°F. Avoid overcooking for better flavor and color.

Add seasoning.

Steamer: Pour into 2" perforated steam table pan with non-perforated pan. Heat just until tender and reach a temperature of 145°F.

Hold for hot service at 145 degrees

Serve with 4 oz. spoodle

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.51
<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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	26.71		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.39mg		
<b>Carbohydrates</b>	5.34g		
<b>Fiber</b>	3.08g		
<b>Sugar</b>	1.03g		
<b>Protein</b>	3.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.91mg	<b>Iron</b>	1.03mg

# Grilled Chicken Sandwich

<b>Servings:</b>	50.00	<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-5955

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	50 Each		561331

## Preparation Instructions

APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 16-20 MINUTES. CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 20-24 MINUTES

Heat to 165 degrees

Hold for service at 145 degrees

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	310.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	1.00mg

# Southwest Beef Pizza

<b>Servings:</b>	12.00	<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-5956

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	12 Each	<b>BAKE</b> <b>COOKING GUIDELINES: COOK BEFORE SERVING.</b> Place frozen pizzas on baking sheet with parchment paper. <b>CONVECTION OVEN: 350°F for 11-14 minutes.</b> <b>CONVENTIONAL OVEN: 425°F for 18-22 minutes.</b>	487272

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, WHEAT, SOY\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	710.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	241.00mg	<b>Iron</b>	3.10mg

# Corn

<b>Servings:</b>	16.00	<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-5957

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GFS	4 Pound		851329
SEASONING VEGETABLE NO SALT 21Z TRDE	2 Teaspoon		647230

## Preparation Instructions

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON

Pour corn into a steam table pan.

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

Serve with a 4 oz. spoodle

### 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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	62.20		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	12.44g		
<b>Fiber</b>	1.49g		
<b>Sugar</b>	4.48g		
<b>Protein</b>	1.49g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Cheeseburger \*

<b>Servings:</b>	50.00	<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-5958

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 184CT SLCD 4-5 GCHC	50 Slice		272744
BEEF PTY FLAMEBR 210-2.4Z	50 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.	205030

## Preparation Instructions

Hold for hot service at 145 degrees

\*\*ALLERGENS: SOY (PATTY)

:MILK , SOY (CHEESE)

### SLE Components

Amount Per Serving

<b>Meat</b>	2.68
<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: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	175.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	400.00mg		
<b>Carbohydrates</b>	1.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	14.50g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	95.00mg	<b>Iron</b>	1.80mg

# Mini Pancakes

<b>Servings:</b>	50.00	<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-5964

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	50 Package	Conventional Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 14-15 minutes. Convection Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 9-10 minutes. Do not exceed 350 degrees F. Do not allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.	395303

## Preparation Instructions

Hold for hot service at 145 degrees

\*\*ALLERGENS: MILK, WHEAT, EGG, SOY\*\*

### 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: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chicken Stix

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5967

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	100 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: SOY, WHEAT, EGG\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	1.33
<b>Grain</b>	0.67
<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: 50.00

Serving Size: 2.00 Piece

Amount Per Serving

<b>Calories</b>	173.33		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	1.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	16.67mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	10.67g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.00mg	<b>Iron</b>	1.33mg



# Emoji Potatoes

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5972

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SHPD EMOTICON 6-4 MCC	200 Piece	Convection Oven: Temp(°F): 425 - Cooking Time(min): 9-13 - Instructions: PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	538872

## Preparation Instructions

Hold for hot service at 145 degrees

### 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: 50.00

Serving Size: 4.00 Piece

#### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	80.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Applesauce Cup

<b>Servings:</b>	25.00	<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-5975

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GFS	1 #10 CAN		271497

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish out fruit.

### 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: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	51.73		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.35mg		
<b>Carbohydrates</b>	12.42g		
<b>Fiber</b>	1.03g		
<b>Sugar</b>	11.38g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.17mg	<b>Iron</b>	0.00mg

# Grilled Cheese K-5

<b>Servings:</b>	12.00	<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-5987

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN IW 72-4.19Z	12 Each		786360

## Preparation Instructions

Do not remove wrap on wrapped product before heating.

Product can be heated from frozen state; however, it is recommended that it is heated from thawed state. Because of variations in oven equipment,

ensure that an internal temperature of at least 160°F is achieved. It is recommended that a food grade thermometer be used.

Conventional Oven (Frozen): :325 F 18 Minutes

Conventional Oven (Thawed): 350 F 12 Minutes

Convection Oven (Frozen): 350 F 18 Minutes

Convection Oven (Thawed) 350 F 12 Minutes

**\*\*ALLERGENS: MILK, SOY,WHEAT, GLUTEN**

Heat to 165 degrees

Hold for service at 145 degrees

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Mini Corn Dogs

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5989

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	100 Each		497360

## Preparation Instructions

Prepare corn dogs from frozen

1. Preheat oven to 350 degrees F.
2. Spray baking sheet lightly with pan coating.
3. Pour contents of bag of frozen corn dogs

and spread evenly over the entire sheet pan leaving some space between each of them.

4. Bake for 15 minutes or until corn dogs reach 165F and batter is fully cooked and serve

Note: For best results flip half-way through cooking. Cooking times depend on load in the oven being heated.

**\*\*ALLERGENS: SOY,EGG, WHEAT\*\***

Hold for service at 145 degrees

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Piece

Amount Per Serving			
<b>Calories</b>	180.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	1.00mg

# Pepperoni Pizza

<b>Servings:</b>	16.00	<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-5990

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96-4.5Z	16 Each	<b>BAKE</b> COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in a 18" x 26" x 1 2" sheets pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustment.	152111

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: MILK, WHEAT, SOY\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		310.00	
<b>Fat</b>		12.00g	
<b>SaturatedFat</b>		5.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		530.00mg	
<b>Carbohydrates</b>		34.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		8.00g	
<b>Protein</b>		16.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	222.00mg	<b>Iron</b>	2.50mg

# Shrimp Poppers

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	20.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6005

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	2 Pound		275752

## Preparation Instructions

TO BAKE: Preheat oven to 425°F. Place frozen Shrimp Poppers in a single layer on a baking sheet on center oven rack and bake for 8 to 10 minutes or until golden brown.

TO BAKE: (convection oven): Preheat oven to 375°F. Place frozen Shrimp Poppers in a single layer on a baking sheet on center oven rack and bake for 7 to 8 minutes or until golden brown.

Serve with a 4 oz. spoodle

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: WHEAT, SOY, SHELLFISH\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	1.07
<b>Grain</b>	1.33
<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: 10.00

Serving Size: 20.00 Piece

#### Amount Per Serving

<b>Calories</b>	224.00		
<b>Fat</b>	10.67g		
<b>SaturatedFat</b>	1.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.67mg		
<b>Sodium</b>	298.67mg		
<b>Carbohydrates</b>	22.40g		
<b>Fiber</b>	4.27g		
<b>Sugar</b>	1.07g		
<b>Protein</b>	9.60g		
<b>Vitamin A</b>	14.05IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	25.80mg	<b>Iron</b>	1.74mg

# Pepperoni Bosco Sticks

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6007

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PEPP CHS WGRAIN 144-4BOSC	144 Each	<b>CONVECTION</b> Convection Oven 1. Preheat oven to 400° F. 2. Place Pepperoni Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. 1. Oven temperatures may vary. Adjust cooking time and or temperatures as needed. 2. Spray with butter spray after cooking. 3. This product must be cooked thoroughly to an internal temperature of at least 165° F before serving.	787421

## Preparation Instructions

Hold for service at 145 degrees

**\*\*ALLERGENS: MILK, WHEAT\*\***

2 Pieces per serving

### 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: 72.00

Serving Size: 2.00 Piece

Amount Per Serving	
<b>Calories</b>	240.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	460.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	176.00mg
<b>Iron</b>	2.00mg

# Taco Meat w/ Scoops

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6011

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	5 Pound		722330
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	25 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

## Preparation Instructions

Place frozen sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches 165°F

Use a #12 Disher to serve

Serve w/ 1 Bag of scoops

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: SOY\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	222.45		
<b>Fat</b>	7.45g		
<b>SaturatedFat</b>	1.82g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	35.33mg		
<b>Sodium</b>	419.66mg		
<b>Carbohydrates</b>	24.05g		
<b>Fiber</b>	3.02g		
<b>Sugar</b>	2.02g		
<b>Protein</b>	14.92g		
<b>Vitamin A</b>	651.10IU	<b>Vitamin C</b>	5.05mg



**Calcium** 71.39mg **Iron** 2.32mg

# Refried Beans

<b>Servings:</b>	16.76	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	5.51 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6017

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	1 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	183910

## Preparation Instructions

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water

and cover. 3: Allow beans to sit for 25 minutes on steam table.

Hold for hot service at 145 degrees

Serve with a #6 Disher

### 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: 16.76

Serving Size: 5.51 Ounce

#### Amount Per Serving

<b>Calories</b>	180.70		
<b>Fat</b>	1.51g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	652.52mg		
<b>Carbohydrates</b>	31.12g		
<b>Fiber</b>	10.04g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.04g		
<b>Vitamin A</b>	0.70IU	<b>Vitamin C</b>	0.99mg
<b>Calcium</b>	56.17mg	<b>Iron</b>	2.42mg

# Breaded Chicken Bites

<b>Servings:</b>	18.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6021

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	5 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, SOY, WHEAT\*\*

### 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: 18.00

Serving Size: 10.00 Piece

#### Amount Per Serving

<b>Calories</b>	268.68		
<b>Fat</b>	13.43g		
<b>SaturatedFat</b>	3.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.34mg		
<b>Sodium</b>	568.37mg		
<b>Carbohydrates</b>	17.57g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	19.63g		
<b>Vitamin A</b>	206.68IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.67mg	<b>Iron</b>	1.49mg

# French Toast Sticks

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6024

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	75 Each		646222

## Preparation Instructions

Preheat Oven to 325°F.

