

# **Cookbook for Otsego High School**

**Created by HPS Menu Planner**

# Table of Contents

**Cheese Pizza**

**Pepperoni Pizza**

**Caesar Salad**

**Chef Salad**

**Ham & Cheese Sandwich**

**Yogurt Parfait**

**Summer Corn Salad**

**Dark Green Side Salad**

**100% Fruit Juice**

**Apple**

**orange**

# Cheese 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-18401          |

## Ingredients

| Description       | Measurement  | Prep Instructions | DistPart # |
|-------------------|--------------|-------------------|------------|
| Pizza Crust       | 16 Each      |                   |            |
| Sauce pizza       | 8 Ounce      |                   |            |
| Mozzerella Cheese | 25 3/5 Ounce |                   | 105077     |

## Preparation Instructions

Prepare as directed during smart mouth training.

CCP: Hold at 135 degrees or higher for hot service.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.60 |
| <b>Grain</b>    | 3.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                            |                          |
|----------------------------|--------------------------|
| <b>Calories</b>            | 439.00                   |
| <b>Fat</b>                 | 21.00g                   |
| <b>SaturatedFat</b>        | 9.60g                    |
| <b>Trans Fat</b>           | 0.00g                    |
| <b>Cholesterol</b>         | 56.00mg                  |
| <b>Sodium</b>              | 745.00mg                 |
| <b>Carbohydrates</b>       | 39.60g                   |
| <b>Fiber</b>               | 4.00g                    |
| <b>Sugar</b>               | 5.60g                    |
| <b>Protein</b>             | 24.00g                   |
| <b>Vitamin A</b> 1790.00IU | <b>Vitamin C</b> 36.00mg |
| <b>Calcium</b> 580.00mg    | <b>Iron</b> 2.38mg       |

# Pepperoni Pizza

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 40.00      | <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-17444          |

## Ingredients

| Description                     | Measurement | Prep Instructions            | DistPart # |
|---------------------------------|-------------|------------------------------|------------|
| DOUGH PIZZA SHTD 16 20-26Z RICH | 5 Each      | Cut pizza into 8 even slices | 570818     |
| SAUCE PIZZA W/BASL 6-10 REDPK   | 5 Cup       |                              | 256013     |
| CHEESE MOZZ SHRD 4-5 LOL        | 20 Cup      |                              | 645170     |
| PEPPERONI SLCD 14-16/Z 2-5 GFS  | 80 Serving  |                              | 729981     |

## Preparation Instructions

1. Thaw dough over night & proof.
  2. Preheat oven to 325 F
  3. Place 1 cup sauce and 4 cups cheese over proofed dough
  4. Place 16 pepperoni evenly over pizza
  5. Cook for 10 minutes. Check to see if cheese is melted and dough is lightly browned. If not, continue cooking.
- CCP: 165F

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.22 |
| <b>Grain</b>    | 3.41 |
| <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: 1.00 Slice

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 214.69                  |
| <b>Fat</b>              | 12.39g                  |
| <b>SaturatedFat</b>     | 7.06g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 30.47mg                 |
| <b>Sodium</b>           | 448.44mg                |
| <b>Carbohydrates</b>    | 8.38g                   |
| <b>Fiber</b>            | 1.13g                   |
| <b>Sugar</b>            | 4.25g                   |
| <b>Protein</b>          | 15.22g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 412.50mg | <b>Iron</b> 0.77mg      |

# Caesar Salad

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 5.00      | <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-17497 |

## Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| CHIX BRST STRP FAJT<br>GRLLD 4-2.5 TYS | 10 Ounce    | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>Preheat oven to 400°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 20 - 22 minutes.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>Preheat oven to 350°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 10 - 12 minutes.<br><b>GRILL</b><br>Appliances vary, adjust accordingly.<br>Flat Grill<br>Griddle<br>Preheat grill to 350°F. Grill frozen fajita meat for 10 to 12 minutes. Turn meat over half-way through total heating time.<br><b>MICROWAVE</b><br>Appliances vary, adjust accordingly.<br>Microwave Oven<br>Place no more than 1<br>3 bag of frozen fajita meat on a microwave safe plate.<br>Heat on HIGH for 5 to 6 minutes. Rotate plate half-way through total heating time. | 655139     |
| TOMATO GRAPE SWT 10<br>MRKN            | 2 1/2 Cup   |   | 129631     |
| LETTUCE ROMAINE<br>RIBBONS 6-2 RSS     | 10 Cup      |   | 451730     |
| CHEESE PARM SHRD FCY<br>10-2 PG        | 5 Ounce     |   | 460095     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|              |      |
|--------------|------|
| <b>Meat</b>  | 4.17 |
| <b>Grain</b> | 0.00 |

|                 |      |
|-----------------|------|
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 1.00 |
| <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: 5.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

|                      |          |                          |
|----------------------|----------|--------------------------|
| <b>Calories</b>      | 226.20   |                          |
| <b>Fat</b>           | 9.87g    |                          |
| <b>SaturatedFat</b>  | 5.38g    |                          |
| <b>Trans Fat</b>     | 0.00g    |                          |
| <b>Cholesterol</b>   | 68.33mg  |                          |
| <b>Sodium</b>        | 717.83mg |                          |
| <b>Carbohydrates</b> | 8.50g    |                          |
| <b>Fiber</b>         | 4.10g    |                          |
| <b>Sugar</b>         | 4.50g    |                          |
| <b>Protein</b>       | 27.13g   |                          |
| <b>Vitamin A</b>     | 749.70IU | <b>Vitamin C</b> 12.33mg |
| <b>Calcium</b>       | 307.00mg | <b>Iron</b> 0.25mg       |

# Chef Salad

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 5.00      | <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-17447 |

## Ingredients

| Description  | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Lettuce FR Romaine US #1, 24 CT 35 LB CS-Graves County Schools | 7 1/2 Cup   |                   | 16P33      |
| CARROT SHRD MED 2-5 RSS  | 1 1/4 Ounce |                   | 313408     |
| CUCUMBER 6CT P/L   | 10 Slice    |                   | 100435     |
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO                           | 10 Ounce    |                   | 244190     |
| EGG HARD CKD PLD DRY PK 12-12CT PAP                            | 2 1/2 Each  |                   | 853800     |
| CHEESE CHED SHRD 6-5 COMM                                      | 1 1/4 Ounce |                   | 199720     |
| CRACKER GLDFSH CHED WGRAIN 300-.75Z                            | 5 Package   |                   | 736280     |

## Preparation Instructions

Rinse Romaine Lettuce, Cucumber, and Tomato well.

Chop Romaine and Place 1.5 cups into plastic container. Slice cucumbers and place 2 slices on top of lettuce. Wedge Tomatoes into 6 wedges and place one in container.

Chop Turkey into 1/2 in pieces and place on top of Romaine. Place Cheddar Cheese on top of Turkey . Slice Egg in half and put one half in container. Sprinkle carrots over all. Place 1 pkg. Goldfish and 1 pkg Croutons on lid of container and close container. Store at 41 degrees F or lower until service.

Serving size: 1 salad

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.58 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.75 |
| <b>RedVeg</b>   | 0.07 |
| <b>OtherVeg</b> | 0.15 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 199.06   |
| <b>Fat</b>                | 9.00g    |
| <b>SaturatedFat</b>       | 3.42g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 100.00mg |
| <b>Sodium</b>             | 295.42mg |
| <b>Carbohydrates</b>      | 18.02g   |
| <b>Fiber</b>              | 2.42g    |

|                            |                         |
|----------------------------|-------------------------|
| <b>Sugar</b>               | 1.88g                   |
| <b>Protein</b>             | 10.84g                  |
| <b>Vitamin A</b> 7335.49IU | <b>Vitamin C</b> 4.09mg |
| <b>Calcium</b> 143.03mg    | <b>Iron</b> 2.17mg      |



# Ham & Cheese Sandwich

|                      |        |                       |         |
|----------------------|--------|-----------------------|---------|
| <b>Servings:</b>     | 4.00   | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 1 | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch  | <b>Recipe ID:</b>     | R-17706 |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| TURKEY HAM SLCD 12-1 JENNO        | 20 Slice    |                   | 556121     |
| CHEESE AMER 160CT SLCD 6-5 COMM   | 4 Slice     |                   | 150260     |
| School White Wheat Sandwich Bread | 8           |                   | 12385      |

## Preparation Instructions

- 1) Clean and sanitize work area. 2) Follow proper health & sanitation guidelines at all times.
- 3) Ingredients should be held at 41 degrees or below at all times to assure food safety. 4) Food temperatures should be taken before, during and after serving to assure proper holding temperatures. Any foods that exceed 41 degrees shall be disposed of after service and within 4 hours after the temperature rises above 41 degrees. 5) Unused ingredients should be returned to the cooler as soon as possible and cooled properly in shallow pans.
- 6) Foods should be clearly labeled and date marked with a 7-day discard date including the day first opened.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.17 |
| <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: 4.00

Serving Size: 1.00 1

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 276.26   |                  |        |
| <b>Fat</b>           | 10.23g   |                  |        |
| <b>SaturatedFat</b>  | 4.09g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 62.50mg  |                  |        |
| <b>Sodium</b>        | 982.30mg |                  |        |
| <b>Carbohydrates</b> | 25.90g   |                  |        |
| <b>Fiber</b>         | 2.36g    |                  |        |
| <b>Sugar</b>         | 3.50g    |                  |        |
| <b>Protein</b>       | 19.78g   |                  |        |
| <b>Vitamin A</b>     | 150.02IU | <b>Vitamin C</b> | 1.50mg |
| <b>Calcium</b>       | 114.18mg | <b>Iron</b>      | 2.24mg |

# Yogurt Parfait

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 15.00     | <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-17685 |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| YOGURT VAN L/F 4-5 GCHC            | 15 Cup      |                   | 881161     |
| GRANOLA OAT&HNY BULK 4-50Z NATVLLY | 7 1/2 Cup   |                   | 226671     |
| Variety of Fruit                   | 15 1/2 cup  |                   |            |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.50 |
| <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: 15.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 460.60   |                  |        |
| <b>Fat</b>           | 5.22g    |                  |        |
| <b>SaturatedFat</b>  | 2.24g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 14.93mg  |                  |        |
| <b>Sodium</b>        | 375.67mg |                  |        |
| <b>Carbohydrates</b> | 94.63g   |                  |        |
| <b>Fiber</b>         | 6.24g    |                  |        |
| <b>Sugar</b>         | 57.54g   |                  |        |
| <b>Protein</b>       | 12.69g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 323.88mg | <b>Iron</b>      | 1.07mg |

# Summer Corn Salad

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-17470          |

## Ingredients

| Description                           | Measurement       | Prep Instructions                                    | DistPart # |
|---------------------------------------|-------------------|--|------------|
| CORN WHL KERNEL R/SOD 6-10 P/L        | 26 25/37 Cup      | Drain liquid.<br>1 can = 20 (1/2 c) servings drained | 222011     |
| TOMATO GRAPE SWT 10 MRKN              | 6 1/4 Cup         | Halved   | 129631     |
| PEPPERS COLORED MIXED ASST 12CT P/L   | 2 1/2 Cup         | Seeded & Diced                                       | 491012     |
| PEPPERS GREEN LRG 5 MRKN              | 3 3/4 Cup         | Seeded & Diced                                       | 592315     |
| OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS | 33/40 Cup         |  | 732900     |
| JUICE LIME KEY WEST 4-1GAL NL&JO      | 7 1/2 Fluid Ounce |  | 332381     |
| SPICE PEPR BLK REG GRIND 16Z TRDE     | 2 1/2 Teaspoon    |  | 225037     |

## Preparation Instructions

1. Drain corn. (If using frozen corn, let thaw).
2. Cut grape tomatoes into halves.
3. Dice Bell peppers.
4. Transfer all vegetables to a large bowl.
5. Add in lime juice, olive oil, pepper (and 1/4 tsp salt if using frozen corn).
6. Toss salad until all flavors and colors are combined. CCP: Hold for cold service at 41 F or below.

\*\*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>   | 0.13 |
| <b>OtherVeg</b> | 0.13 |
| <b>Legumes</b>  | 0.00 |

**Nutrition Facts**

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

**Amount Per Serving****Calories** 125.23**Fat** 4.85g**SaturatedFat** 0.28g**Trans Fat** 0.00g**Cholesterol** 0.00mg**Sodium** 140.31mg**Carbohydrates** 16.84g**Fiber** 1.61g**Sugar** 8.69g**Protein** 2.49g**Vitamin A** 428.76IU **Vitamin C** 23.70mg**Calcium** 3.98mg **Iron** 0.45mg

# Dark Green Side Salad

|                      |          |                       |           |
|----------------------|----------|-----------------------|-----------|
| <b>Servings:</b>     | 50.00    | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-18399   |

## Ingredients

| Description                  | Measurement | Prep Instructions  | DistPart # |
|------------------------------|-------------|--|------------|
| LETTUCE ROMAINE CLND 2-5 RSS | 1 7/18 Cup  | Wash, Drain, and chop 4 pounds of romaine lettuce and place 1 cup in an 8 oz tray      | 702609     |
| TOMATO 5X6 XL 25 MRKN        | 25/72 Cup   | Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce                      | 206032     |
| CARROT BABY WHL MED 12-2 GFS | 13/72 Cup   | Wash, drain, and chop 1.1 pounds of carrots and add 1/8 of a cup to lettuce and tomato | 273902     |

## Preparation Instructions

Measures/Weights/Servings were calculated according to the Food Buying Guide. Critical temperature: 40\*

### 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>   | 0.25 |
| <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>      | 0.65    |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 0.33mg  |                  |        |
| <b>Carbohydrates</b> | 0.14g   |                  |        |
| <b>Fiber</b>         | 0.05g   |                  |        |
| <b>Sugar</b>         | 0.08g   |                  |        |
| <b>Protein</b>       | 0.04g   |                  |        |
| <b>Vitamin A</b>     | 10.41IU | <b>Vitamin C</b> | 0.17mg |
| <b>Calcium</b>       | 0.57mg  | <b>Iron</b>      | 0.01mg |

# 100% Fruit Juice

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 150.00    | <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-17472 |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| JUICE BOX GRP 100 40-4.23FLZ        | 30 Each     |                   | 698211     |
| JUICE BOX FRT PNCH 100 40-4.23FLZ   | 30 Each     |                   | 698240     |
| JUICE BOX ORNG TANGR 100 40-4.23FLZ | 30 Each     |                   | 698251     |
| JUICE BOX VERY BRY 40-4.23FLZ       | 30 Each     |                   | 698391     |
| JUICE BOX APPL 100 40-4.23FLZ       | 30 Each     |                   | 698744     |

## 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: 150.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 64.00   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 7.00mg  |                  |        |
| <b>Carbohydrates</b> | 16.20g  |                  |        |
| <b>Fiber</b>         | 0.00g   |                  |        |
| <b>Sugar</b>         | 14.80g  |                  |        |
| <b>Protein</b>       | 0.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 59.80mg | <b>Iron</b>      | 0.00mg |

# 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-17450 |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| APPLE DELICIOUS RED 1-138CT MRKN | 25 Piece    |                   | 256662     |

## Preparation Instructions

Wash thoroughly in running water before serving

### 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 |

# orange

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <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-17451 |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| ORANGES NAVEL/VALENCIA FCY 138CT MRKN | 1 Each      |                   | 198021     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.02 |
| <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>      | 1.76   |                  |        |
| <b>Fat</b>           | 0.01g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 0.42g  |                  |        |
| <b>Fiber</b>         | 0.09g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 0.04g  |                  |        |
| <b>Vitamin A</b>     | 8.28IU | <b>Vitamin C</b> | 1.75mg |
| <b>Calcium</b>       | 1.44mg | <b>Iron</b>      | 0.00mg |