

Cookbook for Carr Elementary School

Created by HPS Menu Planner

Table of Contents

Grilled Chicken Sandwich

Chicken Biscuit

Sausage Biscuit

Broccoli & Cheese

Chicken & Waffle

Homestyle Chicken Sandwich

Spicy Chicken Sandwich

Cheeseburger

Lettuce & Tomato Cup

Hamburger

Shredded Lettuce & Diced Tomato

Side Salad

Ham & Cheese Sandwich

Chicken Bacon Ranch Sub Sandwich

Baked BBQ Chicken

BBQ Wings

Hot Wings

General Tso Chicken

Orange Chicken

Hot Dog

Chicken Noodle Soup

Breakfast Bowl

***1/2 Grilled Cheese Sandwich**

Turkey & Cheese Sandwich

Chicken & Dumplings

Slaw

BBQ Sandwich

Bacon, Egg, & Cheese Biscuit

Breakfast Strawberry Yogurt Plate

Lunch Strawberry Yogurt Plate

Bulldog Chips & Cheese Plate

Strawberry Uncrustable Plate

Grape Uncrustable Plate

BBQ Chicken

Chicken & Donut Bites

Ham & Cheese Biscuit

Ham & Cheese Croissant

Buffalo Chicken

Glazed Carrots

Hot Ham & Cheese

Pork Chop Sandwich

Green Eggs & Ham

***1/2 Grilled Cheese Sandwich**

Baked BBQ Chicken

Broccoli & Cheese

Breakfast Strawberry Yogurt Plate

Cheeseburger

Breakfast Bowl

Chicken & Waffle

Bulldog Chips & Cheese Plate

BBQ Sandwich

Chicken & Donut Bites

Chicken Biscuit

Sausage Biscuit

BBQ Wings

Caesar Side Salad

Green Beans

CC Fries- 1/2 C

HS CC Fries- 1 Cup

Chocolate Iced Donut

Mashed Potatoes- 1/2 c

HS Mashed Potatoes- 1 c

Pizza Munchable

Chicken & Biscuit Dippers

Curly Fries- 1/2 C

HS Curly Fries- 1 C

Bulldog Nachos- Chicken Taco

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7908

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	0 Each	Put chicken patty between buns and wrap.	517810

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	120.00		
Fat	2.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	320.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	1.00mg

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8092

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	290.00		
Fat	13.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	650.00mg		
Carbohydrates	32.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	80.00mg	Iron	2.16mg

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-8093

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
SAUSAGE PTY CKD CN 1.5Z 10 JDF	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	360.00		
Fat	24.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	710.00mg		
Carbohydrates	26.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	1.44mg

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8146

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 KE	1/2 Cup		359010
SAUCE CHS CHED 6-5 JTM	1 Ounce		271081

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.55
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	76.01		
Fat	4.40g		
SaturatedFat	2.53g		
Trans Fat	0.00g		
Cholesterol	15.38mg		
Sodium	236.37mg		
Carbohydrates	4.43g		
Fiber	2.00g		
Sugar	1.22g		
Protein	5.85g		
Vitamin A	213.19IU	Vitamin C	0.00mg
Calcium	134.32mg	Iron	0.67mg

Chicken & Waffle

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8165

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE SQ 4 WGRAIN 144-1.42Z KRUST - Krusteaz - M	1 Each		671751
CHIX BRST STRP FRTRR HMSTYL PEPR 2-5#	1 Piece	DEEP_FRY Appliances vary; adjust accordingly. Uncooked: For safety, product must be cooked to an internal temperature of 165°F as measured by a thermometer. Deep Fry Deep fry at 350°F 4 - 5 minutes from frozen or 335°F 5 - 6 minutes from frozen.	160970

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	198.33		
Fat	8.83g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	11.67mg		
Sodium	431.67mg		
Carbohydrates	22.83g		
Fiber	2.83g		
Sugar	3.50g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.65mg

Homestyle Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8189

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB GLDN 4 10-12CT GFS	1 Each		558110
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	4 Ounce		542832