Place a single layer of the french toast on a baking sheet lined with baking paper. Cover with aluminum foil.

Bake for 6-8 minutes or until internal temperatures reaches 155°F.

Hold for hot service at 145 degrees

**\*\*ALLERGENS: MILK, EGG, WHEAT\*\***

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 3.00 Piece

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	105.00mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	1.00mg

# Chicken Sausage Patty

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6026

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	50 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.	138941

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

### 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: 50.00

Serving Size: 1.00 Piece

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	250.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.00mg

# Sloppy Joe Sandwich K-8

<b>Servings:</b>	22.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.63 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6028

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	5 Pound		564790

## Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Serve with a #12 Scoop

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: SOY (MEAT) \*\*

: WHEAT (BUN)\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 3.63 Ounce

#### Amount Per Serving

<b>Calories</b>	145.25		
<b>Fat</b>	6.01g		
<b>SaturatedFat</b>	2.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.08mg		
<b>Sodium</b>	417.73mg		
<b>Carbohydrates</b>	10.02g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.01g		
<b>Protein</b>	13.02g		
<b>Vitamin A</b>	459.80IU	<b>Vitamin C</b>	6.01mg
<b>Calcium</b>	34.06mg	<b>Iron</b>	2.00mg

# Mini Maple Waffles

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6030

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	25 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.*	269260

## Preparation Instructions

Hold for hot service at 145 degrees

\*\*ALLERGENS: SOY, MILK, EGG, WHEAT\*\*

### 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: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

# Pancake Wrap

<b>Servings:</b>	25.00	<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-6031

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	25 Each		497202

## Preparation Instructions

PREFERRED METHOD FOR COOKING IS THAWED.

CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES.

CONVECTION OVEN: 350 DEGREES F. FROZEN, 20 MINUTES. THAWED 13 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING. HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

Hold for hot service at 145 degrees

\*\*ALLERGENS: WHEAT, SOY, EGGS, \*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.90mg



# Mashed Potato Bowl

<b>Servings:</b>	45.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6189

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5# COMM	2 1/2 Pound		150250
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
GRAVY MIX TKY 12-15Z GCHC	1 Quart	Prepare gravy according to package instructions and hold hot.	242440
CORN WHL KERNEL R/SOD 6-10 P/L	1 #10 CAN		222011
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	450 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120

## Preparation Instructions

Spray 4" full sized steam table pan with pan release.

Place hot mashed potatoes in bottom of pan

Place hot corn on the top of the potatoes.

Layer 4 cups of hot chicken gravy over corn.

Top with 2.5 pounds of cheese

Place foil on pan and heat in oven for 10 minutes. Uncover and heat an additional 3-5 minutes.

Place in preheated holding unit until service at 145 degrees

Serve with a 6 oz. spoodle and 10 pieces of popcorn chicken.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.71
<b>Grain</b>	0.91
<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>	0.62

### Nutrition Facts

Servings Per Recipe: 45.00  
Serving Size: 6.00 Ounce

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**Amount Per Serving**

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<b>Calories</b>	435.54
<b>Fat</b>	21.44g
<b>SaturatedFat</b>	7.61g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.85mg
<b>Sodium</b>	1166.04mg
<b>Carbohydrates</b>	36.78g
<b>Fiber</b>	3.98g
<b>Sugar</b>	6.35g
<b>Protein</b>	22.87g

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<b>Vitamin A</b>	267.95IU	<b>Vitamin C</b>	6.76mg
<b>Calcium</b>	222.46mg	<b>Iron</b>	2.17mg

# Pepperoni Calzone

<b>Servings:</b>	50.00	<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-6269

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	50 Each	Allow to thaw prior to cooking. Cook for 12 - 15 minutes in a 325°F - 350°F convection oven. Products appear to be cooked but are not and need to be cooked to an internal temperature of 165°F. Keep frozen, may be refrigerated	135191

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: wheat Soy, Milk, Egg\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<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: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	361.00mg	<b>Iron</b>	2.00mg

# BBQ Beef Rib Sandwich

<b>Servings:</b>	25.00	<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-6284

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, SOY, WHEAT\*\* (BEEF RIB)

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Sweet Potato Fries

<b>Servings:</b>	15.18	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6302

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT C/C SLIM 5-3 SWT THINGS	3 Pound		767650

## Preparation Instructions

### Cooking Instructions

Conventional Oven: Preheat oven to 400F. Minimum cook weight 1 lb. Arrange product in a single layer.

Bake 2125 minutes or to desired crispness and texture.

Convection Oven: Preheat oven to 400F. Minimum cook weight 1 lb. Arrange product in a single layer.

Bake 1012 minutes or to desired crispness and texture.

Perishable. Keep frozen DO NOT THAW. Store at 0°F (18°C) or colder. PRODUCT MUST BE COOKED THOROUGHLY. Product must reach a minimum of 165°F (74°C) internal

temperature as measured by a food thermometer in several spots.

Hold for hot service at 145 degrees

\*\*ALLERGENS: NONE\*\*

### 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: 15.18

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	137.02		
<b>Fat</b>	4.74g		
<b>SaturatedFat</b>	0.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	179.18mg		
<b>Carbohydrates</b>	23.19g		
<b>Fiber</b>	3.16g		
<b>Sugar</b>	7.38g		
<b>Protein</b>	1.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.08mg	<b>Iron</b>	0.38mg

# EZ Jammer Summer

<b>Servings:</b>	20.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6426

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	40 Each		630302

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

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 2.00 Each

Amount Per Serving	
<b>Calories</b>	580.00
<b>Fat</b>	32.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	440.00mg
<b>Carbohydrates</b>	56.00g
<b>Fiber</b>	8.00g
<b>Sugar</b>	22.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	160.00mg
<b>Iron</b>	5.40mg

# EZ Jammer School

<b>Servings:</b>	20.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6427

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	20 Each		630302

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	290.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	220.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	2.70mg

# Frosted Cookie

<b>Servings:</b>	25.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6434

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frosted Cookie	25 Each	READY_TO_EAT	

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	172.00		
<b>Fat</b>	6.70g		
<b>SaturatedFat</b>	1.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.50mg		
<b>Sodium</b>	78.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	1.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.00mg	<b>Iron</b>	4.00mg



# Fresh Carrot Snacks

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6453

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SNACK CLEANED 200-1Z RSS	25 Package		613967

## 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>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	50.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	90.00mg
<b>Carbohydrates</b>	12.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 4000.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 42.00mg	<b>Iron</b> 0.00mg

# Flavored Craisins

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6454

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	25 Each		765981

## 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: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	24.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Cheez-It Crackers

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6455

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	25 Package		282422

## Preparation Instructions

\*\*ALLERGEN: WHEAT, MILK, SOY\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving			
<b>Calories</b>	100.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	110.00mg	<b>Iron</b>	0.72mg

# Apple Bar

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6456

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR APPL FRT & GRAIN 12-16CT FLDSTN	25 Each	<b>READY_TO_EAT</b> Grab and go, ready to eat and Individually wrapped for convenience and portion control. Perfect for schools, healthcare--nursing homes, rehabilitation centers, long-term care, senior living, daycares, camps, golf courses and recreation programs.	183281

## Preparation Instructions

\*\*ALLERGENS: WHEAT, SOY, MILK, EGG\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	70.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	250.00mg	<b>Iron</b>	1.80mg

# Apple Juice

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Carton	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6457

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 70-4FLZ SNCUP	25 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	207990

## Preparation Instructions

Hold for cold service at 41 degrees or below

### 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: 25.00

Serving Size: 1.00 Carton

#### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Goldrush Juice

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Carton	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6459

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	25 Carton		597380

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Carton

Amount Per Serving	
<b>Calories</b>	40.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	60.00mg
<b>Carbohydrates</b>	10.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 5000.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# Animal Crackers

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6461

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER ANIMAL WGRAIN 150-1Z KEEB	25 Package		682840

## Preparation Instructions

\*\*ALLERGENS: WHEAT, SOY\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	115.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.80mg

# Fruit Punch

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Carton	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6462

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRT PNCH 100 70-4FLZ SNCUP	25 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900

## Preparation Instructions

Hold @ 41 degrees until service

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Carton

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg



# Mini Rice Krispie Treat

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6463

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TREAT RICE KRISPIE MINI WGRAIN 600CT	25 Each		565002

## Preparation Instructions

\*\*ALLERGENS: MILK, SOY\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	45.00mg		
<b>Carbohydrates</b>	9.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

# Cereal Bar

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6481

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	50 Each	READY_TO_EAT Ready to eat cereal bars	268690

## Preparation Instructions

\*\*ALLERGENS: WHEAT, SOY\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	100.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	250.00mg	<b>Iron</b>	1.80mg

# Breakfast in Bag

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6484

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCO PUFFS BKFST KIT R/S 60CT	25 Package	READY_TO_EAT Ready-to-eat	533130

## Preparation Instructions

\*\*ALLERGENS: CHECK IND. PACKAGING\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<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: 25.00

Serving Size: 1.00 Package

Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Ham Cheese Slider

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6487

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND TKY HAM&CHS WGRAIN IW 100-3.1Z	25 Package		672642

## Preparation Instructions

Thaw overnight.