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	430.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	830.00mg		
Carbohydrates	54.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	29.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	3.60mg

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB GLDN 4 10-12CT GFS	1 Each		558110
CHIX BRST FLLT WGRAIN SPCY CKD 4-5#	1 Each		542823

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	420.00		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	750.00mg		
Carbohydrates	55.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	27.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.60mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8193

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice		271411
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	322.60		
Fat	13.90g		
SaturatedFat	6.20g		
Trans Fat	0.48g		
Cholesterol	47.50mg		
Sodium	484.40mg		
Carbohydrates	27.50g		
Fiber	4.80g		
Sugar	4.50g		
Protein	20.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	165.50mg	Iron	2.44mg

Lettuce & Tomato Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8224

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
TOMATO 5X6 XL 5 MRKN	1/4 Cup		438197

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	10.60		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.25mg		
Carbohydrates	2.25g		
Fiber	0.80g		
Sugar	1.50g		
Protein	0.65g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	8.50mg	Iron	0.21mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8225

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BUN HAMB GLDN 4 10-12CT GFS	1 Each		558110

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	327.60		
Fat	9.90g		
SaturatedFat	3.20g		
Trans Fat	0.48g		
Cholesterol	35.00mg		
Sodium	529.40mg		
Carbohydrates	40.00g		
Fiber	1.80g		
Sugar	6.00g		
Protein	19.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.24mg

Shredded Lettuce & Diced Tomato

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8226

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 5X6 XL 5 MRKN	1/4 Cup		438197

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	10.60		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.25mg		
Carbohydrates	2.25g		
Fiber	0.80g		
Sugar	1.50g		
Protein	0.65g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	8.50mg	Iron	0.12mg

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8227

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CARROT SHRD MED 2-5 RSS	1/8 Cup		313408
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.39
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	23.88		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.65mg		
Carbohydrates	5.14g		
Fiber	2.01g		
Sugar	2.94g		
Protein	1.52g		
Vitamin A	2847.74IU	Vitamin C	7.07mg
Calcium	25.35mg	Iron	0.48mg

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8228

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER SHRP 160CT SLCD 4-5 GCHC	1 Slice		163597
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.64
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	310.66		
Fat	9.28g		
SaturatedFat	4.14g		
Trans Fat	0.00g		
Cholesterol	42.01mg		
Sodium	830.33mg		
Carbohydrates	40.28g		
Fiber	4.00g		
Sugar	8.14g		
Protein	16.70g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	135.00mg	Iron	2.00mg

Chicken Bacon Ranch Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8229

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB MINI WGRAIN 180-2.4Z	1 Each		262670
BACON CKD SLCD 2-150CT ARMR	2 Slice		563315
DRESSING RNCH LT 4-1GAL GCHC	2 Tablespoon		472999
Unseasoned, chicken Strips, cooked, frozen	3 Ounce		110462
Shredded Cheddar redu fat/sodium	1 Ounce		344721

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.80
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	430.13		
Fat	16.77g		
SaturatedFat	5.20g		
Trans Fat	0.00g		
Cholesterol	80.20mg		
Sodium	788.27mg		
Carbohydrates	40.40g		
Fiber	3.00g		
Sugar	7.00g		
Protein	27.53g		
Vitamin A	0.20IU	Vitamin C	0.01mg
Calcium	73.37mg	Iron	1.43mg

Baked BBQ Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8231

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	1 Ounce		884891
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	91.90		
Fat	2.20g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	178.00mg		
Carbohydrates	10.00g		
Fiber	0.20g		
Sugar	9.50g		
Protein	8.40g		
Vitamin A	97.27IU	Vitamin C	0.53mg
Calcium	4.57mg	Iron	0.36mg

BBQ Wings

Servings:	1.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9221

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

Amount Per Serving			
Calories	196.90		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	425.00mg		
Carbohydrates	20.00g		
Fiber	2.20g		
Sugar	9.50g		
Protein	14.10g		
Vitamin A	71.27IU	Vitamin C	0.53mg
Calcium	9.57mg	Iron	1.06mg