Place in warmed hot box for about 10 minutes. Just until product is slightly warmed.

**\*\*ALLERGENS: WHEAT, MILK, SOY, GLUTEN\*\***

### 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: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	186.20		
<b>Fat</b>	4.20g		
<b>SaturatedFat</b>	1.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.00mg		
<b>Sodium</b>	392.20mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	10.60g		
<b>Vitamin A</b>	121.85IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	105.20mg	<b>Iron</b>	1.85mg

# Grape Juice

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6488

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	25 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040

## Preparation Instructions

Hold at 41 degrees until service

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.36mg

# Goldfish Crackers

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6489

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	25 Package		736280

## Preparation Instructions

\*\*ALLERGENS: WHEAT, MILK\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	110.00mg	<b>Iron</b>	1.00mg

# Fish Sandwich 9-12

<b>Servings:</b>	12.00	<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-6491

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	12 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
CHEESE AMER 184CT SLCD 4-5 GCHC	12 Slice		272744

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: FISH, MILK, WHEAT, SOY (FISH)

: WHEAT (BUN)

: MILK, SOY (CHEESE)

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<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: 12.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	215.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	16.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	11.50g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.00mg	<b>Iron</b>	1.30mg

# Fish Sandwich

<b>Servings:</b>	12.00	<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-6492

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	12 Each	<b>BAKE</b> COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: FISH, MILK, WHEAT, SOY (FISH)

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<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: 12.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.30mg



# Mixed Vegetables

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6502

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 30 GFS	2 1/2 Pound		285690

## Preparation Instructions

hold at 135 for hot service

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	22.39		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.46mg		
<b>Carbohydrates</b>	4.48g		
<b>Fiber</b>	1.12g		
<b>Sugar</b>	1.49g		
<b>Protein</b>	0.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.22mg

# Grilled Chicken 9-12

<b>Servings:</b>	50.00	<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-6516

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	50 Each		561331
BACON TKY CKD 12-50CT JENNO	50 Slice		834770

## Preparation Instructions

APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 16-20 MINUTES. CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 20-24 MINUTES

Heat to 165 degrees

Hold for service at 145 degrees

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	420.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	1.00mg

# Lasagna Roll-ups

<b>Servings:</b>	18.00	<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-6518

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each		234041
SAUCE SPAGHETTI 6-10 P/L	8 Cup	READY_TO_EAT None	744520

## Preparation Instructions

Keep frozen until ready to prepare

- 1.Preheat convection oven to 375°F. Set fan to HIGH.
- 2.Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
- 3.Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
- 4.Spread sauce over pasta to cover.
- 5.Cover the pan tightly with aluminum foil.
- 6.Bake for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F
- 7.Store in a moist 145°F warmer, cover the pan with plastic film and hold up to 1 hour

\*\*ALLERGENS: WHEAT, MILK\*\*

CCP: Hold for service at 145 degrees

### 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>	1.11
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	293.33
<b>Fat</b>	6.89g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	514.44mg
<b>Carbohydrates</b>	39.67g
<b>Fiber</b>	3.78g

<b>Sugar</b>	12.11g
<b>Protein</b>	16.78g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 323.11mg	<b>Iron</b> 1.97mg

# BBQ Beef Rib Sandwich 6-8

<b>Servings:</b>	25.00	<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-6521

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, SOY, WHEAT\*\* (BEEF RIB)

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# French Fries

<b>Servings:</b>	36.55	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6536

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4 SS 6-4.5 STLTH	4 1/2 Pound		614122

## Preparation Instructions

Convection Oven: Preheat oven to 400F. Minimum cook weight 1.5 lb. Arrange product in a single layer. Bake 710 minutes or until light golden in color.

Perishable. Keep frozen DO NOT THAW. Store at 0°F (18°C) or colder. PRODUCT MUST BE COOKED THOROUGHLY. Product must reach a minimum of 165°F (74°C) internal temperature as measured by a food thermometer in several spots.

Heat to 165 degrees

Hold for service at 145 degrees

### 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: 36.55

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	189.99mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.00mg	<b>Iron</b>	0.00mg

# Sloppy Joe

<b>Servings:</b>	22.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.63 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6541

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	5 Pound		564790

## Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Serve with a #12 Scoop

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: SOY (MEAT) \*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 3.63 Ounce

#### Amount Per Serving

<b>Calories</b>	145.25		
<b>Fat</b>	6.01g		
<b>SaturatedFat</b>	2.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.08mg		
<b>Sodium</b>	417.73mg		
<b>Carbohydrates</b>	10.02g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.01g		
<b>Protein</b>	13.02g		
<b>Vitamin A</b>	459.80IU	<b>Vitamin C</b>	6.01mg
<b>Calcium</b>	34.06mg	<b>Iron</b>	2.00mg

# Chicken Drumstick

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6551

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	25 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: WHEAT\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 25.00

Serving Size: 1.00 Piece

<b>Amount Per Serving</b>	
<b>Calories</b>	220.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.00g



<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	1.00mg

# Twisted Breadstick

<b>Servings:</b>	25.00	<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-6553

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	25 Each		644051

## Preparation Instructions

Wash hands and put on proper gloves

Preheat convection oven to 350 degrees F,

Place frozen breadsticks on a baking sheet and bake for 6-8 minutes.

Preheat convection oven to 375 degrees F and bake for 6-8 minutes.

**\*\*ALLERGENS: MILK, WHEAT, SOY\*\***

### 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: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.00mg	<b>Iron</b>	1.00mg

# Grilled Cheese \*

<b>Servings:</b>	25.00	<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-6554

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 184CT SLCD 4-5 GCHC	100 Slice		272744
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	25 Gram		827021
Sunbeam White with Whole Grain	50 Slice	READY_TO_EAT	136

## Preparation Instructions

Place bread on baking sheet lined with baking paper. Spray each slice with butter spray and turn over.

Place 4 slices of cheese on each slice and cover with another slice of bread. Spray with butter spray.

Place in preheated oven for 6-10 minutes. Turn to brown on both sides. Heat until internal temperature reaches 165°F.

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, SOY, WHEAT\*\*

### 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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	339.20		
<b>Fat</b>	18.80g		
<b>SaturatedFat</b>	10.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	884.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	320.00mg	<b>Iron</b>	10.00mg

# Sweet Southern BBQ Pork Sandwich

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6556

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	5 Pound		498702

## Preparation Instructions

Preheat:

Convection: 350°

Conventional: 375°

Steamer 212°

Heat product until internal temperature reaches 165°

Place in heated warmer until service.

Heat to 165 degrees

Hold for service at 145 degrees

**\*\*ALLERGENS: SOY\*\***

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	230.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	250.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chicken Nuggets

<b>Servings:</b>	34.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6558

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	7 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.	558040

## Preparation Instructions

**\*\*ALLERGENS: SOY, WHEAT\*\***

Heat to 165 degrees

Hold for service at 145 degrees

### 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: 34.00

Serving Size: 5.00 Piece

Amount Per Serving

<b>Calories</b>	240.04		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	470.07mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.01mg	<b>Iron</b>	2.00mg

# Macaroni and Cheese 9-12

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6561

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER SHRD R/F 4-5 LOL	6 1/2 Pound		861950
MARGARINE SLD 30-1 GCHC	1 Pound		733061
Black Pepper	1 Teaspoon	BAKE	24108
1% LOW FAT MILK - GALLON	5 Quart		1350
PASTA ELBOW MACAR 4-5 GCHC	5 1/2 Pound		413320

## Preparation Instructions

Make milk the day before and chill

Dividing into 2 (4 " steam table pans)

Bring water to a boil and slowly add half of macaroni to each pan (2). Stir constantly until water boils again. Cook about 8 minutes, or until tender. DO NOT OVERCOOK. Drain well, rinse with cool water, and drain again. Transfer cooked macaroni to pans and set aside.

Heat half of the milk and then add half of the margarine and 1/2 of the pepper to each pan.

Combine milk and noodles.

Stir in half of cheese into each pan and then place in warmer to set up for at least 20 minutes.

Place in heated unit until service

Heat to 165 degrees

Hold for service at 145 degrees

**\*\*ALLERGENS: MILK, WHEAT,SOY\*\***

Serve with an 8 oz. spoodle

## SLE Components

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

### Amount Per Serving

**Calories** 434.40

**Fat** 18.28g

**SaturatedFat** 8.68g

**Trans Fat** 0.00g

**Cholesterol** 37.20mg

**Sodium** 1096.00mg

**Carbohydrates** 45.52g

**Fiber** 1.76g

**Sugar** 9.12g

**Protein** 23.92g

**Vitamin A** 669.12IU      **Vitamin C** 0.80mg

**Calcium** 415.52mg      **Iron** 1.58mg

# Macaroni and Cheese \*

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6562

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER SHRD R/F 4-5 LOL	6 1/2 Pound		861950
MARGARINE SLD 30-1 GCHC	1 Pound		733061
Black Pepper	1 Teaspoon		24108
PASTA ELBOW MACAR 4-5 GCHC	5 1/2 Pound		413320
1% LOW FAT MILK - GALLON	5 Quart		1350

## Preparation Instructions

Make milk the day before and chill

Dividing into 2 (4 " steam table pans)

Bring water to a boil and slowly add half of macaroni to each pan (2). Stir constantly until water boils again. Cook about 8 minutes, or until tender. DO NOT OVERCOOK. Drain well, rinse with cool water, and drain again. Transfer cooked macaroni to pans and set aside. Heat half of the milk and then add half of the margarine and 1/2 of the pepper to each pan.

Combine milk and noodles, stir in half of cheese into each pan and then place in warmer to set up for at least 20 minutes.

Place in heated unit until service.

Heat to 165 degrees

Hold for service at 145 degrees

Serve using a 4 oz. spoodle.

\*\*ALLERGENS: MILK, WHEAT,SOY\*\*

### 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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

### Amount Per Serving

**Calories** 217.20

**Fat** 9.14g

**SaturatedFat** 4.34g

**Trans Fat** 0.00g

**Cholesterol** 18.60mg

**Sodium** 548.00mg

**Carbohydrates** 22.76g

**Fiber** 0.88g

**Sugar** 4.56g

**Protein** 11.96g

**Vitamin A** 334.56IU      **Vitamin C** 0.40mg

**Calcium** 207.76mg      **Iron** 0.79mg

# Instant Milk

<b>Servings:</b>	16.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6563

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATER DISTILLED 4-1GAL GCHC	1 Quart		711143
MILK PWD INST FF 50 MMPA	3 1/5 Ounce		113336

## Preparation Instructions

TIR UNTIL DISSOLVED AND STORE IN THE REFRIGERATOR. SERVE COLD.

### 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: 16.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	114.32		
<b>Fat</b>	0.21g		
<b>SaturatedFat</b>	0.11g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.32mg		
<b>Sodium</b>	168.95mg		
<b>Carbohydrates</b>	16.84g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	16.84g		
<b>Protein</b>	11.37g		
<b>Vitamin A</b>	6.95IU	<b>Vitamin C</b>	2.15mg
<b>Calcium</b>	396.95mg	<b>Iron</b>	0.11mg

# Burrito

<b>Servings:</b>	20.00	<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-6565

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	20 Each	Heat thawed product at 280 degrees for 16-22 minutes or until internal temperature reaches 165 degrees.	497221

## Preparation Instructions

Hold for hot service at 145 degrees.

\*\*ALLERGENS: MILK, SOY, MILK, GLUTEN\*\*

### 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: 20.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	460.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.44mg

# Buffalo Chicken Stromboli

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6572

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	8 Slice		627101

## Preparation Instructions

- Thaw for 30 minutes, Shape into a rectangle.
- Fold edges over to the middle.
- Slice sides for venting (at even measurements for 8 cuts)
- Bake 20-30 minutes at 350 degrees.
- Cut along vent marks
- Heat to 165 degrees
- Hold for service at 145 degrees

\*\*ALLERGENS: MILK, WHEAT, SOY\*\*

### 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: 8.00

Serving Size: 1.00 Piece

#### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	750.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	320.00mg	<b>Iron</b>	2.20mg

# Spaghetti & Meatballs

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6583

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	100 Each	KEEP FROZEN Cook in steamer for approximately 9-11 minutes or until 165 degrees.	785860
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN	READY_TO_EAT Warm to 165 degrees	744520
PASTA SPAGHETTI 10 4-5 GCHC	1 1/2 Pound	Break up into thirds before cooking.	413370

## Preparation Instructions

Cook broken noodles, drain and rinse with hot water.

Heat Sauce in a separate pan to 165 degrees.

Steam meatballs in a separate pan to 165 degrees.

Combine cooked pasta with 6 cups of the heated sauce.

Combine heated meatballs with 20 1/2 cups of sauce (remainder of the 2 #10 cans)

Hold for service at 145 degrees

Serve: 4 oz. of lightly sauced pasta on the tray and top with 4 meatballs and sauce.

\*\*ALLERGENS: MILK, WHEAT, SOY\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	2.59
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	375.96
<b>Fat</b>	11.55g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	505.71mg
<b>Carbohydrates</b>	49.99g
<b>Fiber</b>	6.10g
<b>Sugar</b>	19.99g
<b>Protein</b>	19.50g

<b>Vitamin A</b>	5.00IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	117.80mg	<b>Iron</b>	4.93mg

# Rotini W/Meat Sauce

<b>Servings:</b>	15.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6594

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	1 Package		728590

## Preparation Instructions

1 Package = 5 #

Place sealed bags in steamer or in boiling water, heat approximately 45 minutes or until product reaches serving temperature of 165°

Place in heated cabinet and hold at 145°F until service

Serve with a #8 Disher

**\*\*ALLERGENS: EGG, WHEAT\*\***

R-3/2019

### SLE Components

Amount Per Serving

<b>Meat</b>	1.17
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.29
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	182.94		
<b>Fat</b>	9.32g		
<b>SaturatedFat</b>	3.61g		
<b>Trans Fat</b>	0.58g		
<b>Cholesterol</b>	31.46mg		
<b>Sodium</b>	353.06mg		
<b>Carbohydrates</b>	13.98g		
<b>Fiber</b>	2.33g		
<b>Sugar</b>	4.66g		
<b>Protein</b>	10.49g		
<b>Vitamin A</b>	357.14IU	<b>Vitamin C</b>	13.40mg
<b>Calcium</b>	32.04mg	<b>Iron</b>	1.75mg

# Sweet Thai Chicken Chili

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.85 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6596

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX SWT CHILI THAI 6-7.15	7 3/20 Pound		536900

## Preparation Instructions

Convection/Conventional oven (best)

Pre-heat oven to 350°F/400° F. Place chicken with sauce on a sheet pan. Bake in oven for 20-25 minutes until product reaches 165°F and sauce is caramelized.

Reduce time by 6 - 8 minutes if product is thawed.

Heat to 165 degrees

Hold for service at 145 degrees

**\*\*ALLERGENS: SOY, WHEAT\*\***

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.85 Ounce

#### Amount Per Serving

<b>Calories</b>	150.53		
<b>Fat</b>	3.01g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.21mg		
<b>Sodium</b>	441.54mg		
<b>Carbohydrates</b>	15.05g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.04g		
<b>Protein</b>	15.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.07mg	<b>Iron</b>	1.08mg



# Rice

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6672

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	2 Pound	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
ONION DEHY CHPD 15 P/L	2 Tablespoon	Add to water before cooking	263036
Black Pepper	1/2 Teaspoon	Add to water before cooking	24108
WATER DISTILLED 6-1GAL ZEPHR - Zephyrhills - M	2 Gallon		435599

## Preparation Instructions

1. Wash hands and put on proper gloves  
Place in full-sized 4 inch steam table pan, cover with film.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	181.81		
<b>Fat</b>	1.60g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.16mg		
<b>Carbohydrates</b>	38.52g		
<b>Fiber</b>	1.08g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	4.28g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.19mg	<b>Iron</b>	0.00mg

# Baked Tostitos Scoops

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6675

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	25 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	125.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.30mg

# Marinara Sauce Cup

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6677

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	25 Each	READY_TO_EAT None	677721

## 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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	40.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	362.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	0.00mg

# Salsa

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6680

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP 84-3Z REDG	25 Each	READY_TO_EAT None	677802

## 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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	30.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	346.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	0.00mg

# Breakfast in a Bag

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6682

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	25 Each	READY_TO_EAT Ready-to-eat	150471

## Preparation Instructions

\*\*ALLERGENS: CHECK PACKAGING\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<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: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	370.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	73.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	30.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 1000.00IU	<b>Vitamin C</b> 72.00mg
<b>Calcium</b> 240.00mg	<b>Iron</b> 7.20mg

# Fortune Cookie

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6690

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WRPD 390CT HSE OF BEE	25 Each		898991

## 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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	30.20		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.50mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	0.10g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	0.24IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.96mg	<b>Iron</b>	0.12mg

# Breaded Chicken Patty Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6691

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	50 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

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

\*\*ALLERGENS: SOY, WHEAT\*\*

### 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: 50.00

Serving Size: 1.00

Amount Per Serving

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

**Calcium** 35.00mg **Iron** 2.00mg



# Spicy Chicken Patty 9-12

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6692

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	50 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. Bake until 165 Degrees	327080

## Preparation Instructions

Hold for hot service at 145 Degrees

\*\*ALLERGENS: WHEAT, SOY\*\*

### 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: 50.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	400.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.00mg

# Yogurt Cup

<b>Servings:</b>	25.00	<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-6693

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	25 Each	READY_TO_EAT Ready to eat single serving	551760

## Preparation Instructions

Hold for cold service at 41 degrees or below

\*\*ALLERGENS: MILK\*\*

### 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: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	65.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	140.00mg	<b>Iron</b>	0.00mg

# Colby Cheese Stick

<b>Servings:</b>	25.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6714

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STIX COLBY JK R/F IW 168-1Z	25 Each		786510

## Preparation Instructions

Hold for cold service at 41 degrees or below

\*\*ALLERGENS: MILK\*\*

### 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: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	0.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 194.00mg	<b>Iron</b> 0.00mg

# Brownie

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6715

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR COCOA CHRY WGRAIN IW 120-1.8Z	25		419172

## Preparation Instructions

\*\*ALLERGENS: WHEAT, SOY\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	120.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	40.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Apple Slices

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6716

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	25 Package		473171

## Preparation Instructions

Hold for cold service at 41 degrees or below

### 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: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

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

# Vegetable Egg Roll

<b>Servings:</b>	12.00	<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-6731

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL VEG WGRAIN 3Z 2-30CT GLDT	12 Each	<b>BAKE</b> Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place 12 frozen egg rolls on a 1/2 size baking sheet that has been lightly sprayed with pan release. NO PAN LINER. Turn once during heatng. Conventional: 15 - 17 minutes. Convection at 425°F: 12-14 minutes Preparation Notes: Heating time may vary with equipment.	599450