Hot Wings

Servings:	1.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9222

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS WNG HT&SPCY WGRAIN 4-7.5	4 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks in a single layer on a parchment lined baking sheet. Heat for 16-19 minutes.	561291
SAUCE HOT 4-1GAL LABRND	1 Teaspoon	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen chunks in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.	259945

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

Amount Per Serving

Calories	160.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	470.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	100.00IU	Vitamin C	2.40mg
Calcium	0.00mg	Iron	1.08mg

General Tso Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9224

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE GEN TSO 4-.5GAL ASIAN	2 Tablespoon		802850

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	330.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	890.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Orange Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9225

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE ORNG GINGR 4- .5GAL ASIAN	2 Tablespoon		802860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	320.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	680.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	300.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	705.00mg		
Carbohydrates	26.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	11.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	80.11mg	Iron	1.84mg

Chicken Noodle Soup

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10676

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	3 3/10 Pound		110530
BROTH CHIX NO MSG 12-5 HRTHSTN	7 3/10 Gallon		261564
VEG BLEND MIREPOIX 2-5 P/L	6 Pound		599840
SEASONING POULTRY 10Z TRDE	2 Teaspoon		273996
PASTA ROTINI 100 WHLWHE 2-5 GCHC	3 Pound		867850
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Teaspoon		225037

Preparation Instructions

1. Combine stock, celery, carrots, onions, pepper, and poultry seasoning.
2. Bring to boil. Reduce heat and cover. Simmer for 20 minutes.
3. Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender.
4. CCP: Heat to 165 degree F or higher for at least 15 seconds.
5. Pour into steam pans.
6. CPP: Hold for hot service at 135 degree F or higher.
7. Portion with 8 oz ladle (1 cup).

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	76.45
Fat	0.77g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	11.09mg
Sodium	693.74mg
Carbohydrates	12.93g
Fiber	1.92g
Sugar	1.44g

Protein		5.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.36mg	Iron	0.49mg

Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10678

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN 6-5 LAMB	4 Ounce		265632
BACON CKD SLCD 2- 150CT ARMR	2 Slice		563315
EGG SCRMBD CKD FZ 4-5 CARG	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.79

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	379.55		
Fat	22.67g		
SaturatedFat	6.55g		
Trans Fat	0.00g		
Cholesterol	202.00mg		
Sodium	846.01mg		
Carbohydrates	28.77g		
Fiber	3.15g		
Sugar	0.00g		
Protein	13.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.60mg	Iron	1.57mg

*1/2 Grilled Cheese Sandwich

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10680

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822

Preparation Instructions

1. Spray bottom of pan with butter spray.
2. Put down 1 slice of bread, 4 slices of cheese, and top with one more sliced of bread.
3. Spray top of bread with butter spray.
4. CCP: Heat to 135 degrees F or higher.
5. Cut each sandwich in half.
6. CCP: Hold for hot service at 135 degrees F or higher.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	200.00		
Fat	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	565.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	8.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	180.00mg	Iron	1.00mg

Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10681

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI 8-5# COMM	2 3/20 Ounce		765991
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	314.65		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	776.75mg		
Carbohydrates	38.00g		
Fiber	4.00g		
Sugar	6.50g		
Protein	20.53g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	135.00mg	Iron	2.00mg

Chicken & Dumplings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10683

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DUMPLING DGH W/SEAS 2-2.25# PION	6 Each		538451
CHIX DCD 40 COMM	2 Ounce		110530

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	192.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	52.00mg		
Sodium	246.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11171

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Tablespoon		429406
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1 Cup		293148

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	39.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	62.00mg		
Carbohydrates	7.33g		
Fiber	1.33g		
Sugar	2.33g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	0.00mg

BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11174

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	1 Ounce		366320
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	189.50		
Fat	3.55g		
SaturatedFat	1.03g		
Trans Fat	0.01g		
Cholesterol	11.00mg		
Sodium	209.98mg		
Carbohydrates	30.50g		
Fiber	4.35g		
Sugar	8.00g		
Protein	9.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.50mg	Iron	1.00mg