## Preparation Instructions

Hold for service at 145 degrees

\*\*ALLERGENS: EGG, WHEAT, SOY\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.25
<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: 12.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	140.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	3.00g		
<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>	20.00mg	<b>Iron</b>	1.08mg

# BBQ Chicken Flatbread

<b>Servings:</b>	12.00	<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-6737

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA FLTBRD CHIX BBQ WGRAIN 72-4.65Z	12 Each	<b>BAKE</b> Arrange frozen Flatbreads to fit 12 servings on a parchment lined pan. Convection oven: Bake from frozen at 375 degrees F. Bake on parchment lined pan 6 to 10 minutes or until internal temperature reaches a minimum of 165 degrees F. Conventional oven: Bake from frozen at 400 degrees F. Bake on parchment lined pan 8 to 12 minutes or until internal temperature reaches a minimum of 165 degrees F. Note: Ovens will vary so please adjust time and temperature accordingly. Refrigerate or discard any unused portion.	884361

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: WHEAT, MILK, SOY\*\*

### 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: 12.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	320.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	250.00mg	<b>Iron</b>	1.80mg

# Dominos Cheese Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6738

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
14" Whole Grain (16 oz.) LM Cheese Pizza-8 cut	8	READY_TO_EAT	11412

## Preparation Instructions

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, SOY, WHEAT\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	10.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	10.00mg



# Dominos Pepperoni Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6739

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
14" Whole Grain (16 oz.) RFRS Pepperoni Pizza-8 cut	8 Slice	READY_TO_EAT	11413

## Preparation Instructions

Hold for service at 145 degrees

\*\*ALLERGENS: WHEAT, MILK, SOY\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	15.00IU	<b>Vitamin C</b>	10.00mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	10.00mg

# Cheese Pizza

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6740

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	16 Each	<b>BAKE</b> COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	153650

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, WHEAT, SOY\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Slice

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	440.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	263.00mg	<b>Iron</b>	2.30mg

# Turkey Deli Wrap

<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-6743

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	Ambient: Ready to use	690141
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
SPRING MIX CONVENTIONAL 6-1 RSS	4 Ounce		402481

## Preparation Instructions

Place meat on the tortilla shell, then add cheese and then romaine.

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

Hold for cold service at 41 degrees or below

\*Serve with 1 oz. package of salad dressing\*

\*\*ALLERGENS: MILK, WHEAT\*\*

Revised 9/24/18

### 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>	0.33
<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>	355.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	790.00mg		
<b>Carbohydrates</b>	33.50g		
<b>Fiber</b>	5.67g		
<b>Sugar</b>	3.33g		
<b>Protein</b>	27.17g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	261.67mg	<b>Iron</b>	3.31mg

# Ham Deli Wrap

<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-6744

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	Ambient: Ready to use	690141
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
SPRING MIX CONVENTIONAL 6-1 RSS	4 Ounce		402481
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121

## Preparation Instructions

Place meat on the tortilla shell, then add cheese and then romaine.

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

Hold for cold service at 41 degrees or below

\*Serve with 1 oz. package of salad dressing\*

\*\*ALLERGENS: MILK, WHEAT\*\*

Revised 9/24/18

### 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>	0.33
<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>	350.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	960.00mg		
<b>Carbohydrates</b>	33.50g		
<b>Fiber</b>	5.67g		
<b>Sugar</b>	3.33g		
<b>Protein</b>	25.17g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	1.80mg
<b>Calcium</b>	261.67mg	<b>Iron</b>	4.03mg

# Grilled Chicken Wrap

<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-6745

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	Ambient: Ready to use	690141
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
SPRING MIX CONVENTIONAL 6-1 RSS	4 Ounce		402481
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	Slice diagonally before placing in wrap	561331

## Preparation Instructions

Place meat on the tortilla shell, then add cheese and then romaine.

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

Hold for cold service at 41 degrees or below

\*Serve with 1 oz. package of salad dressing\*

\*\*ALLERGENS: MILK, WHEAT\*\*

Revised 9/24/18

### 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>	0.33
<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>	345.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	34.50g		
<b>Fiber</b>	5.67g		
<b>Sugar</b>	3.33g		
<b>Protein</b>	25.17g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 267.67mg **Iron** 3.95mg

# Breaded Chicken Wrap

<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-6746

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	Ambient: Ready to use	690141
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
SPRING MIX CONVENTIONAL 6-1 RSS	4 Ounce		402481
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. Cool before using. Cut diagonally before placing in wrap	558061

## Preparation Instructions

Place meat on the tortilla shell, then add cheese and then romaine.

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

Hold for cold service at 41 degrees or below

\*Serve with 1 oz. package of salad dressing\*

\*\*ALLERGENS: MILK, SOY, WHEAT\*\*

Revised 9/24/18

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.33
<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>	485.00
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	880.00mg
<b>Carbohydrates</b>	48.50g

<b>Fiber</b>	8.67g
<b>Sugar</b>	4.33g
<b>Protein</b>	24.17g
<b>Vitamin A</b> 150.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 296.67mg	<b>Iron</b> 4.95mg



# Buffalo Chicken Wrap

<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-6749

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	Ambient: Ready to use	690141
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
SPRING MIX CONVENTIONAL 6-1 RSS	4 Ounce		402481
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	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. Cool before use. Cut diagonally before placing on tortilla.	327080

## Preparation Instructions

Place meat on the tortilla shell, then add cheese and then romaine.

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

\*Serve with 1 oz. package of salad dressing\*

Hold for cold service at 41 degrees or below

\*\*ALLERGENS: MILK, SOY, WHEAT\*\*

Revised 9/24/18

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.33
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 515.00

**Fat** 24.00g

**SaturatedFat** 7.50g

**Trans Fat** 0.00g

**Cholesterol** 35.00mg

**Sodium** 820.00mg

**Carbohydrates** 50.50g

**Fiber** 8.67g

**Sugar** 4.33g

**Protein** 25.17g

**Vitamin A** 150.00IU      **Vitamin C** 0.00mg

**Calcium** 301.67mg      **Iron** 4.95mg

# Chef Salad 9-12

<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-6752

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	5 Ounce		600504
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce		150250
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce		202150
TOMATO CHERRY 11 MRKN	2 Each		569551
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

Hold for cold service at 41 degrees or below

**\*\*ALLERGENS: MILK, SOY, WHEAT\*\***

### 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>	0.24
<b>OtherVeg</b>	0.42
<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>	306.39
<b>Fat</b>	14.85g
<b>SaturatedFat</b>	7.77g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	641.33mg
<b>Carbohydrates</b>	24.35g
<b>Fiber</b>	4.08g
<b>Sugar</b>	4.20g
<b>Protein</b>	19.02g
<b>Vitamin A</b>	5915.41IU
<b>Vitamin C</b>	8.55mg
<b>Calcium</b>	359.32mg
<b>Iron</b>	3.32mg

# Grilled Chicken Salad

<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-6754

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	5 Ounce		600504
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce		150250
TOMATO CHERRY 11 MRKN	2 Each		569551
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	Slice Diagnally before adding to salad.	561331

## Preparation Instructions

Hold for cold service at 41 degrees or below

\*\*ALLERGENS: MILK, SOY, WHEAT\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.24
<b>OtherVeg</b>	0.42
<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>	353.89		
<b>Fat</b>	16.60g		
<b>SaturatedFat</b>	8.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	688.83mg		
<b>Carbohydrates</b>	25.35g		
<b>Fiber</b>	4.08g		
<b>Sugar</b>	4.20g		
<b>Protein</b>	27.27g		
<b>Vitamin A</b>	5915.41IU	<b>Vitamin C</b>	7.65mg
<b>Calcium</b>	365.32mg	<b>Iron</b>	3.78mg

# Breaded Chicken Salad

<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-6755

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	5 Ounce		600504
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce		150250
TOMATO CHERRY 11 MRKN	2 Each		569551
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
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. Cool prior to use. Slice diagonally before placing on salad	558061

## Preparation Instructions

Hold for cold service at 41 degrees or below

\*\*ALLERGENS: MILK, SOY, WHEAT\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.24
<b>OtherVeg</b>	0.42
<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>	493.89
<b>Fat</b>	25.60g
<b>SaturatedFat</b>	9.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	838.83mg
<b>Carbohydrates</b>	39.35g

<b>Fiber</b>		7.08g	
<b>Sugar</b>		5.20g	
<b>Protein</b>		26.27g	
<b>Vitamin A</b>	5915.41IU	<b>Vitamin C</b>	7.65mg
<b>Calcium</b>	394.32mg	<b>Iron</b>	4.78mg

# Buffalo Chicken Salad

<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-6756

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	5 Ounce		600504
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce		150250
TOMATO CHERRY 11 MRKN	2 Each		569551
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	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.	327080

## Preparation Instructions

Hold for cold service at 41 degrees or below

\*\*ALLERGENS: MILK, SOY, WHEAT\*\*

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.24
<b>OtherVeg</b>	0.42
<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>	523.89
<b>Fat</b>	27.60g
<b>SaturatedFat</b>	10.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	778.83mg
<b>Carbohydrates</b>	41.35g

<b>Fiber</b>	7.08g		
<b>Sugar</b>	5.20g		
<b>Protein</b>	27.27g		
<b>Vitamin A</b>	5915.41IU	<b>Vitamin C</b>	7.65mg
<b>Calcium</b>	399.32mg	<b>Iron</b>	4.78mg



# Taco Salad

<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-7224

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	3 8/47 Ounce		722330
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SOUR CREAM IMIT PKT 100-1Z DSTAR	1 Each	READY_TO_EAT Ready to Eat or used as an ingredient	698731
CHEESE AMER SHRD R/F 4-5 LOL	1 Ounce		861950
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	5 Ounce		600504

## 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>	1.13
<b>OtherVeg</b>	0.42
<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>	391.40
<b>Fat</b>	16.65g
<b>SaturatedFat</b>	8.55g
<b>Trans Fat</b>	0.29g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	1008.57mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	5.67g
<b>Sugar</b>	10.17g

<b>Protein</b>	19.97g
<b>Vitamin A</b> 1035.50IU	<b>Vitamin C</b> 13.00mg
<b>Calcium</b> 228.67mg	<b>Iron</b> 3.97mg

# Broccoli Salad

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8579

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE 4-1GAL KE	1 1/2 Cup		631411
BROCCOLI FLORET BITE SIZE 2-3 RSS	2 Pound		732451
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1/4 Cup		629640
SUGAR CANE GRANUL 25 GFS	1 Cup		108642
1% White Milk 8 oz.	1/3 Cup	READY_TO_DRINK	52266
ONION DCD 1/4 2-5 RSS	1/2 Cup		198307
CRANBERRY DRIED 300-1.16Z COMM	8 Ounce		765981

## Preparation Instructions

1. Dressing: Combine mayonnaise, sugar, vinegar, and milk in a medium bowl. Stir well. Set aside for step 3.
2. Combine broccoli, onions, and dried cranberries in a large bowl. Toss lightly. Set aside for step 3.
3. Pour 3 cups (about 1 lb 8 oz) dressing over 1 gal (about 3 lb 1 oz) vegetable mixture. Stir well.
4. Transfer 3 qt (about 4 lb 8 oz) broccoli salad to a steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan.

5. Critical Control Point: Cool to 40 °F or lower within 4 hours.
6. Critical Control Point: Hold at 40 °F or below.
7. Portion with No. 8 scoop (1/2 cup)

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.16
<b>GreenVeg</b>	0.23
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

### Amount Per Serving

**Calories** 170.05

**Fat** 10.69g

**SaturatedFat** 1.94g

**Trans Fat** 0.00g

**Cholesterol** 9.73mg

**Sodium** 56.48mg

**Carbohydrates** 19.65g

**Fiber** 1.47g

**Sugar** 16.15g

**Protein** 0.67g

**Vitamin A** 127.87IU **Vitamin C** 18.31mg

**Calcium** 15.52mg **Iron** 0.17mg

# Southwest Pizza Elementary

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9505

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO SNAX WGRAIN 288-1.36Z MAX	150 Piece		107201

## Preparation Instructions

Convection oven: Preheat oven to 375°F. Bake on parchment lined pan 15 to 20 minutes or until internal temperature reaches a minimum of 165°F.

Conventional oven: Preheat oven to 400°F. Bake on parchment lined pan 17 to 21 minutes or until internal temperature reaches a minimum of 165°F

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Piece

#### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	510.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 170.00mg	<b>Iron</b> 2.40mg

# W/G Breadstick 8"

<b>Servings:</b>	25.00	<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-10289

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1.31Z 10-20CT	25 Each		152211
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	1 Gram		827021

## Preparation Instructions

1. Thaw product before preparing.
2. Wash hands and put on proper gloves
3. Preheat oven to 350 degrees.
4. Place thawed product on baking sheet lined with parchment paper.
5. Cook for 3-5 minutes just to warm.
6. Spray lightly with butter spray.
7. Place in steam table pan, cover with film and place into heated unit until service.

Allergens: \*\*Milk, Eggs, Wheat, Soybeans\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	90.37		
<b>Fat</b>	1.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.16mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.01IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.27mg	<b>Iron</b>	0.85mg

# W/G Pasta Salad

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	2.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10295

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	13 Ounce	Cook pasta in boiling water (8-10 minutes). Do not overcook. Drain well, rinse under cold water	229951
VEG MIXED 30 GFS	1 Pound	Thaw vegetables	285690
BROCCOLI FLORETS 6-4 GFS	11 Ounce	Thaw vegetables	610902
DRESSING ITAL REDC CAL 4-1GAL LTHSE	1 Cup		365880
SPICE PEPR BLK 30 MESH REG GRIND 5	1/2 Teaspoon		225045
WATER SPRNG 4-1GAL GCHC	3 Quart		686860

## Preparation Instructions

Make the day before for the best flavor.

Wash hands and put on proper gloves

Mix together thawed vegetables, italian dressing and pepper.

Pour over cooled noodles. Toss lightly to combine.

Place in 2" full sized steam table pan, cover with film and chill until service

CCP: Hold for cold service at 41 degrees or lower

Serve with a #6 disher

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.52
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.07
<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: 25.00

Serving Size: 2.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	86.06
<b>Fat</b>	1.67g
<b>SaturatedFat</b>	0.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	107.47mg
<b>Carbohydrates</b>	15.03g
<b>Fiber</b>	2.23g

<b>Sugar</b>			2.52g
<b>Protein</b>			2.55g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.33mg	<b>Iron</b>	0.70mg



# W/G Chocolate Chip Cookie

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10306

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE CHOC CHP WGRAIN IW 120-1Z GFS	25 Each	READY_TO_EAT	543131

## Preparation Instructions

\*\*Allergens: Wheat, Egg, Milk and Soy\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	100.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	110.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	2.00mg

# Seasoned Wedge Fries

<b>Servings:</b>	27.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.89 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10802

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	5 Pound		174251

## Preparation Instructions

General Cautions:

FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME. PRODUCT MUST BE FULLY COOKED FOR FOOD SAFETY AND QUALITY.

Convection Oven: Temp(°F): 350 - Cooking Time(min): 20 to 25 - Instructions:

Bake: Temp(°F): 425 - Cooking Time(min): 19

Convection: Temp(°F): 350 - Cooking Time(min): 20 to 25

Convection Oven From Frozen: Instructions: CONVECTION OVEN: PREHEAT OVEN TO 350° F. (FULL OVEN, FAN ON HIGH). SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 20 TO 25 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (FULL OVEN, FAN ON HIGH). SPREAD FROZEN WEDGES

Hold at 135 Degrees.

### 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: 27.00

Serving Size: 2.89 Ounce

#### Amount Per Serving

<b>Calories</b>	123.46		
<b>Fat</b>	4.12g		
<b>SaturatedFat</b>	0.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	144.03mg		
<b>Carbohydrates</b>	20.58g		
<b>Fiber</b>	2.06g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.70mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.37mg

# Rasins

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11220

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	50 Each		544426

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.52
<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: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	131.04		
<b>Fat</b>	0.31g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.11mg		
<b>Carbohydrates</b>	32.24g		
<b>Fiber</b>	2.39g		
<b>Sugar</b>	30.16g		
<b>Protein</b>	1.25g		
<b>Vitamin A</b>	3.85IU	<b>Vitamin C</b>	0.10mg
<b>Calcium</b>	16.54mg	<b>Iron</b>	1.22mg

# Ravioli

<b>Servings:</b>	13.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12067

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI FORT/ENRICHED 6-10 CHBOY	104 Piece		496286

## Preparation Instructions

Preheat conventional oven to 400 degrees

Wash Hands and put on prover gloves.

Wash tops of cans before opening.

Empty 1 #10 can of ravioli into a half-size steam table pan and cover with aluminum foil.

Bake in oven for approximately 50-55 minutes until serving temperature of 160 degrees is obtained.

Hold for hot service at 145 degrees.

K-8 4 pies per serving

9012 8 pies per serving.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 8.00 Piece

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	600.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.70mg

# Seasoned Carrots

<b>Servings:</b>	16.00	<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-12123

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING VEGETABLE NO SALT 21Z TRDE	2 Teaspoon		647230
CARROT FZ 30 COMM	4 Pound		150390

## Preparation Instructions

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON

Pour carrots into a steam table pan.

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

Serve with a 4 oz. spoodle

### 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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	29.50		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	24.00mg		
<b>Sodium</b>	43.00mg		
<b>Carbohydrates</b>	6.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Fresh Broccoli

<b>Servings:</b>	14.41	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.11 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12198

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	2 Pound		732478

## Preparation Instructions

Wash vegetables and allow to dry.

Weight out correct measurement into a 9 oz. vegetable cup and put on lid. Place in refrigerator.

Hold at 41 Degrees until service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.56
<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: 14.41

Serving Size: 1.11 Ounce

#### Amount Per Serving

<b>Calories</b>	8.33
<b>Fat</b>	0.11g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	8.05mg
<b>Carbohydrates</b>	1.67g
<b>Fiber</b>	0.61g
<b>Sugar</b>	0.56g
<b>Protein</b>	0.67g
<b>Vitamin A</b> 152.18IU	<b>Vitamin C</b> 21.79mg
<b>Calcium</b> 11.48mg	<b>Iron</b> 0.18mg

# Fresh Carrot Cup

<b>Servings:</b>	12.90	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.48 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12199

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1 1/2 Pound		510637

## Preparation Instructions

Wash vegetables and allow to dry.

Weight out correct measurement into a 9 oz. vegetable cup and put on lid. Place in refrigerator.

Hold at 41 Degrees until service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.62
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 12.90

Serving Size: 2.48 Ounce

#### Amount Per Serving

<b>Calories</b>	18.48		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	41.12mg		
<b>Carbohydrates</b>	4.34g		
<b>Fiber</b>	1.55g		
<b>Sugar</b>	2.48g		
<b>Protein</b>	0.31g		
<b>Vitamin A</b>	7273.30IU	<b>Vitamin C</b>	1.37mg
<b>Calcium</b>	16.88mg	<b>Iron</b>	0.47mg

# Fresh Green Peppers

<b>Servings:</b>	7.33	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.18 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12200

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN XL 40-50CT 20 MRKN	4 Pound		147192

## Preparation Instructions

Wash vegetables and allow to dry.

Weight out correct measurement into a 9 oz. vegetable cup and put on lid.

Place in refrigerator.

Hold at 41 Degrees until service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.55
<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: 7.33

Serving Size: 2.18 Ounce

#### Amount Per Serving

<b>Calories</b>	16.26		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.46mg		
<b>Carbohydrates</b>	3.82g		
<b>Fiber</b>	1.36g		
<b>Sugar</b>	2.18g		
<b>Protein</b>	0.71g		
<b>Vitamin A</b>	300.85IU	<b>Vitamin C</b>	65.38mg
<b>Calcium</b>	8.13mg	<b>Iron</b>	0.28mg



# Fresh Cherry Tomatoes

<b>Servings:</b>	6.06	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.64 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12201

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 11 MRKN	1 Pound		569551

## Preparation Instructions

Wash vegetables and allow to dry.

Weight out correct measurement into a 9 oz. vegetable cup and put on lid.

Place in refrigerator.

Hold at 41 Degrees until service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 6.06

Serving Size: 2.64 Ounce

#### Amount Per Serving

<b>Calories</b>	13.37		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.71mg		
<b>Carbohydrates</b>	2.89g		
<b>Fiber</b>	0.91g		
<b>Sugar</b>	2.06g		
<b>Protein</b>	0.66g		
<b>Vitamin A</b>	618.56IU	<b>Vitamin C</b>	10.17mg
<b>Calcium</b>	7.43mg	<b>Iron</b>	0.20mg

# Fresh Cucumbers

<b>Servings:</b>	5.24	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.05 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12206

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 4-6CT MRKN	1 Pound		361510

## Preparation Instructions

Wash vegetables and allow to dry.

Weight out correct measurement into a 9 oz. vegetable cup and put on lid.

Place in refrigerator.

Hold at 41 Degrees until service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 5.24

Serving Size: 3.05 Ounce

#### Amount Per Serving

<b>Calories</b>	11.91		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.53mg		
<b>Carbohydrates</b>	3.05g		
<b>Fiber</b>	0.46g		
<b>Sugar</b>	1.53g		
<b>Protein</b>	0.46g		
<b>Vitamin A</b>	83.36IU	<b>Vitamin C</b>	2.23mg
<b>Calcium</b>	12.70mg	<b>Iron</b>	0.23mg

# Teriyaki Chicken

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.85 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12340

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	7 3/20 Pound		890911

## Preparation Instructions

Convection/Conventional oven (best)

Pre-heat oven to 350°F/400° F. Place chicken with sauce on a sheet pan. Bake in oven for 20-25 minutes until product reaches 165°F and sauce is caramelized.

Reduce time by 6 - 8 minutes if product is thawed.

Hold at 145 Degrees

Serve with a #12 Disher

ALLERGENS: SOY & WHEAT

### SLE Components

Amount Per Serving

<b>Meat</b>	2.01
<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: 40.00

Serving Size: 2.85 Ounce

#### Amount Per Serving

<b>Calories</b>	146.51		
<b>Fat</b>	3.01g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.21mg		
<b>Sodium</b>	481.68mg		
<b>Carbohydrates</b>	15.05g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.05g		
<b>Protein</b>	15.05g		
<b>Vitamin A</b>	100.35IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.07mg	<b>Iron</b>	1.08mg

# Summer Lunch Chicken Salad

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15081

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	2 1/2 Cup		
Celery	1/2 Cup	UNSPECIFIED None	
Diced Yellow Onions	1/4 Cup	READY_TO_EAT	Wilkens Food Service
RELISH SWT PICKLE 4-1GAL GFS	2/3 Tablespoon		517186
DRESSING SALAD LT 4-1GAL GCHC	1/2 Cup		429422

## Preparation Instructions

Directions

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within 1-2 days. Chicken salad does not freeze well.

Hold @ 41 degrees

### SLE Components

Amount Per Serving

<b>Meat</b>	0.42
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.08
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	64.60		
<b>Fat</b>	3.75g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.08mg		
<b>Sodium</b>	154.29mg		
<b>Carbohydrates</b>	4.65g		
<b>Fiber</b>	0.18g		
<b>Sugar</b>	3.11g		
<b>Protein</b>	2.60g		
<b>Vitamin A</b>	10.42IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	12.78mg	<b>Iron</b>	0.01mg

# String Cheese Stick

<b>Servings:</b>	25.00	<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-15330

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	25 Each		786801

## Preparation Instructions

Hold at 41 Degrees or Less

\*\*ALLERGENS: MILK\*\*

### 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: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	60.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 198.00mg	<b>Iron</b> 0.00mg

# Fresh Baby Carrots

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15331

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 200-1.6Z RSS	40 Ounce		786321

## Preparation Instructions

Keep at 41 degrees or below

### 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>	0.20
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	90.00mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	6500.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	42.00mg	<b>Iron</b>	0.00mg

# Fresh Yogurt Cup

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15332

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	100 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500

## Preparation Instructions

Keep at 41 degrees or below

### 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: 25.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	111.94		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.73mg		
<b>Sodium</b>	59.70mg		
<b>Carbohydrates</b>	23.13g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	16.42g		
<b>Protein</b>	3.73g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	134.33mg	<b>Iron</b>	0.00mg

# Granola Bar

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15333

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR GRANOLA CKYS & CRM 125-1.37Z	25 Each	READY_TO_EAT Use code date on package to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	393393

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	150.00
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	135.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.00mg	<b>Iron</b> 0.72mg



# EZ Jammer Sandwich W/Colby

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15361

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	25 Each		630302
CHEESE STIX COLBY JK R/F IW 168-1Z	25 Each		786510

## 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: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	22.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	420.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	274.00mg	<b>Iron</b>	2.70mg

# Pre-Cupped Pear Cup

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15396

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD CUP 72-4.5Z ZEE ZEES	25 Each		136752

## 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: 25.00

Serving Size: 1.00 Package

Amount Per Serving			
<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.00mg	<b>Iron</b>	0.00mg

# Diced Peach Cup

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15398

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD CUP 72-4.5Z ZEE ZEE	25 Each		136741

## 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: 25.00

Serving Size: 1.00 Package

Amount Per Serving			
<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.00mg	<b>Iron</b>	0.00mg

# Roasted Red Pepper Hummus Cup

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15407

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS CUP RSTD RED PEPPER 120-3Z	25 Each		601133

## 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: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	100.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<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

# Chicken Salad w/Baked Tostitos Scoops

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.25 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15418

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Cup	UNSPECIFIED Not currently available	570533
CELERY STIX 4-3 RSS	1/2 Cup		781592
ONION DCD 1/4 2-5 RSS	1/4 Cup		198307
RELISH SWT PICKLE 4-1GAL GFS	33/100 Tablespoon		517186
DRESSING SALAD LT 4-1GAL GCHC	1/2 Cup		429422

## Preparation Instructions

Keep stored at 41 degree or lower Serve with a #10 disher.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.22
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 3.25 Ounce

#### Amount Per Serving

<b>Calories</b>	196.64		
<b>Fat</b>	8.91g		
<b>SaturatedFat</b>	1.68g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	74.44mg		
<b>Sodium</b>	274.58mg		
<b>Carbohydrates</b>	6.58g		
<b>Fiber</b>	0.17g		
<b>Sugar</b>	3.28g		
<b>Protein</b>	20.08g		
<b>Vitamin A</b>	46.40IU	<b>Vitamin C</b>	0.32mg
<b>Calcium</b>	14.38mg	<b>Iron</b>	1.13mg

# Fresh Orange

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15529

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	25 Each		198013

## 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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	80.90		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.70mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	3.60g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	407.55IU	<b>Vitamin C</b>	97.52mg
<b>Calcium</b>	70.95mg	<b>Iron</b>	0.21mg

# Potato Salad

<b>Servings:</b>	79.50	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15533

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD POT AMERICAN 10 GCHC	10 Pound		273163

## 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>	0.28

### Nutrition Facts

Servings Per Recipe: 79.50

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	125.79		
<b>Fat</b>	6.86g		
<b>SaturatedFat</b>	1.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.72mg		
<b>Sodium</b>	217.27mg		
<b>Carbohydrates</b>	15.44g		
<b>Fiber</b>	1.14g		
<b>Sugar</b>	5.15g		
<b>Protein</b>	1.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.44mg	<b>Iron</b>	0.23mg

# Chef Salad

<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-15535

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	5 Ounce		600504
CHEESE CHED MLD SHRD 4-5# COMM	1 Ounce		150250
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150

## Preparation Instructions

Hold for cold service at 41 degrees or below

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.42
<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>	170.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	381.67mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	1.67g
<b>Sugar</b>	1.67g
<b>Protein</b>	13.17g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.60mg
<b>Calcium</b> 235.67mg	<b>Iron</b> 2.03mg



# Pizza Lunch Pack

<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-15536

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	1 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831

## 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>	0.50
<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>	370.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	695.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	362.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	504.00mg	<b>Iron</b>	1.44mg

# Celery Sticks

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.29 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15563

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY JUMBO 16-24CT 40 MARKON	4 Pound		198536

## 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>	0.58
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.29 Ounce