Bacon, Egg, & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11866

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216- 2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
BACON CKD SLCD 2-150CT ARMR	2 Slice		563315
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Slice		150260

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	308.33
Fat	16.82g
SaturatedFat	7.65g
Trans Fat	0.00g
Cholesterol	118.25mg
Sodium	807.57mg
Carbohydrates	26.25g
Fiber	1.00g
Sugar	3.25g

Protein	12.18g		
Vitamin A	175.00IU	Vitamin C	0.00mg
Calcium	137.50mg	Iron	1.44mg

Breakfast Strawberry Yogurt Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11868

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
BAR COCOA CHRY WGRAIN IW 120-1.8Z	1 Each		419172
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	270.00		
Fat	13.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	300.00mg		
Carbohydrates	48.00g		
Fiber	0.00g		
Sugar	26.00g		
Protein	13.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	350.00mg	Iron	0.00mg

Lunch Strawberry Yogurt Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11870

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
BAR COCOA CHRY WGRAIN IW 120-1.8Z	1 Each		419172
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
SNACK CHS CRCKR TRAX WGRAIN 150-SSV	1 Each		393533

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	1.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	460.00		
Fat	22.50g		
SaturatedFat	11.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	640.00mg		
Carbohydrates	66.00g		
Fiber	2.00g		
Sugar	28.00g		
Protein	21.00g		
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	550.00mg	Iron	0.00mg

Bulldog Chips & Cheese Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11871

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 6-10 COMM	1/2 Cup		150570
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag 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. UNSPECIFIED	662512

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	400.00		
Fat	19.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	700.00mg		
Carbohydrates	39.00g		
Fiber	7.00g		
Sugar	4.00g		
Protein	15.00g		
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	440.00mg	Iron	0.60mg

Strawberry Uncrustable Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11872

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	360.00		
Fat	19.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	480.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	16.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	242.00mg	Iron	1.00mg

Grape Uncrustable Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11873

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	360.00		
Fat	19.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	480.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	16.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	238.00mg	Iron	1.00mg

BBQ Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11975

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	2 1/2 Ounce		884891
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	174.40		
Fat	5.50g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	212.50mg		
Carbohydrates	10.00g		
Fiber	0.20g		
Sugar	9.50g		
Protein	20.85g		
Vitamin A	136.27IU	Vitamin C	0.53mg
Calcium	10.57mg	Iron	0.81mg

Chicken & Donut Bites

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12238

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN 4-5#	4 Each	Cook chicken according to directions on box. Place 4 chicken in box.	747651
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	3 Each	Put 3 glazed donut holes in box with chicken.	839520

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.60
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	140.00		
Fat	8.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	5.74IU	Vitamin C	0.00mg
Calcium	6.89mg	Iron	0.40mg

Ham & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12242

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
HAM SLCD W/A 8-5 640CT COMM	2 Ounce	Put ham and cheese on biscuit; wrap biscuit.	651470
CHEESE AMER 160CT SLCD R/F 6-5# COMM	1 Slice		864090

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.14
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	275.66		
Fat	12.28g		
SaturatedFat	6.89g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	965.33mg		
Carbohydrates	29.28g		
Fiber	1.00g		
Sugar	5.64g		
Protein	15.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	179.00mg	Iron	1.08mg

Ham & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12244

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470
CHEESE AMER 160CT SLCD R/F 6-5# COMM	1 Slice		864090

Preparation Instructions

Put ham and cheese on biscuit; wrap in foil, place in warmer.

SLE Components

Amount Per Serving

Meat	2.14
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	315.66
Fat	14.28g
SaturatedFat	6.39g
Trans Fat	0.15g
Cholesterol	42.01mg
Sodium	835.33mg
Carbohydrates	34.28g
Fiber	2.00g
Sugar	7.64g
Protein	17.70g
Vitamin A 0.00IU	Vitamin C 0.14mg

Calcium 121.14mg **Iron** 1.80mg

Buffalo Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12282

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	2 1/2 Ounce		884891
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Tablespoon		704229

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	137.50		
Fat	5.50g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	247.50mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	20.75g		
Vitamin A	65.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.75mg

Glazed Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12286

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD 6-10 COMM	1/2 Cup		150500
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon		209810
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each		666785
SUGAR BROWN MED 25# GFS	1 Teaspoon	UNSPECIFIED	108626

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Hot Ham & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12296

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.14
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	250.66		
Fat	9.78g		
SaturatedFat	4.64g		
Trans Fat	0.00g		
Cholesterol	42.01mg		
Sodium	755.33mg		
Carbohydrates	29.78g		
Fiber	4.00g		
Sugar	6.14g		
Protein	15.70g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	138.00mg	Iron	1.00mg

Pork Chop Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12302

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	400.00		
Fat	19.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	480.00mg		
Carbohydrates	37.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	103.00mg	Iron	2.62mg

Green Eggs & Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12998

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
COLORING FOOD GREEN 1QT GCHC	1 Ounce	After cooking scrambled eggs add to pan with eggs and stir.	573051
HAM FZ W/A 4-10 COMM	2 Ounce	Heat in combi.	110600

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.67
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	254.47		
Fat	10.53g		
SaturatedFat	3.67g		
Trans Fat	0.08g		
Cholesterol	252.00mg		
Sodium	1811.87mg		
Carbohydrates	9.33g		
Fiber	0.00g		
Sugar	1.67g		
Protein	31.93g		
Vitamin A	4.96IU	Vitamin C	0.12mg
Calcium	60.36mg	Iron	6.24mg

*1/2 Grilled Cheese Sandwich

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13659

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822

Preparation Instructions

1. Spray bottom of pan with butter spray.
2. Put down 1 slice of bread, 4 slices of cheese, and top with one more sliced of bread.
3. Spray top of bread with butter spray.
4. CCP: Heat to 135 degrees F or higher.
5. Cut each sandwich in half.
6. CCP: Hold for hot service at 135 degrees F or higher.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	200.00		
Fat	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	565.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	8.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	180.00mg	Iron	1.00mg

Baked BBQ Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13660

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	1 Ounce		884891
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	91.90		
Fat	2.20g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	178.00mg		
Carbohydrates	10.00g		
Fiber	0.20g		
Sugar	9.50g		
Protein	8.40g		
Vitamin A	97.27IU	Vitamin C	0.53mg
Calcium	4.57mg	Iron	0.36mg

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13661

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 KE	1/2 Cup		359010
SAUCE CHS CHED 6-5 JTM	1 Ounce		271081

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.55
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	76.01		
Fat	4.40g		
SaturatedFat	2.53g		
Trans Fat	0.00g		
Cholesterol	15.38mg		
Sodium	236.37mg		
Carbohydrates	4.43g		
Fiber	2.00g		
Sugar	1.22g		
Protein	5.85g		
Vitamin A	213.19IU	Vitamin C	0.00mg
Calcium	134.32mg	Iron	0.67mg

Breakfast Strawberry Yogurt Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13662

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
BAR COCOA CHRY WGRAIN IW 120-1.8Z	1 Each		419172
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	270.00		
Fat	13.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	300.00mg		
Carbohydrates	48.00g		
Fiber	0.00g		
Sugar	26.00g		
Protein	13.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	350.00mg	Iron	0.00mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13664

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice		271411
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BUN HAMB GLDN 4 10-12CT GFS	1 Each		558110

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	382.60		
Fat	13.90g		
SaturatedFat	5.70g		
Trans Fat	0.48g		
Cholesterol	47.50mg		
Sodium	724.40mg		
Carbohydrates	40.50g		
Fiber	1.80g		
Sugar	6.50g		
Protein	21.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	122.50mg	Iron	3.24mg

Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13667

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN 6-5 LAMB	4 Ounce		265632
BACON CKD SLCD 2- 150CT ARMR	2 Slice		563315
EGG SCRMBD CKD FZ 4-5 CARG	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.79

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	379.55		
Fat	22.67g		
SaturatedFat	6.55g		
Trans Fat	0.00g		
Cholesterol	202.00mg		
Sodium	846.01mg		
Carbohydrates	28.77g		
Fiber	3.15g		
Sugar	0.00g		
Protein	13.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.60mg	Iron	1.57mg