#### Amount Per Serving

<b>Calories</b>	11.48		
<b>Fat</b>	0.12g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	57.51mg		
<b>Carbohydrates</b>	2.32g		
<b>Fiber</b>	1.16g		
<b>Sugar</b>	1.16g		
<b>Protein</b>	0.52g		
<b>Vitamin A</b>	322.76IU	<b>Vitamin C</b>	2.23mg
<b>Calcium</b>	28.75mg	<b>Iron</b>	0.14mg

# Fudge Round

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16075

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FUDG CRM IW 8-24CT FLDSTN	25 Each	READY_TO_EAT Grab and Go, Ready to eat fudge cookie sandwich, individually wrapped for convenience and portion control. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; day cares, camps, golf courses and recreation programs.	837500

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	85.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.08mg

# Chicken and Cheese Taquito

<b>Servings:</b>	25.00	<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-16121

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR TAQUITO CHIX & CHS 140-2.75Z	25		454494

## Preparation Instructions

Temperature 350°

Frozen LOW FAN: 14 MINUTES

PREHEAT OVEN TO 350°F. PLACE TAQUITOS EVENLY 1 INCH APART ON A COOKING SHEET. LET REST FOR 1 MINUTE.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F. SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING. \*CAUTION: PRODUCT MAY BE HOT.\*

Hold for hot served at 145 Degrees

\*\*ALLERGENS: WHEAT, SOY, MILK\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	140.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	400.00mg	<b>Iron</b>	0.00mg

# Beef Hog Dog

<b>Servings:</b>	25.00	<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-16123

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lower Sodium Beef Franks	25 57 g	Place in boiling water or steamer until internal temperature reaches 165 degrees.	29265

## Preparation Instructions

Hold for hot service at 145 degrees

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	180.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	340.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# 4 " Whole Grain Bun

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16124

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	25 bun	UNSPECIFIED	3159

## 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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	160.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	190.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	10.00mg

# 3.5 " Whole Grain Bun

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16125

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	25 Each	READY_TO_EAT	3354

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	120.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	140.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	8.00mg

# Dinner Roll

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16126

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll, WG	25 Each	READY_TO_EAT	4372

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	90.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Sliced Bread

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16128

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sunbeam White with Whole Grain	25 Slice	READY_TO_EAT	136

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Slice

Amount Per Serving			
<b>Calories</b>	75.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	140.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	5.00mg

# Hot Dog Bun

<b>Servings:</b>	12.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16129

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	12 bun	READY_TO_EAT	2918

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	190.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	10.00mg

# Cereal

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16132

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	25 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	264702

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00
<b>Fat</b>	2.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	140.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 8.10mg

# Orange Juice

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16133

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Orange Juice 4 oz.	25 Carton	READY_TO_DRINK	14000

## Preparation Instructions

Serve at 41 degrees

### 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: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	600.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Ham & Cheese Rippers Pizza

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 sticks	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16151

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham & Cheese Ripper	150 sticks	<b>BAKE</b> Allow to thaw prior to cooking. Cook for 9 - 12 minutes in a 325°F - 350°F convection oven. Products appear to be cooked but are not and need to be cooked to an internal temperature of 165°F. Keep frozen, may be refrigerated.	091B

## Preparation Instructions

Hold at 145 degrees until service

\*\*ALLERGEN MILK, SOY, MILK, WHEAT\*\*

### 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: 50.00

Serving Size: 3.00 sticks

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<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>	0.00mg

# Pineapple Tidbits

<b>Servings:</b>	23.00	<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-16178

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN		189979

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.56
<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: 23.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	78.72		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	20.24g		
<b>Fiber</b>	1.12g		
<b>Sugar</b>	16.87g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	10.12mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.40mg

# Garlic Toast

<b>Servings:</b>	25.00	<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-16211

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT GFS	25 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.	277862

## Preparation Instructions

Hold for hot service.

\*\*ALLERGENS: WHEAT, SOY, MILK\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	80.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	10.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	1.00mg

# Spicy Chicken Tenders

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16214

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	75 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. Cook until internal temperature reaches 165 degrees	281731

## Preparation Instructions

Hold at 145 degrees for hot service

**\*\*ALLERGENS\*\*** WHEAT, SOY

### 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: 25.00

Serving Size: 3.00 Piece

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.00mg	<b>Iron</b>	2.00mg



# Cole Slaw

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16215

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW KIT O/F 2-5 P/L	10 Cup	Mix dressing with slaw mix the day before service and refrigerate.	241814

## Preparation Instructions

Hold for cold service at 41 degrees or below.

### 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: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	56.00		
<b>Fat</b>	3.60g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.00mg		
<b>Sodium</b>	60.00mg		
<b>Carbohydrates</b>	5.60g		
<b>Fiber</b>	0.80g		
<b>Sugar</b>	4.40g		
<b>Protein</b>	0.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.00mg	<b>Iron</b>	0.14mg

# Fresh Red Pepper Stix

<b>Servings:</b>	7.33	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.18 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16368

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	4 Pound		560715

## Preparation Instructions

Wash vegetables and allow to dry.

Weight out correct measurement into a 9 oz. vegetable cup and put on lid.

Place in refrigerator.

Hold at 41 Degrees until service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.55
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 7.33

Serving Size: 2.18 Ounce

#### Amount Per Serving

<b>Calories</b>	20.74
<b>Fat</b>	0.11g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.53mg
<b>Carbohydrates</b>	5.46g
<b>Fiber</b>	0.87g
<b>Sugar</b>	3.27g
<b>Protein</b>	0.65g
<b>Vitamin A</b> 2182.68IU	<b>Vitamin C</b> 126.91mg
<b>Calcium</b> 6.68mg	<b>Iron</b> 0.34mg

# Mini Crackers

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16417

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE MINI WGRAIN 300-.39Z	25 Package		522150

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	50.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	60.00mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.40mg

# Chicken Tenders

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16433

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	150 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: SOY, WHEAT, EGG\*\*

### 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: 50.00

Serving Size: 3.00 Piece

Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	2.00mg

# Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16469

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Ounce		600504

## Preparation Instructions

Weight out and place in container.

Hold for cold service at 41 degrees.

### 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: 1.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	15.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.00mg	<b>Iron</b>	1.00mg

# Chicken and Cheese Taquitos

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16476

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR TAQUITO CHIX & CHS 140-2.75Z	50		454494

## Preparation Instructions

Temperature 350°

Frozen LOW FAN: 14 MINUTES

PREHEAT OVEN TO 350°F. PLACE TAQUITOS EVENLY 1 INCH APART ON A COOKING SHEET. LET REST FOR 1 MINUTE.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F. SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING. \*CAUTION: PRODUCT MAY BE HOT.\*

Hold for hot served at 145 Degrees

\*\*ALLERGENS: WHEAT, SOY, MILK\*\*

### 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: 25.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	800.00mg	<b>Iron</b>	0.00mg

# Fresh Apple

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16493

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 163CT MRKN	25 Piece		540005

## 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: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	66.60		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.30mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	69.12IU	<b>Vitamin C</b>	5.89mg
<b>Calcium</b>	7.68mg	<b>Iron</b>	0.15mg

# Banana

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16494

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769

## 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: 25.00

Serving Size: 1.00 Each

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



# Fish Sandwich +

<b>Servings:</b>	12.00	<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-16848

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	12 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
CHEESE AMER 184CT SLCD 4-5 GCHC	12 Slice		272744

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: FISH, MILK, WHEAT, SOY (FISH)

### 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: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	215.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	16.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	11.50g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.00mg	<b>Iron</b>	1.30mg

# Seasoned Peas

<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-17064

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV 6-10 KE	1 #10 CAN		256935
SEASONING VEGETABLE NO SALT 21Z TRDE	1/2 Teaspoon		647230

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly.

Pour peas into a steam table pan.

Place in pan and add seasoning.

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

Serve in 4 oz. spoodle

### 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>	0.51
<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>	65.08		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.89mg		
<b>Carbohydrates</b>	11.94g		
<b>Fiber</b>	3.23g		
<b>Sugar</b>	5.39g		
<b>Protein</b>	3.23g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.56mg	<b>Iron</b>	0.75mg

# Fruit Flavored Yogurt Cup

<b>Servings:</b>	25.00	<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-17293

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT BERRY MXD L/F 12-6Z YOPL	25 Each	READY_TO_EAT Ready to eat	323985

## Preparation Instructions

Hold for cold service at 41 degrees or below

\*\*ALLERGENS: MILK\*\*

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	105.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	0.00mg

# Cocktail Sauce

<b>Servings:</b>	75.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17369

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN	READY_TO_EAT None	200621
SAUCE WORCESTERSHIRE 4-1GAL FRENC	3/4 Cup		109843
HORSERADISH 6-32Z GFS	2 Tablespoon		283908

## Preparation Instructions

Wash Hands

Mix all together until well blended.

Using a #20 disher, place into 2 Oz. souffle cups and lid.

Refrigerate overnight.

Hold for cold service at 41 degrees or lower

Serve Chilled.

### 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: 75.00

Serving Size: 1.00 Ounce

Amount Per Serving			
<b>Calories</b>	55.21		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	178.43mg		
<b>Carbohydrates</b>	11.12g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.04g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.32mg	<b>Iron</b>	0.02mg

# Triple Chocolate Filled Cookie

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17372

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE TRPL CHOC FUDG WGRAIN 120-1.7Z	100 Each		864022

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	200.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	130.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	7.57IU	<b>Vitamin C</b>	10.43mg
<b>Calcium</b>	16.05mg	<b>Iron</b>	3.71mg