Chicken & Waffle

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13668

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE SQ 4 WGRAIN 144-1.42Z KRUST - Krusteaz - M	1 Each		671751
CHIX BRST STRP FRTRR HMSTYL PEPR 2-5#	1 Piece	DEEP_FRY Appliances vary; adjust accordingly. Uncooked: For safety, product must be cooked to an internal temperature of 165°F as measured by a thermometer. Deep Fry Deep fry at 350°F 4 - 5 minutes from frozen or 335°F 5 - 6 minutes from frozen.	160970

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	198.33		
Fat	8.83g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	11.67mg		
Sodium	431.67mg		
Carbohydrates	22.83g		
Fiber	2.83g		
Sugar	3.50g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.65mg

Bulldog Chips & Cheese Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13669

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 6-10 COMM	1/2 Cup		150570
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag 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. UNSPECIFIED	662512

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	400.00		
Fat	19.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	700.00mg		
Carbohydrates	39.00g		
Fiber	7.00g		
Sugar	4.00g		
Protein	15.00g		
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	440.00mg	Iron	0.60mg

BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13671

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
BUN HAMB GLDN 4 10-12CT GFS	1 Each		558110

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	430.00		
Fat	10.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	640.00mg		
Carbohydrates	55.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Chicken & Donut Bites

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13672

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN 4-5#	4 Each	Cook chicken according to directions on box. Place 4 chicken in box.	747651
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	3 Each	Put 3 glazed donut holes in box with chicken.	839520

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.60
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	140.00		
Fat	8.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	5.74IU	Vitamin C	0.00mg
Calcium	6.89mg	Iron	0.40mg

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13673

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	290.00		
Fat	13.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	650.00mg		
Carbohydrates	32.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	80.00mg	Iron	2.16mg

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-13674

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
SAUSAGE PTY CKD CN 1.5Z 10 JDF	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	360.00		
Fat	24.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	710.00mg		
Carbohydrates	26.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	1.44mg

BBQ Wings

Servings:	1.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-17995

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

Amount Per Serving			
Calories	196.90		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	425.00mg		
Carbohydrates	20.00g		
Fiber	2.20g		
Sugar	9.50g		
Protein	14.10g		
Vitamin A	71.27IU	Vitamin C	0.53mg
Calcium	9.57mg	Iron	1.06mg

Caesar Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18010

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	1/4 Cup		421812
CROUTON HMSTYL SEAS 10-2 GCHC	4 Each		748500

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	124.10		
Fat	7.37g		
SaturatedFat	4.13g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	296.75mg		
Carbohydrates	8.08g		
Fiber	1.85g		
Sugar	2.25g		
Protein	7.67g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	222.37mg	Iron	0.85mg

Green Beans

Servings:	102.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18014

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN 6-10 COMM	4 #10 CAN		110730
BASE HAM NO ADDED MSG 12-1 GFS	6 Tablespoon		686691
ONION DEHY SUPER TOPPER 6-2 P/L	1/2 Cup		223255
SPICE BLND ORIG 3-21Z MDASH	4 Tablespoon		265103
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon		225061

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 102.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	3.23		
Fat	0.10g		
SaturatedFat	0.02g		
Trans Fat	0.01g		
Cholesterol	0.98mg		
Sodium	3.99mg		
Carbohydrates	0.24g		
Fiber	0.03g		
Sugar	0.02g		
Protein	0.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.37mg	Iron	0.01mg

CC Fries- 1/2 C

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18109

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	1/2 Cup	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.64

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	115.45		
Fat	2.57g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.66mg		
Carbohydrates	16.68g		
Fiber	2.57g		
Sugar	0.00g		
Protein	1.28g		
Vitamin A	0.00IU	Vitamin C	4.62mg
Calcium	0.00mg	Iron	0.46mg

HS CC Fries- 1 Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18110

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	1 Cup	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	1.28

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	230.91		
Fat	5.13g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	51.31mg		
Carbohydrates	33.35g		
Fiber	5.13g		
Sugar	0.00g		
Protein	2.57g		
Vitamin A	0.00IU	Vitamin C	9.24mg
Calcium	0.00mg	Iron	0.92mg

Chocolate Iced Donut

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18111

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
ICING CHOC RTU HEAT NICE 1-12 RICH	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155711

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	357.84		
Fat	17.50g		
SaturatedFat	7.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	308.98mg		
Carbohydrates	46.17g		
Fiber	2.60g		
Sugar	22.57g		
Protein	5.00g		
Vitamin A	11.41IU	Vitamin C	0.00mg
Calcium	13.70mg	Iron	0.80mg

Mashed Potatoes- 1/2 c

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18112

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES W/MLK 6-5.31 GCHC	64/101 Gram	1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.) 2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes). 3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061
SALT IODIZED 18-2.25 GCHC	1/4 Cup		350732

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.02

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	133.15		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29058.02mg		
Carbohydrates	37.88g		
Fiber	0.05g		
Sugar	0.00g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.25mg **Iron** 0.01mg

HS Mashed Potatoes- 1 c

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18113

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES W/MLK 6-5.31 GCHC	1 27/101 Gram	1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.) 2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes). 3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061
SALT IODIZED 18-2.25 GCHC	1/4 Cup		350732

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	135.45		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29058.54mg		
Carbohydrates	38.38g		
Fiber	0.10g		
Sugar	0.00g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.51mg **Iron** 0.02mg

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18114

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	1 Ounce		421812
SAUCE MARINARA DIPN CUP 84-2.5Z REDC	1 Each	READY_TO_EAT None	677721
PEPPERONI SLCD 10/Z 25 PG	8 Slice		730009
CHEESE CHED REDC FAT SHRD 6- 5 COMM	1 Ounce		448010
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	<p>READY_TO_EAT</p> <p>1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients</p>	644182

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	465.00		
Fat	24.70g		
SaturatedFat	11.05g		
Trans Fat	0.40g		
Cholesterol	56.00mg		
Sodium	1241.25mg		
Carbohydrates	38.30g		
Fiber	5.15g		
Sugar	6.00g		
Protein	21.80g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	134.94mg	Iron	2.08mg

Chicken & Biscuit Dippers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18115

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDRLN FRTRR HMSTYL PEPR 2-5TYS	1 Piece	DEEP_FRY Appliances vary, adjust accordingly. Deep Fry 3-5 minutes at 350°F from frozen. Uncooked: For safety, product must be cooked to an internal temperature of 165°F as measured by a thermometer.	751081
Biscuit Stick	2 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	385.00		
Fat	18.50g		
SaturatedFat	7.25g		
Trans Fat	0.00g		
Cholesterol	17.50mg		
Sodium	1320.00mg		
Carbohydrates	37.00g		
Fiber	0.50g		
Sugar	3.50g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.54mg

Curly Fries- 1/2 C

Servings:	1.00	Category:	Vegetable
Serving Size:	2.12 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18117

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL 6-4 REDSTNCAN	2 3/25 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	181501

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.12 Ounce

Amount Per Serving

Calories	207.55		
Fat	10.38g		
SaturatedFat	0.94g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	471.70mg		
Carbohydrates	26.42g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.89g		
Vitamin A	188.68IU	Vitamin C	6.79mg
Calcium	0.00mg	Iron	0.00mg

HS Curly Fries- 1 C

Servings:	1.00	Category:	Fruit
Serving Size:	4.24 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18118

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL 6-4 REDSTNCAN	4 6/25 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	181501

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.24 Ounce

Amount Per Serving

Calories	220.00		
Fat	11.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	500.00mg		
Carbohydrates	28.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	200.00IU	Vitamin C	7.20mg
Calcium	0.00mg	Iron	0.00mg

Bulldog Nachos- Chicken Taco

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	1 Ounce		110530
SEASONING TACO MIX 6-9Z LAWR	1 Teaspoon		159204

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	51.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	21.00mg		
Sodium	258.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg