

# **Cookbook for RUTH FOX MIDDLE SCHOOL**

**Created by HPS Menu Planner**

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# Chicken Patty on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4142

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
Hamburger Bun, 3.5 inch, Whole Grain 18 oz/12 ct	1 Each	READY_TO_EAT	3354
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Bring chicken patty to temperature and then put on bun and cover with plastic wrap. Put in warmer, till service. Serve with mayo pkg.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

**Calories** 395.00

**Fat** 18.00g

**SaturatedFat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 25.00mg

**Sodium** 541.40mg

**Carbohydrates** 37.00g

**Fiber** 5.00g

**Sugar** 4.00g

**Protein** 19.00g

**Vitamin A** 0.00IU **Vitamin C** 2.00mg

**Calcium** 37.00mg **Iron** 10.00mg

# Chicken Patty on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4143

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
Hamburger Bun, 3.5 inch, Whole Grain 18 oz/12 ct	1 Each	READY_TO_EAT	3354
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Bring chicken patty to temperature and then put on bun and cover with plastic wrap. Put in warmer, till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	395.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	541.40mg
<b>Carbohydrates</b>	37.00g

<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.00mg
<b>Calcium</b>	37.00mg	<b>Iron</b>	10.00mg

# Chicken Patty on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4144

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Bring chicken patty to temperature and then put on bun and cover with plastic wrap. Put in warmer, till service. Serve with mayo pkg.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	375.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	655.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 82.00mg	<b>Iron</b> 3.00mg



# Chicken Breast Sandwich on WG Bun

<b>Servings:</b>	1.00	<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-4145

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480

## Preparation Instructions

Directions:

WASH HANDS.

1. Cook chicken patty as directed on package.
2. Layer patty on roll. Top with remaining half of roll.
3. Serve with mayo pkg.
4. Allow student to select condiment and vegetables of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat.

Notes:

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	340.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	440.00mg
<b>Carbohydrates</b>	35.00g

<b>Fiber</b>	7.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.00mg	<b>Iron</b>	2.00mg

# Spaghetti Pasta w/Meat Sauce and Cheesy Garlic Bread stick

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4146

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 COMM	7 1/2 Pound	Brown beef crumbles in the oven with spices.	785840
ONION DEHY CHPD 15 P/L	1 1/2 Cup	Sprinkle over beef with spices before browning.	263036
SPICE GARLIC POWDER 21Z TRDE	1 1/2 Tablespoon		224839
SEASONING SPAGHETTI ITAL 12Z TRDE	1 1/2 Tablespoon		413453
SAUCE SPAGHETTI FCY 6-10 REDPK	3 3/4 #10 CAN	Add more if needed.	852759
PASTA SPAGHETTI 10 2-10 KE	7 1/2 Pound	Cook pasta with 2 teaspoons salt in steamer till almost al dente but still firm. Drain pasta, then add to sauce.	654560
BREADSTICK CHS WGRAIN 105-4Z	1/4 Serving		723880

## Preparation Instructions

Place ground beef in hotel pan and brown put in oven with salt, pepper, spices and onions.

CCP: Heat to 165\* or higher for at least 15 seconds.

Add 3-3/4 #10 cans spaghetti sauce or more if needed.

CCP: Heat to 165\* or higher for at least 15 seconds, then add hot pasta and heat thoroughly and hold for service.

Place spaghetti sauce in 4" deep hotel pans and cover with foil wrap, place in warmer till serving time.

CCP: Hold at 135\* or higher.

Warm Breadsticks and score each in thirds, 1/3 is a serving.

Note: 1 cup spaghetti is serving.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.41
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.66
<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 1

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**Amount Per Serving**

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<b>Calories</b>	424.35
<b>Fat</b>	3.68g
<b>SaturatedFat</b>	0.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.53mg
<b>Sodium</b>	1069.54mg
<b>Carbohydrates</b>	74.76g
<b>Fiber</b>	10.46g
<b>Sugar</b>	15.79g
<b>Protein</b>	29.72g

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<b>Vitamin A</b>	1299.05IU	<b>Vitamin C</b>	13.26mg
<b>Calcium</b>	93.52mg	<b>Iron</b>	4.90mg

# Wild Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4695

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS TOP N GO 21-1.4Z DORIT	1 Package	<b>READY_TO_EAT</b> Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	865611
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce	Heat bagged taco meat in steamer till 165 for 15 seconds, 1/3 cup or #12 disher	722330
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	1/8 cup	150250

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Cook taco meat in steamer till 165 for 15 seconds.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. To bag of Chips add #16 disher of taco meat, then add 1/4 cup of shredded cheese, 1/4 cup shredded lettuce, then salsa.

3. Serve.

Child Nutrition: 1 Each provides=

2 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	2.39
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.12

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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<b>Calories</b>	350.43		
<b>Fat</b>	16.14g		
<b>SaturatedFat</b>	5.70g		
<b>Trans Fat</b>	0.27g		
<b>Cholesterol</b>	48.12mg		
<b>Sodium</b>	651.25mg		
<b>Carbohydrates</b>	33.23g		
<b>Fiber</b>	3.89g		
<b>Sugar</b>	2.89g		
<b>Protein</b>	18.61g		
<b>Vitamin A</b>	760.41IU	<b>Vitamin C</b>	4.73mg
<b>Calcium</b>	188.30mg	<b>Iron</b>	2.29mg

# Popcorn Chicken Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4780

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	Bake according to instructions, bake till 165 for 15 seconds	536620
POTATO PRLS XTRA RICH 6-3.56 BAMER	1 Ounce	<b>RECONSTITUTE</b> 1: Pour 2 gallons boiling water in mixing bowl. 2: <b>HAND MIX:</b> Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. <b>MACHINE MIX:</b> Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Tablespoon		552061
CORN 6-10 CMDTY	1/4 Cup	Steam corn till 165.	120483
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	Sprinkle Cheddar Cheese on top, cover with plastic wrap and hold in warmer at 135-165.	150250
ROLL DNNR HNY WHE WGRAIN 1Z 10- 12CT	1 Each	<b>READY_TO_EAT</b> No baking necessary.	751701
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	<b>READY_TO_EAT</b> Ready to use.	620821

## Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve
7. Serve with dinner roll and margarine cup.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.99

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		563.02	
<b>Fat</b>		20.50g	
<b>SaturatedFat</b>		5.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		81.26mg	
<b>Sodium</b>		844.80mg	
<b>Carbohydrates</b>		64.32g	
<b>Fiber</b>		6.47g	
<b>Sugar</b>		5.25g	
<b>Protein</b>		28.44g	
<b>Vitamin A</b>	775.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	104.46mg	<b>Iron</b>	2.81mg



# Spaghetti with Cheesy Garlic Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6837

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC GRANULATED 24Z TRDE	1/16 Teaspoon		513881
SEASONING SPAGHETTI ITAL 12Z TRDE	1/16 Teaspoon		413453
BEEF GRND CKD 6-5 COMM	1 1/2 Ounce		135081
SAUCE SPAGHETTI FCY 6-10 REDPK	1/2 Cup		852759
CHEESE PARM GRTD 12-1 PG	1/4 Tablespoon		164259
PASTA SPAGHETTI 10 2-10 KE	1 1/2 Ounce		654560
BREADSTICK CHS WGRAIN 105-4Z	1/4 Each		723880

## Preparation Instructions

Directions:

Place ground beef in a steam kettle or tilt skillet and water mash beef up, add spices and cook till done

CCP: Heat to 155° F or higher for at least 15 seconds

Add 5 # 10 cans of spaghetti sauce

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

Place spaghetti sauce in hotel pans cover with paper liner and seal with foil wrap place in warmer till serving time or add pasta if serving together

Add spaghetti pasta and hold at 135 or higher

CCP: Hold at 135° F or higher. Serve with Bread Stick.

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	2.16
<b>Grain</b>	1.49
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.83
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 6.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	359.64		
<b>Fat</b>	7.76g		
<b>SaturatedFat</b>	3.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	49.10mg		
<b>Sodium</b>	642.40mg		
<b>Carbohydrates</b>	51.04g		
<b>Fiber</b>	5.85g		
<b>Sugar</b>	8.83g		
<b>Protein</b>	23.81g		
<b>Vitamin A</b>	653.33IU	<b>Vitamin C</b>	6.67mg
<b>Calcium</b>	153.44mg	<b>Iron</b>	3.69mg

# Beef & Cheese Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6854

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	2 Ounce		135261
TACO FILLING BEEF REDC FAT 6-5# COMM	2 Ounce	Use #12 scoop	722330
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

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.18
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	361.82
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	6.25g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	40.39mg
<b>Sodium</b>	710.30mg
<b>Carbohydrates</b>	34.90g
<b>Fiber</b>	4.26g
<b>Sugar</b>	1.26g
<b>Protein</b>	15.65g

<b>Vitamin A</b>	406.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	257.17mg	<b>Iron</b>	1.86mg

# Beef & Cheese Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6856

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5# COMM	2 Ounce	Use #12 scoop or 1/3 cup.	722330
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
SAUCE CHS CHED POUCH 6- 106Z LOL	2 Ounce		135261

## Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Heat bagged cheese sauce in steamer in bag.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz of taco meat (1/3 cup or #12 scoop) and 1/4 cup cheese sauce.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.18
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	361.82
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	6.25g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	40.39mg
<b>Sodium</b>	710.30mg
<b>Carbohydrates</b>	34.90g
<b>Fiber</b>	4.26g
<b>Sugar</b>	1.26g

<b>Protein</b>	15.65g
<b>Vitamin A</b> 406.94IU	<b>Vitamin C</b> 3.15mg
<b>Calcium</b> 257.17mg	<b>Iron</b> 1.86mg

# Wild Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6865

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803
TACO FILLING BEEF REDC FAT 6-5# COMM	2 1/2 Ounce	Heat bagged taco meat in steamer till 165 for 15 seconds, 1/3 cup or #12 disher	722330
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	2 T.	150250

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Cook taco meat in steamer till 165 for 15 seconds.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. To bag of Chips add #16 disher of taco meat, then add 2 T. of shredded cheese, 1/4 cup shredded lettuce, then salsa.

3. Serve.

Child Nutrition: 1 Each provides=

2 oz meat/meat alternate, 2 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

### SLE Components

Amount Per Serving

<b>Meat</b>	2.08
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.10
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	332.85		
<b>Fat</b>	15.36g		
<b>SaturatedFat</b>	5.42g		
<b>Trans Fat</b>	0.23g		
<b>Cholesterol</b>	42.60mg		
<b>Sodium</b>	605.21mg		
<b>Carbohydrates</b>	32.44g		
<b>Fiber</b>	3.58g		
<b>Sugar</b>	2.58g		
<b>Protein</b>	16.59g		
<b>Vitamin A</b>	658.68IU	<b>Vitamin C</b>	3.94mg
<b>Calcium</b>	181.83mg	<b>Iron</b>	1.98mg



# Wild Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6866

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803
TACO FILLING BEEF REDC FAT 6-5# COMM	3 Ounce	Heat bagged taco meat in steamer till 165 for 15 seconds, 1/3 cup or #12 disher	722330
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	2 Tbsp.	150250

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Cook taco meat in steamer till 165 for 15 seconds.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. To bag of Chips add #16 disher of taco meat, then add 2 Tbsp of shredded cheese, 1/4 cup shredded lettuce, then salsa.

3. Serve.

Child Nutrition: 1 Each provides=

2 oz meat/meat alternate, 2 oz grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2 oz meat/meat alternate, 2 oz grains, and 1/4 cup additional vegetables

### SLE Components

Amount Per Serving

<b>Meat</b>	2.39
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.12
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 350.43

**Fat** 16.14g

**SaturatedFat** 5.70g

**Trans Fat** 0.27g

**Cholesterol** 48.12mg

**Sodium** 651.25mg

**Carbohydrates** 33.23g

**Fiber** 3.89g

**Sugar** 2.89g

**Protein** 18.61g

**Vitamin A** 760.41IU      **Vitamin C** 4.73mg

**Calcium** 188.30mg      **Iron** 2.29mg

# Beef Taco with Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6871

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526
TACO FILLING BEEF REDC FAT 6-5# COMM	2 1/2 Ounce	Heat in steamer 4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	1/5# bags use scoop #30	150250
TOMATO ROMA DCD 3/8 2-5 RSS	1 Ounce	Use scoop # 30 1 oz. of diced tomatoes per taco	786543
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730

## Preparation Instructions

### Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

### Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

### OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Put 3 oz of beef in taco shell, top with cheese, serve with lettuce, tomatoes, salsa and cream cheese.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.08
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	1.10
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 462.85

**Fat** 25.36g

**SaturatedFat** 8.42g

**Trans Fat** 0.23g

**Cholesterol** 42.60mg

**Sodium** 530.21mg

**Carbohydrates** 41.44g

**Fiber** 4.08g

**Sugar** 7.08g

**Protein** 19.09g

**Vitamin A** 658.68IU      **Vitamin C** 3.94mg

**Calcium** 159.83mg      **Iron** 3.94mg

# Sweet n' Sour Chicken Over Brown Rice-100sv

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6872

## 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
RICE BRN PERFECTED 25 UBEN test	1/8 Cup	1/8 cup dry equals 1/2 cup cooked.	146404
SAUCE SWT & SOUR 4- 1GAL LACHY	2 Tablespoon		242292
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Tablespoon		189979
WATER SPRNG 4-1GAL GCHC	1 Fluid Ounce		686860
PEPPERS GREEN LRG 60- 7OCT MRKN	1/2 Tablespoon		198757
PEPPERS RED 11 P/L	1/2 Tablespoon		321141
ONION VIDALIA SWT 10 P/L	1/2 Tablespoon		558133

## Preparation Instructions

1. Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher
2. Cook pineapple & water together, thicken with corn starch
3. Add to LaChoy Sweet and Sour Sauce
4. Chop veggies into julienne size
5. Stir fry veggies just till crisp tender, or steam veggies just till crisp tender
6. Add veggies to sauce
7. Coat chicken with sauce mixture
8. Serve chicken over top 1/2 cup cooked brown rice

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00

<b>Fruit</b>	0.03
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.03
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 3.00 1

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**Amount Per Serving**

<b>Calories</b>	415.05	
<b>Fat</b>	13.80g	
<b>SaturatedFat</b>	3.00g	
<b>Trans Fat</b>	0.00g	
<b>Cholesterol</b>	70.00mg	
<b>Sodium</b>	660.27mg	
<b>Carbohydrates</b>	51.42g	
<b>Fiber</b>	4.24g	
<b>Sugar</b>	12.28g	
<b>Protein</b>	21.16g	

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<b>Vitamin A</b>	342.23IU	<b>Vitamin C</b>	11.60mg
<b>Calcium</b>	20.95mg	<b>Iron</b>	1.69mg

# SNACK KIDS MIX WG YOGURT LUNCH BOX

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6979

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
SNACK MUNCHIE MIX 104-SSV QUAK	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	251670
APPLESAUCE PLAIN 96-4.5Z COMM	1 Each		645050

## Preparation Instructions

Put all items in a plastic hinged container 441953 for grab and go lunches.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	300.00
<b>Fat</b>	6.50g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	440.00mg
<b>Carbohydrates</b>	49.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	28.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 383.00mg	<b>Iron</b> 2.80mg

# Cheesy Lasagna

<b>Servings:</b>	260.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	9.08 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7016

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	30 Pound		645170
CHEESE CHED MLD SHRD 4-5 LOL	7 1/2 Pound		150250
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	90 Pound		573201
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	20 Pound		108197

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	4.29
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.49
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 260.00

Serving Size: 9.08 Ounce

#### Amount Per Serving

<b>Calories</b>	505.16
<b>Fat</b>	22.77g
<b>SaturatedFat</b>	12.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	95.93mg
<b>Sodium</b>	706.81mg
<b>Carbohydrates</b>	37.05g
<b>Fiber</b>	3.21g
<b>Sugar</b>	10.00g
<b>Protein</b>	35.30g
<b>Vitamin A</b> 778.35IU	<b>Vitamin C</b> 18.79mg
<b>Calcium</b> 519.98mg	<b>Iron</b> 3.09mg



# Chicken Alfredo

<b>Servings:</b>	38.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7017

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 2-10 KE	19 Cup		635511
SAUCE ALFREDO FZ 6-5 JTM	13 Cup		155661
CHIX STRP FAJT DK MT FC 6-5 TYS	4 3/4 Pound	CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen.	860390
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	38 Each	READY_TO_EAT No baking necessary.	751701

## Preparation Instructions

1. Cook chicken according to directions. CCP: Hold hot at 135F or higher
2. Cook pasta until al dente, but still firm
3. Heat sauce according to directions. CCP: Hold hot at 135F or higher
4. Top 1/2 cup cooked pasta with 1.5 oz chicken & 1/4 cup alfredo sauce
5. Offer with garlic toast
6. Use 6 ounce scoop to serve in foam bowl.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.70
<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: 38.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	346.49
<b>Fat</b>	12.76g
<b>SaturatedFat</b>	5.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	79.33mg
<b>Sodium</b>	868.46mg
<b>Carbohydrates</b>	31.68g
<b>Fiber</b>	1.50g
<b>Sugar</b>	7.61g
<b>Protein</b>	24.29g

<b>Vitamin A</b>	302.42IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	293.20mg	<b>Iron</b>	2.25mg

# Baked Potato

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Ea	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7019

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 50 MRKN	1 Each		328731
MARGARINE CUP CHURN SPRD 900-5GM P/L	1 Each	READY_TO_EAT Ready to use.	106490

## Preparation Instructions

Lay out on baking sheet Bake in convection oven 420 degrees for 17 minutes.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ea

Amount Per Serving			
<b>Calories</b>			125.00
<b>Fat</b>			3.00g
<b>SaturatedFat</b>			1.00g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			0.00mg
<b>Sodium</b>			57.50mg
<b>Carbohydrates</b>			24.00g
<b>Fiber</b>			4.00g
<b>Sugar</b>			2.00g
<b>Protein</b>			3.00g
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	1.00mg

# Garden Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7023

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED REDC FAT SHRD 6-5 COMM	1/4 Cup		448010
EGG SHL LRG A GRD 6-30CT GCHC	1 Each		206539
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each		751701
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Peel boiled egg and rinse well, then use egg slicer.
6. Put lettuce in container, then veggies, and rest of ingredients.
7. Keep refrigerated till service.

8. Serve with choice of dressings.

## SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.25
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	550.32
<b>Fat</b>	24.67g
<b>SaturatedFat</b>	7.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	240.00mg
<b>Sodium</b>	1169.57mg
<b>Carbohydrates</b>	57.67g
<b>Fiber</b>	10.37g
<b>Sugar</b>	16.67g
<b>Protein</b>	25.56g
<b>Vitamin A</b> 9621.31IU	<b>Vitamin C</b> 116.68mg
<b>Calcium</b> 173.25mg	<b>Iron</b> 6.23mg

# Popcorn Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7030

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED SHRD 6-5 COMM	2 Tablespoon		199720
CHIP CORN FUN SZ 120-.75Z FRITOS	1 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158763
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	READY_TO_EAT Ready to use.	620821
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

# Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Peel boiled egg and rinse well, then use egg slicer.
6. Pull lettuce, then veggies, and rest of ingredients in plastic container.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.25
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	635.82
<b>Fat</b>	29.97g
<b>SaturatedFat</b>	8.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.00mg
<b>Sodium</b>	965.58mg
<b>Carbohydrates</b>	61.67g
<b>Fiber</b>	12.37g
<b>Sugar</b>	13.67g
<b>Protein</b>	31.26g
<b>Vitamin A</b> 10321.31IU	<b>Vitamin C</b> 116.68mg
<b>Calcium</b> 162.25mg	<b>Iron</b> 4.77mg

# Grilled Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7031

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED REDC FAT SHRD 6-5 COMM	1/4 Cup		448010
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each		751701
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Put lettuce, then veggies, and rest of ingredients in plastic container.
6. Cut chicken breast in long strips and put on top of lettuce.
7. Keep refrigerated till service.



8. Serve with choice of dressings.

## SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.25
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	579.32
<b>Fat</b>	23.47g
<b>SaturatedFat</b>	6.58g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	1410.58mg
<b>Carbohydrates</b>	58.67g
<b>Fiber</b>	10.37g
<b>Sugar</b>	16.67g
<b>Protein</b>	34.26g
<b>Vitamin A</b> 9621.31IU	<b>Vitamin C</b> 116.68mg
<b>Calcium</b> 159.25mg	<b>Iron</b> 6.33mg

# Sweet n' Sour Chicken Over Brown Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7122

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1 Serving	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
RICE BRN PERFECTED 25 UBEN test	1/8 Cup	<b>SIMMER</b> PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING. 1/4 CUP DRY EQUALS 1 CUP COOKED.	146404
SAUCE SWT & SOUR 4- 1GAL LACHY	1 Fluid Ounce		242292
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 Tablespoon	There is 24-1/2 cup servings in a #10 can.	189979
WATER SPRNG 4- 1GAL GCHC	1 Fluid Ounce		686860
PEPPERS GREEN LRG 60-70CT MRKN	1 Tablespoon		198757
PEPPERS RED 11 P/L	1 Tablespoon		321141
ONION VIDALIA SWT 10 P/L	1 Tablespoon		558133

## Preparation Instructions

1. Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher
2. Cook pineapple & water together, thicken with corn starch
3. Add to LaChoy Sweet and Sour Sauce
4. Chop veggies into julienne size
5. Stir fry veggies just till crisp tender, or steam veggies just till crisp tender
6. Add veggies to sauce

7. Coat chicken with sauce mixture
8. Serve chicken over top 1/2 cup cooked brown rice

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.06
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.06
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	391.71		
<b>Fat</b>	13.81g		
<b>SaturatedFat</b>	2.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	460.53mg		
<b>Carbohydrates</b>	50.11g		
<b>Fiber</b>	4.43g		
<b>Sugar</b>	14.55g		
<b>Protein</b>	16.24g		
<b>Vitamin A</b>	284.45IU	<b>Vitamin C</b>	23.20mg
<b>Calcium</b>	34.90mg	<b>Iron</b>	2.31mg

# Fruit Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7125

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
ORANGES MAND BRKN L/S 6-10 GFS	1/4 Cup		152811
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/4 Cup		189979
MARSHMALLOW MINI 12-1 GCHC	1 Teaspoon		191736

## Preparation Instructions

WASH HANDS THOROUGHLY.

1. DRAIN FRUIT IN COLANDER.
2. PUT IN HOTEL PAN.
3. ADD MINI MARSHMALLOWS.
4. THEN ADD YOGURT TO MIXED FRUIT.
5. PUT 1/2 CUP IN SOUFFLE CUP TO SERVE.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

Amount Per Serving			
<b>Calories</b>	108.11		
<b>Fat</b>	0.19g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.63mg		
<b>Sodium</b>	18.59mg		
<b>Carbohydrates</b>	24.62g		
<b>Fiber</b>	0.63g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	1.41g		
<b>Vitamin A</b>	325.00IU	<b>Vitamin C</b>	13.50mg
<b>Calcium</b>	35.06mg	<b>Iron</b>	0.59mg

# Taco Salad in a Shell

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7132

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each	THESE SHELLS FORM EASILY. SHAPE BY LIGHTLY PRESSING ONE THAWED TORTILLA INSIDE A FLUTED SHELL PAN*. BAKE IN CONVENTIONAL OVEN @ 300* FOR 5-6 MIN OR CONVECTION OVEN @ 400* FOR 5-7 MIN. CUSTOMER MAY FREEZE ITEM ONCE RECEIVED WITH A SHELF LIFE OF 180 DAYS.	720526
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
CARROT BABY WHL CLEANED 12-2 RSS	4 Each		510637
TACO FILLING BEEF REDC FAT 6-5# COMM	3 1/8 Ounce	Put 2 oz of taco meat in a 3 oz souffle cup,	722330
CHEESE AMER SHRD R/F 4-5 LOL	2 Tablespoon		861950
SAUCE TACO PKT 500-9GM SALSA DEL SOL	1 Each		612855
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400

## Preparation Instructions

Wash hands thoroughly.

1. Bake Taco Shell in fluted shell pan for 5-6 minutes till crispy at 400\*, cool.
2. Chop vegetables while shell cools.
3. Put Romaine lettuce in shell, add veggies.
5. Put Taco meat in 3 oz souffle cup.

6. Put 2 Tbsp Cheddar Cheese in 2 oz souffle cup.
7. Serve with 1 package Salsa and 1 package sour cream.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.00
<b>RedVeg</b>	1.05
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	548.77		
<b>Fat</b>	29.42g		
<b>SaturatedFat</b>	10.10g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	62.50mg		
<b>Sodium</b>	899.73mg		
<b>Carbohydrates</b>	52.67g		
<b>Fiber</b>	8.92g		
<b>Sugar</b>	13.67g		
<b>Protein</b>	24.43g		
<b>Vitamin A</b>	9234.62IU	<b>Vitamin C</b>	44.15mg
<b>Calcium</b>	234.45mg	<b>Iron</b>	5.87mg

# Turkey, Bacon Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7216

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Tablespoon		448010
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Slice		244190
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Put lettuce in container, then veggies, then cut up turkey and cut up 1 slice of bacon, put on top of salad.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.35
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.25
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	386.03		
<b>Fat</b>	11.42g		
<b>SaturatedFat</b>	2.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	784.11mg		
<b>Carbohydrates</b>	50.17g		
<b>Fiber</b>	9.87g		
<b>Sugar</b>	15.17g		
<b>Protein</b>	23.20g		
<b>Vitamin A</b>	9482.12IU	<b>Vitamin C</b>	115.72mg
<b>Calcium</b>	127.85mg	<b>Iron</b>	5.39mg



# Chicken Caesar Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7221

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
CARROT BABY WHL CLEANED 12- 2 RSS	1/4 Cup		510637
CELERY JUMBO 16- 24CT 40 MARKON	1/4 Cup		198536
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331
CHEESE PARM PKT 200-3.5GM GCHC	1 Each		254959
DRESSING CAESAR ORGNC L/F PKT 60-1.5Z	1 Package	READY_TO_EAT ready to eat	282151
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	MICROWAVE Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831221

# Preparation Instructions

Wash hands thoroughly.

1. Wash all vegetables before cutting.
2. Use Plastic bowl with lid and fill bowl with 3 cups of lettuce.
3. Chop all veggies and top salad.
4. Chop Chicken Breast and top salad.
5. Grill Ciabatta bread in fry pan on stove with margarine and powdered garlic. Cool and wrap in plastic.
6. Store in refrigerator till service.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.00
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	416.82
<b>Fat</b>	10.87g
<b>SaturatedFat</b>	3.58g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	998.33mg
<b>Carbohydrates</b>	54.17g
<b>Fiber</b>	9.82g
<b>Sugar</b>	16.17g
<b>Protein</b>	27.66g
<b>Vitamin A</b> 9484.25IU	<b>Vitamin C</b> 97.05mg
<b>Calcium</b> 177.91mg	<b>Iron</b> 4.89mg

# Club Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7225

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Tablespoon		448010
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Slice		689541
TURKEY HAM SLCD 12-1 JENNO	1 Slice		556121
BACON TKY CKD 12-50CT JENNO	1/2 Serving		834770
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Boil, cool and peel egg, then slice with egg slicer.
6. Put lettuce in container, then veggies, then cut up turkey, turkey ham, and cut up 1 slice of bacon, put on top of

salad.

7. Keep refrigerated till service.

8. Serve with choice of dressings.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.61
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.25
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	500.29		
<b>Fat</b>	17.31g		
<b>SaturatedFat</b>	3.93g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.91mg		
<b>Sodium</b>	1172.90mg		
<b>Carbohydrates</b>	60.17g		
<b>Fiber</b>	9.87g		
<b>Sugar</b>	18.17g		
<b>Protein</b>	24.72g		
<b>Vitamin A</b>	9482.12IU	<b>Vitamin C</b>	116.02mg
<b>Calcium</b>	151.85mg	<b>Iron</b>	5.53mg

# Tex Mex Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7227

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
PEPPERS GREEN LRG 60- 70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Ounce		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHIX STRP FAJT SEAS FC 8- 4.99 TYS	2 1/2 Ounce	<p><b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen.</p> <p><b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	150160
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon		150250

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	<p><b>MICROWAVE</b>  Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. <b>MICROWAVE: (1100W)</b> Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. <b>MICROWAVE: (2200W)</b> Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. <b>STOVE TOP:</b> Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. <b>STEAMER:</b> Arrange product in a half-size steam table pan. Steam for 15 minutes. <b>CONVECTION OVEN:</b> Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. <b>COMBI OVEN:</b> Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	2 Tablespoon	Put in baggy.	403573
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	<p><b>READY_TO_EAT</b>  No baking necessary.</p>	751701
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	<p><b>READY_TO_EAT</b>  Ready to use.</p>	620821
SALSA CUP 84-3Z REDG	1 Each	<p><b>READY_TO_EAT</b>  None</p>	677802
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Bag tortilla strips.
5. Put cheese in souffle cup with lid.
6. Put lettuce, then veggies, and rest of ingredients in plastic container.
7. Cut chicken in bite size pieces and put on top of lettuce.
8. Keep refrigerated till service.
8. Serve with Salsa and Sour Cream.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.17
<b>Grain</b>	2.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.00
<b>RedVeg</b>	1.58
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.13
<b>Starch</b>	0.13

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	671.92
<b>Fat</b>	25.72g
<b>SaturatedFat</b>	8.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	101.67mg
<b>Sodium</b>	1091.60mg
<b>Carbohydrates</b>	75.75g
<b>Fiber</b>	13.68g
<b>Sugar</b>	24.58g
<b>Protein</b>	33.53g

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<b>Vitamin A</b>	4473.52IU	<b>Vitamin C</b>	116.32mg
<b>Calcium</b>	269.42mg	<b>Iron</b>	4.89mg

# Michigan Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7229

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	Cut chicken breast in strips and put on top of salad.	561331
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170
APPLE VARIETY BULK 113-138CT 40	1 Each		810730
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
WALNUT PCS MED 30 GFS	1 Tablespoon		585041
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701
MARGARINE SPREAD 600-5GM SMRT BAL	2 Each	READY_TO_EAT Ready to use.	620821
DRESSING VINAG RASPB FF 60-1.5FLZ	1 Each		824970

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid. Put walnuts in small souffle cup with lid.
5. Put lettuce, then veggies, and rest of ingredients in plastic container.
6. Cut chicken breast in long strips and put on top of lettuce.
7. Keep refrigerated till service.



8. Serve with choice of dressings.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	1.50
<b>GreenVeg</b>	3.00
<b>RedVeg</b>	0.67
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	693.92		
<b>Fat</b>	19.82g		
<b>SaturatedFat</b>	5.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	1130.30mg		
<b>Carbohydrates</b>	98.17g		
<b>Fiber</b>	13.77g		
<b>Sugar</b>	60.67g		
<b>Protein</b>	29.36g		
<b>Vitamin A</b>	9027.10IU	<b>Vitamin C</b>	8.32mg
<b>Calcium</b>	242.73mg	<b>Iron</b>	5.14mg

# Antipasto Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7233

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
TURKEY HAM SLCD 12-1 JENNO	3 Slice	6 slices = 2 ounces of m/ma	556121
PEPPERONI SLCD 16/Z 2-5 HRML	1/2 Ounce	8 slices = 1/2 ounce m/ma	100240
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170
ONION VIDALIA SWT 10 P/L	2 Tablespoon	Slice onion and put 4 onion rings on top of salad.	558133
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1 Tablespoon		324531
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	Grill Ciabatta bun with garlic powder and bag .	831221
DRESSING ITAL LT PKT 102-1Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	140931

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Grill Ciabatta bun with garlic powder, bag.
4. Put cheese in souffle cup with lid.
5. Put lettuce in container, then veggies, then cut up turkey ham, put on top of salad along with pepperoni, then add fresh onion rings to the top.
7. Keep refrigerated till service.
8. Serve with choice of dressing.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.25
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.31
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	552.51
<b>Fat</b>	23.42g
<b>SaturatedFat</b>	6.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	1285.94mg
<b>Carbohydrates</b>	60.83g
<b>Fiber</b>	10.88g
<b>Sugar</b>	16.77g
<b>Protein</b>	26.55g
<b>Vitamin A</b> 9482.14IU	<b>Vitamin C</b> 116.71mg
<b>Calcium</b> 205.75mg	<b>Iron</b> 6.07mg

# Buffalo Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7234

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6- 2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
CARROT BABY WHL CLEANED 12- 2 RSS	1/4 Cup		510637
CELERY JUMBO 16- 24CT 40 MARKON	1/4 Cup		198536
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	<p><b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.</p>	525490
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	Put cheese in souffle cup.	645170
CROUTON CHS GARL WGRAIN 250- .5Z	1 Package		661022

Description	Measurement	Prep Instructions	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	<b>MICROWAVE</b> Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831221
DRESSING RNCH LT 60-1.5Z KENS	1 Ounce		195707

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Grill Ciabatta bun with margarine and garlic powder then Bag.
4. Put lettuce in container, then veggies, and rest of ingredients.
5. Put shredded cheese in souffle cup.
6. Cut Spicy Chicken in bite size pieces.
7. Keep refrigerated till service.
8. Serve with a Ranch Dressing packet.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	3.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.00
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	701.82
<b>Fat</b>	30.03g
<b>SaturatedFat</b>	7.41g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.67mg
<b>Sodium</b>	1123.33mg
<b>Carbohydrates</b>	70.17g
<b>Fiber</b>	11.82g
<b>Sugar</b>	16.50g
<b>Protein</b>	38.66g
<b>Vitamin A</b> 9484.25IU	<b>Vitamin C</b> 97.05mg
<b>Calcium</b> 319.25mg	<b>Iron</b> 5.89mg

# Salad Mixed Green

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7687

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	10 1/2 Pound		735787
TOMATO 6X6 LRG 10 MRKN	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT SUPER 45 MRKN	30 Cup	+/- 10 lbs	198587

## Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Place washed lettuce into a mixing bowl.
2. Core and dice tomatoes.
3. Slice cucumbers into 1/4" slices.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.63
<b>RedVeg</b>	0.09
<b>OtherVeg</b>	0.30
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	11.39
<b>Fat</b>	0.06g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.07mg
<b>Carbohydrates</b>	2.45g
<b>Fiber</b>	0.91g
<b>Sugar</b>	1.35g
<b>Protein</b>	0.86g

<b>Vitamin A</b>	143.83IU	<b>Vitamin C</b>	2.53mg
<b>Calcium</b>	14.11mg	<b>Iron</b>	0.31mg

# Marinated Cole Slaw

<b>Servings:</b>	30.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7691

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	3/4 Cup		292702
SUGAR BEET GRANUL 25 GFS	3/4 Cup		108588
SALT IODIZED 25 CARG	1 Teaspoon		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
SPICE MUSTARD GRND 14Z TRDE	1 Teaspoon		224928
SPICE CELERY SEED WHOLE 16Z TRDE	1 Teaspoon		224677
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	10 Cup		293148
ONION VIDALIA SWT 10 P/L	3/4 Cup	Thinly sliced	558133
PEPPERS GREEN LRG 60-70CT MRKN	3/4 Cup	Thinly sliced	198757

## Preparation Instructions

WASH HANDS THOROUGHLY.

1. Mix liquid with spices till sugar is melted.
2. Slice green pepper and onion thinly.
3. Mix vegetables all together, then add vinegar liquid and mix well.
4. Refrigerate till service.

### SLE Components

Amount Per Serving

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



<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 30.00			
Serving Size: 0.50 1.00			
<b>Amount Per Serving</b>			
<b>Calories</b>	76.65		
<b>Fat</b>	5.61g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	83.10mg		
<b>Carbohydrates</b>	6.09g		
<b>Fiber</b>	0.51g		
<b>Sugar</b>	5.35g		
<b>Protein</b>	0.25g		
<b>Vitamin A</b>	13.83IU	<b>Vitamin C</b>	3.04mg
<b>Calcium</b>	8.28mg	<b>Iron</b>	0.06mg

# Mandarin Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7693

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE MOZZ LT SHRD FZ 30 P/L	1/4 Cup		150610
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331
ORANGES MAND BRKN L/S 6-10 GFS	1/2 Cup	Drain mandarins well and put 1/2 cup in souffle cup with lid.	152811
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
ALMOND SLCD BLNCHD 4-2.5 GFS	2 Tablespoon		134920
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each		751701
DRESSING VINAG RASPB FF 60-1.5FLZ	1 Each		824970

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Put lettuce in container, then veggies, and rest of ingredients.
6. Keep refrigerated till service.
7. Serve with choice of dressings.

## SLE Components

### Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	3.00
<b>RedVeg</b>	0.67
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		594.82	
<b>Fat</b>		17.37g	
<b>SaturatedFat</b>		1.53g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		1244.00mg	
<b>Carbohydrates</b>		78.42g	
<b>Fiber</b>		9.67g	
<b>Sugar</b>		41.67g	
<b>Protein</b>		31.31g	
<b>Vitamin A</b>	8357.98IU	<b>Vitamin C</b>	20.43mg
<b>Calcium</b>	175.55mg	<b>Iron</b>	6.63mg

# Asian Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7694

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 1/2 Cup		735787
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1/2 Cup	Mix slaw with lettuce.	293148
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup	Use 4 baby carrots, put in corner.	510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHIX CHUNKS BRD WGRAIN .66Z 4-7	1 Serving	5 nuggets each is 1 serving.	558040
ORANGES MAND BRKN L/S 6-10 GFS	1/2 Cup	Drain mandarins well and put 1/2 cup in souffle cup with lid.	152811
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	2 Tablespoon		124516
SEED SUNFLWR RSTD SLTD 4-4 GFS	2 Tablespoon		337910
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701
DRESSING SESM TSTD FF 60-1.5FLZ PMLL	1 Each		825030

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put Chow mein noodles in souffle cup with lid.
5. Mix lettuce with slaw then put in container, add veggies, and rest of ingredients.
6. Keep refrigerated till service.
7. Serve with Toasted Sesame dressing.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.40
<b>Grain</b>	1.20
<b>Fruit</b>	0.50
<b>GreenVeg</b>	2.50
<b>RedVeg</b>	0.67
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		457.32	
<b>Fat</b>		12.92g	
<b>SaturatedFat</b>		2.03g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		4.00mg	
<b>Sodium</b>		904.00mg	
<b>Carbohydrates</b>		71.53g	
<b>Fiber</b>		8.93g	
<b>Sugar</b>		42.03g	
<b>Protein</b>		14.74g	
<b>Vitamin A</b>	8358.38IU	<b>Vitamin C</b>	20.43mg
<b>Calcium</b>	140.35mg	<b>Iron</b>	6.08mg

# BBQ Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7695

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6- 2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12- 2 RSS	1/4 Cup		510637
CELERY JUMBO 16- 24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED REDC FAT SHRD 6- 5 COMM	1/4 Cup	Put cheese in souffle cup with lid.	448010

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT GRLLD 2-5 TYS	3 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 15 - 18 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 4 - 6 minutes at 400°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave 4 1 2 - 5 1 2 minutes on high setting from frozen. <b>UNPREPARED</b>	481858
SAUCE BBQ 4- 1GAL SWTBRAY	1 Tablespoon	Mix BBQ sauce with chicken and bake.	655937
BACON TKY CKD 12-50CT JENNO	1 Slice	Cut up 1 slice of turkey bacon and put on top of salad.	834770
CHIP TORTL TRI- COLOR STRIP 10-1 GFS	2 Tablespoon		403573
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	<b>MICROWAVE</b> Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours. Grill ciabatta bun with margarine and sprinkle with garlic powder.	831221
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	<b>READY_TO_EAT</b> Ready to use.	620821
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Bake chicken fajita meat as directed on package with BBQ sauce.
6. Put lettuce in container, then veggies, chicken, then 1 slice of bacon cut up.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

## SLE Components

Amount Per Serving

<b>Meat</b>	3.18
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.25
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	670.42
<b>Fat</b>	26.57g
<b>SaturatedFat</b>	8.28g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	1692.78mg
<b>Carbohydrates</b>	71.67g
<b>Fiber</b>	10.77g
<b>Sugar</b>	23.17g
<b>Protein</b>	37.66g
<b>Vitamin A</b> 10121.31IU	<b>Vitamin C</b> 116.68mg
<b>Calcium</b> 115.36mg	<b>Iron</b> 4.05mg



# Tuna Lettuce Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7696

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Ounce		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED REDC FAT SHRD 6-5 COMM	1/4 Cup		448010
EGG SHL LRG A GRD 6-30CT GCHC	1 Each		206539
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each		751701
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Peel boiled egg and rinse well, then use egg slicer.
6. Put lettuce in container, then veggies, and rest of ingredients.
7. Keep refrigerated till service.

8. Serve with choice of dressings.

## SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.25
<b>RedVeg</b>	0.58
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	472.93
<b>Fat</b>	22.61g
<b>SaturatedFat</b>	7.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	240.00mg
<b>Sodium</b>	980.90mg
<b>Carbohydrates</b>	44.58g
<b>Fiber</b>	7.91g
<b>Sugar</b>	13.33g
<b>Protein</b>	23.27g
<b>Vitamin A</b> 2779.86IU	<b>Vitamin C</b> 115.39mg
<b>Calcium</b> 148.37mg	<b>Iron</b> 4.79mg

# Tuna Lettuce Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7697

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6- 2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12- 2 RSS	1/4 Cup		510637
CELERY JUMBO 16- 24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED REDC FAT SHRD 6- 5 COMM	1/4 Cup		448010
TUNA CHNK LT LO SOD 24-12Z GCHC	1/4 Cup	Drain tuna mix with light mayo and put in 3 ounce souffle cup with lid.	647862
DRESSING SALAD LT 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	135030
EGG SHL LRG A GRD 6-30CT GCHC	1 Each	Boil egg, cool, then slice and put in corner of container.	206539
CRACKER GLDFSH CHS 300-.75Z PEPPFM	1 Each		110431

Description	Measurement	Prep Instructions	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	<b>MICROWAVE</b> Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831221
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	<b>READY_TO_EAT</b> Ready to use.	620821
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Grill ciabatta roll with butter cup, then bag.
4. Put cheese in souffle cup with lid.
5. Peel boiled egg and rinse well, then use egg slicer.
6. Put lettuce in container, then veggies, and rest of ingredients.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.25
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	745.32
<b>Fat</b>	32.17g
<b>SaturatedFat</b>	9.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	280.00mg
<b>Sodium</b>	1374.57mg
<b>Carbohydrates</b>	72.67g
<b>Fiber</b>	11.37g
<b>Sugar</b>	15.67g
<b>Protein</b>	40.56g
<b>Vitamin A</b> 10121.31IU	<b>Vitamin C</b> 116.68mg
<b>Calcium</b> 161.25mg	<b>Iron</b> 6.93mg

# Roasted Broccoli

<b>Servings:</b>	13.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8140

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	13 Cup	1-5# bag = 10 cups	549292
MARGARINE SLD 30-1 GCHC	1/2 Cup		733061
SEASONING SALT NO MSG 5 TRDE	2 Tablespoon		514039
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon		513881
SALT IODIZED 25 CARG	1 Teaspoon		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Teaspoon		225037

## Preparation Instructions

Put frozen broccoli on paper lined sheet pan sprayed with pan release spray, make sure you spray the edges of the pan. Then sprinkle with 1/2 cup melted margarine. Then sprinkle with seasoning mixture. Bake at 425\* for 10 minutes.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 6.00 1

<b>Amount Per Serving</b>			
<b>Calories</b>	118.34		
<b>Fat</b>	6.77g		
<b>SaturatedFat</b>	2.77g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	958.53mg		
<b>Carbohydrates</b>	11.85g		
<b>Fiber</b>	6.18g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	6.18g		
<b>Vitamin A</b>	461.54IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	1.56mg	<b>Iron</b>	0.09mg

# Apple Cole Slaw

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8141

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	10 Cup		293148
APPLE VARIETY BULK 113-138CT 40	4 Each		810730
WALNUT HLVS & PCS 4-2.5 GFS	2 Cup	Toast walnuts in oven. Walnuts are optional.	134860
DRESSING COLE SLAW 4-1GAL GCHC	1 1/2 Cup	Mix the dressings together with pepper.	106992
DRESSING VINAG FUJI APPL 6-.5GAL PMLL	1 1/2 Cup		121261
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Teaspoon		225037

## Preparation Instructions

Mix together: Cole Slaw, Diced Apples, Toasted chopped Walnut pieces.

Mix together: Fuji Apple Vinaigrette, and Cole Slaw Dressing and black pepper.

Then mix altogether, sprinkle with shaved Parmesan Cheese (4 ounces).

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.20
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 1

<b>Amount Per Serving</b>	
<b>Calories</b>	222.32
<b>Fat</b>	16.24g
<b>SaturatedFat</b>	2.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.00mg
<b>Sodium</b>	240.26mg
<b>Carbohydrates</b>	17.67g
<b>Fiber</b>	2.09g
<b>Sugar</b>	12.87g
<b>Protein</b>	1.99g

<b>Vitamin A</b>	13.82IU	<b>Vitamin C</b>	1.18mg
<b>Calcium</b>	22.94mg	<b>Iron</b>	0.32mg

# Warm Cinnamon Apples

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8142

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	4 #10 CAN	4-#10 cans	120500
SPICE CINNAMON GRND 15Z TRDE	5 Tablespoon		224723
SUGAR BEET GRANUL 25 GFS	1 Cup		108588
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
STARCH CORN 24-1 ARGO	1 Tablespoon		108413
SPICE NUTMEG GRND 16Z TRDE	2 1/2 Teaspoon		224944

## Preparation Instructions

Pre Heat oven to 350\*

Mix all dry ingredients together.

Spray pans or use pan savers.

Mix in the apples with the dry ingredients and mix well.

Bake uncovered for 15 minutes. Bake an additional 15 minutes covered.

Serve with #8 Scoop, 4 oz portion cup.

### 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: 100.00

Serving Size: 0.50 1

<b>Amount Per Serving</b>			
<b>Calories</b>		61.63	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		10.35mg	
<b>Carbohydrates</b>		15.05g	
<b>Fiber</b>		2.07g	
<b>Sugar</b>		11.87g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg



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

# Teriyaki Green Beans

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8143

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY LITE 6-.5GAL KIKK	1 Cup		466425
WATER SPRNG 35-16.9FLZ ABSOP	1 Cup		408430
SUGAR BROWN LT 12-2 P/L	3/4 Cup		860311
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1/4 Cup		109843
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	3 Tablespoon		629640
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	3 Tablespoon		292702
SPICE ONION POWDER 19Z TRDE	1/4 Cup		126993
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE GINGER GRND 16Z TRDE	1 Tablespoon		513695
STARCH CORN 24-1 ARGO	2 Tablespoon		108413
BEAN GRN FZ 30 COMM	5 Pound		355490
SPICE SESAME SEED HULLED 19Z TRDE	1/4 Cup		513806

## Preparation Instructions

1. In sauce pan on stove top, mix the soy sauce, water, brown sugar, Worcestershire sauce, vinegar, oil, onion powder, garlic powder, ginger, and cornstarch.
2. Cook ingredients stirring occasionally until thick and reaches a temperature of 150 degrees F.
3. Steam green beans until temperature reaches 150 degrees F.
4. Combine cooked green beans with teriyaki marinade to coat.
5. Add sesame seeds to mixture.
6. Hold product at or above 150 degrees F until service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.10
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 0.50 1

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**Amount Per Serving**

<b>Calories</b>	18.74		
<b>Fat</b>	0.84g		
<b>SaturatedFat</b>	0.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	203.54mg		
<b>Carbohydrates</b>	3.08g		
<b>Fiber</b>	0.42g		
<b>Sugar</b>	0.68g		
<b>Protein</b>	0.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.16mg	<b>Iron</b>	0.01mg

# Fresh Broccoli Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8254

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS 20 MRKN	16 Cup	Clean and chop.	704547
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	6 Package	These are 1.16 ounce packages.	636402
ONION VIDALIA SWT 10 P/L	1 1/2 Cup		558133
BACON TKY CKD 12-50CT JENNO	12 Slice	8 slices = 1 cup, therefore 12 slices = 1 1/2 cups. Crumble and add to other ingredients.	834770
SEED SUNFLWR RSTD SLTD 4-4 GFS	1 1/2 Cup		337910
DRESSING SALAD LT 4-1GAL LTHSE	2 1/2 Cup	READY_TO_EAT Open, pour and enjoy!	135030
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
SUGAR BEET GRANUL 25 GFS	3/4 Cup		108588

## Preparation Instructions

Wash hands thoroughly.

1. Wash and chop veggies, mix together.
2. Blend wet ingredients together with sugar and whisk till well blended.
3. Toss together rest of ingredients with wet salad dressing.
4. Portion 1/2 cup servings in souffle cups.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.04
<b>Grain</b>	0.00
<b>Fruit</b>	0.06
<b>GreenVeg</b>	0.32
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 50.00			
Serving Size: 0.50 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	88.75		
<b>Fat</b>	4.29g		
<b>SaturatedFat</b>	0.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.20mg		
<b>Sodium</b>	162.34mg		
<b>Carbohydrates</b>	11.40g		
<b>Fiber</b>	1.42g		
<b>Sugar</b>	8.12g		
<b>Protein</b>	1.97g		
<b>Vitamin A</b>	175.46IU	<b>Vitamin C</b>	25.15mg
<b>Calcium</b>	15.88mg	<b>Iron</b>	0.40mg

# Baked Beans

<b>Servings:</b>	33.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8259

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN		120530
ONION DEHY CHPD 15 P/L	3/4 Cup		263036
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937

## Preparation Instructions

Wash hands thoroughly.

1. Spray steamtable pan with Cooking Spray.
2. Pour Beans into pan.
3. Add rest of ingredients and mix well.
4. Bake at 325\* for 1 1/4 hours.
5. Serve 1/2 cup Legume, in portion souffle cups.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.78
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 6.00 1

Amount Per Serving			
<b>Calories</b>	197.34		
<b>Fat</b>	1.58g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	291.22mg		
<b>Carbohydrates</b>	37.78g		
<b>Fiber</b>	7.97g		
<b>Sugar</b>	13.02g		
<b>Protein</b>	11.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.71mg	<b>Iron</b>	0.03mg

# Refried Bean Dip

<b>Servings:</b>	54.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8261

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	2 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
WATER SPRNG 4-1GAL GCHC	1 Gallon		686860
SALSA 103Z 6-10 REDG	6 Cup	READY_TO_EAT None	452841
SEASONING TACO SLT FR 19.5Z TRDE	3 Tablespoon	Mix with beans.	605062
CHEESE CHED SHRD 6- 5 COMM	27 Tablespoon	1 Tablespoon = 1/2 ounce of cheese.	199720

## Preparation Instructions

Wash hands thoroughly.

1. Spray pan coating in steam-table pan.
2. Pour boiling water in pan, then mix dehydrated beans mix per directions.
3. Then add taco seasoning and salsa.
4. Bring to temperature 165\* for 15 seconds.
5. Portion in 1/2 cup souffles.
6. Sprinkle with 1 Tablespoon of shredded cheddar cheese.
7. Hold at 135 or higher Temperature in warmer.
8. Serve refried beans in souffle cup with 6 ea Tortilla Chips.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.15

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 54.00			
Serving Size: 0.50 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	42.69		
<b>Fat</b>	2.28g		
<b>SaturatedFat</b>	1.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.50mg		
<b>Sodium</b>	124.74mg		
<b>Carbohydrates</b>	2.80g		
<b>Fiber</b>	0.31g		
<b>Sugar</b>	0.59g		
<b>Protein</b>	1.73g		
<b>Vitamin A</b>	105.48IU	<b>Vitamin C</b>	1.21mg
<b>Calcium</b>	11.24mg	<b>Iron</b>	0.14mg



# Garden Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8262

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757

## Preparation Instructions

Wash hands thoroughly.

Clean and chop vegetables.

Toss together and serve 1 cup servings.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

<b>Calories</b>	27.50		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.63mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	2.25g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	1.80g		
<b>Vitamin A</b>	526.33IU	<b>Vitamin C</b>	36.48mg
<b>Calcium</b>	26.31mg	<b>Iron</b>	0.65mg

# Caesar Salad

<b>Servings:</b>	33.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8263

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Pound		735787
CHEESE PARM GRTD 12-1 PG	1/2 Cup		164259
CROUTON MULTIGR CHS GARL 10-2 GCHC	1 Cup		748510
DRESSING CAESAR 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Use as a dressing or dip	132141

## Preparation Instructions

Wash hands thoroughly.

Toss together and serve 1 cup servings.

Makes 33 - 1 cup servings.

Serve with Cesar dressing or choice of dressings.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.36
<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: 33.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	10.76		
<b>Fat</b>	0.59g		
<b>SaturatedFat</b>	0.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.29mg		
<b>Sodium</b>	19.04mg		
<b>Carbohydrates</b>	0.79g		
<b>Fiber</b>	0.36g		
<b>Sugar</b>	0.38g		
<b>Protein</b>	0.86g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	17.49mg	<b>Iron</b>	0.13mg

# Broccoli with Cheese

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8264

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS 30 COMM	5 Pound		256211
CHEESE CHED SHRD 6-5 COMM	1 Pound		199720
SEASONING GARDEN NO SALT 19Z TRDE	2 Tablespoon		565148

## Preparation Instructions

Wash hands thoroughly

1. Put broccoli in steam-table pan
2. Sprinkle with seasoning
3. Cook frozen broccoli according to directions, but only till crisp to 155\*
4. Sprinkle with cheese and hold in warm at 155\*
5. Serve 1/2 portions.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.32
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

Amount Per Serving			
<b>Calories</b>	142.56		
<b>Fat</b>	2.88g		
<b>SaturatedFat</b>	1.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.60mg		
<b>Sodium</b>	148.80mg		
<b>Carbohydrates</b>	20.48g		
<b>Fiber</b>	12.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	13.92g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Italian Submarine Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8266

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
TURKEY HAM UNCURED 6-2 JENNO	2 Slice		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG	2 Slice		776221
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940

## Preparation Instructions

Wash hands thoroughly.

1. Layer all ingredients, cut cheese on diagonal and layer.
2. Wrap in plastic wrap.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.18
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	330.82
<b>Fat</b>	12.26g
<b>SaturatedFat</b>	5.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.45mg
<b>Sodium</b>	881.61mg
<b>Carbohydrates</b>	31.75g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	21.66g
<b>Vitamin A</b> 50.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 131.00mg	<b>Iron</b> 2.45mg

# Submarine Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8267

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GFS	1 Each		517830
TURKEY ITAL COMBO SLCD 12-1 JENNO	2 Ounce		199721
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

## Preparation Instructions

Wash hands thoroughly.

1. Layer all ingredients, cut cheese on diagonal and layer.
2. Wrap in plastic wrap.
3. Serve with Mayo Olive Oil and or Mustard packet.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	247.20		
<b>Fat</b>	10.53g		
<b>SaturatedFat</b>	3.97g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	51.17mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	22.33g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	15.83g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.13mg
<b>Calcium</b>	71.67mg	<b>Iron</b>	1.88mg

# Hot Dog on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8268

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918
FRANKS 3 MEAT CLASSIC 10/ 2-5 GFS	1 Each		305286
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 500-5.5GM GFS	1 Each		700051
RELISH SWT PKT 200-9GM GFS	1 Each		187216

## Preparation Instructions

Wash hands thoroughly.

1. Cook hot dogs in steamer up to 165\*
2. Put hot dogs in buns.
3. Wrap in plastic.
4. Serve with Ketchup, Relish and Mustard.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	275.00		
<b>Fat</b>	14.70g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	820.60mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.30g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	9.20g		
<b>Vitamin A</b>	1.46IU	<b>Vitamin C</b>	0.07mg
<b>Calcium</b>	42.70mg	<b>Iron</b>	10.75mg

# Hot Dog on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8269

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 500-5.5GM GFS	1 Each		700051
RELISH SWT PKT 200-9GM GFS	1 Each		187216

## Preparation Instructions

Wash hands thoroughly.

1. Cook hot dogs in steamer up to 165\*
2. Put hot dogs in buns.
3. Wrap in plastic.
4. Serve with Ketchup, Relish and Mustard.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	305.00		
<b>Fat</b>	17.70g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	940.60mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.30g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	10.20g		
<b>Vitamin A</b>	1.47IU	<b>Vitamin C</b>	0.07mg
<b>Calcium</b>	50.72mg	<b>Iron</b>	10.90mg

# Cheeseburger on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8270

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	<b>BAKE</b> Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
4" WG HAMBURGER BUN, AUNT MILLIES	1 Each	UNSPECIFIED	3159
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 1000- 5.5GM GFS	1 Each		159950
RELISH SWT PKT 200- 9GM GFS	1 Each		187216

## Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

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

CCP: Hold at 135° F or higher.

Notes:

Serve with Ketchup, mustard and relish.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	355.80		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	5.25g		
<b>Trans Fat</b>	0.51g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	775.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	3.20g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	21.50g		
<b>Vitamin A</b>	0.90IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	122.25mg	<b>Iron</b>	11.48mg

# Broncoburger on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8272

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	2 Each	<b>COOKING GUIDELINES:</b> Cook from frozen state. <b>CONVENTIONAL OVEN:</b> Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>CONVECTION OVEN:</b> Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>MICROWAVE:</b> Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12-50CT JENNO	1/2 Serving		834770

## Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

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

CCP: Hold at 135° F or higher.

Notes:

1. Cook burgers according to instructions, then heat to 165\* for at least 15 seconds.
2. Layer 2 beef patties on bun
3. Top with 1 slice American Cheese and 1 slice bacon cut in half and put beside each other.
4. Wrap in waxed paper and serve with Ketchup, mustard and relish.

## SLE Components

Amount Per Serving

<b>Meat</b>	4.59
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1

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**Amount Per Serving**

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<b>Calories</b>	425.00
<b>Fat</b>	20.75g
<b>SaturatedFat</b>	8.75g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	90.00mg
<b>Sodium</b>	615.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	29.50g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	159.00mg	<b>Iron</b>	3.16mg

# Grilled Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8274

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822
BUTTER SPREAD 6-5 SMRT BAL	2 Teaspoon		684300
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360

## Preparation Instructions

Wash hands thoroughly.

Spread margarine on bottom slice of bread, add 4 slices of cheese, top with another slice of bread, spread margarine on top slice of bread. Bake till golden brown.

Wrap in paper and hold at 135\* or higher.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	406.67		
<b>Fat</b>	17.33g		
<b>SaturatedFat</b>	7.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	1130.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	333.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	444.27mg	<b>Iron</b>	2.00mg

# Grilled Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8276

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	Ready to eat	150260
MARGARINE SLD 30-1 GCHC	1/2 Tablespoon		733061
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822

## Preparation Instructions

Wash hands thoroughly.

Spread margarine on bottom slice of bread, add 4 slices of cheese, top with another slice of bread, spread margarine on top slice of bread. Bake till golden brown.

Wrap in paper and hold at 135\* or higher.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	385.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	7.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	915.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	675.00IU	<b>Vitamin C</b>	0.60mg
<b>Calcium</b>	210.00mg	<b>Iron</b>	2.36mg

# Chicken Ranch Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8284

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	1 slice = 1/2 ounce	150260
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup		735787
DRESSING RNCH LT 4-1GAL GCHC	1 Tablespoon		472999

## Preparation Instructions

Wash hands thoroughly.

1. Lay out tortilla and top with 1 slice of American Sliced Cheese cut on the diagonal.
2. Put 3 chicken tenders on top.
3. Then add 1/2 cup of lettuce.
4. Top with 1 Tablespoon Ranch Dressing.
5. Roll up and cut in half.
6. Wrap in plastic wrap.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	1.92
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

**Calories** 373.33

**Fat** 18.75g

**SaturatedFat** 5.67g

**Trans Fat** 0.00g

**Cholesterol** 31.67mg

**Sodium** 670.00mg

**Carbohydrates** 36.67g

**Fiber** 4.50g

**Sugar** 4.17g

**Protein** 16.00g

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

**Calcium** 127.00mg      **Iron** 2.59mg

# PB&J Combo

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8339

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	1 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Each		282422

## Preparation Instructions

Wash hands thoroughly.

Put all items in a 1# paper tray #122910.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	460.00
<b>Fat</b>	22.50g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	49.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 368.00mg	<b>Iron</b> 2.16mg



# Yogurt Meal

<b>Servings:</b>	1.00	<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-8340

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup		197831
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each		597380
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

## Preparation Instructions

Wash hands thoroughly.

Wash fresh fruit, Use fresh grapes, or fresh apple, or fresh orange quartered and put into a baggie.

If no fresh fruit, a applesauce cup may be used.

Put all items in a plastic box # 441953 for service.

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

<b>Calories</b>	426.27
<b>Fat</b>	10.27g
<b>SaturatedFat</b>	4.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	621.67mg
<b>Carbohydrates</b>	67.67g
<b>Fiber</b>	2.73g
<b>Sugar</b>	32.33g
<b>Protein</b>	17.53g
<b>Vitamin A</b> 6084.00IU	<b>Vitamin C</b> 63.36mg

**Calcium** 579.76mg **Iron** 2.25mg

# Steak Philly Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8357

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Serving		720861
PEPPERS & ONION FLME RSTD 6-2.5	2 1/4 Ounce		847208
CHEESE SWS 160CT SLCD PROC 4-5 GCHC	1 Slice		164348

## Preparation Instructions

Wash hands thoroughly.

1. Cook philly meat according to directions, CCP: Hot hold at 135F or higher
2. Cook peppers & onions according to directions, CCP: Hot hold at 135F or higher
3. Place 3oz philly meat, 1 slice of cheese & mixed peppers & onions into an 8" sub bun
4. Wrap sub in wax paper, CCP: Hot hold at 135F or higher.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.22
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	388.89		
<b>Fat</b>	15.57g		
<b>SaturatedFat</b>	6.40g		
<b>Trans Fat</b>	0.52g		
<b>Cholesterol</b>	52.50mg		
<b>Sodium</b>	856.91mg		
<b>Carbohydrates</b>	39.26g		
<b>Fiber</b>	3.34g		
<b>Sugar</b>	9.63g		
<b>Protein</b>	21.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	161.92mg	<b>Iron</b>	3.75mg

# Turkey & Cheese Sub on Pretzel Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8360

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each		500162
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Ounce		244190
American Cheese Sliced RF	1/2 Ounce		666204

## Preparation Instructions

Assemble bagel sandwich place 2 oz. sliced turkey and 1 slice of American Cheese on a pretzel bun.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.67
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	214.17		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.96g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	18.75mg		
<b>Sodium</b>	268.33mg		
<b>Carbohydrates</b>	29.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.25g		
<b>Protein</b>	12.42g		
<b>Vitamin A</b>	15.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	1.92mg

# Turkey & Cheese Wrap

<b>Servings:</b>	1.00	<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-8361

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
  2. Place 5 turkey slices, 1 slice of cheese & 1/2 cup of lettuce into 10" tortilla
  3. Wrap, label and date for 3 days.
  4. Serve with Ranch Dressing.
- CCP: Keep cold 41F or below.

### 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: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	321.67
<b>Fat</b>	13.25g
<b>SaturatedFat</b>	5.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	743.33mg
<b>Carbohydrates</b>	29.50g

<b>Fiber</b>		3.00g	
<b>Sugar</b>		2.50g	
<b>Protein</b>		21.67g	
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	195.00mg	<b>Iron</b>	1.92mg

# Turkey & Cheese Wrap

<b>Servings:</b>	1.00	<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-8371

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Serving		150260

## Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
2. Place 4 turkey slices, 1 slice of cheese cut in half and laid out so every bite gets some cheese, put onto 8" tortilla.
3. Wrap, label and date for 3 days.
4. Serve with Ranch Dressing & lettuce.

CCP: Keep cold 41F or below.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	233.33
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	4.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	566.67mg
<b>Carbohydrates</b>	19.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	16.83g
<b>Vitamin A</b> 150.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 95.00mg	<b>Iron</b> 1.32mg

# Ham & Cheese Wrap

<b>Servings:</b>	1.00	<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-8374

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: <b>BRING TO ROOM TEMPERATURE.</b> Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING STEAM CABINET:</b> Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b> Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
TURKEY HAM SLCD 12-1 JENNO	1 1/2 Ounce		556121
CHEESE SLCD YEL 6-5 COMM	1/2 Serving	Cut 1 slice of cheese in half and lay on tortilla wrap so it lays all the way across the tortilla wrap.	334450

## Preparation Instructions

1. Thaw turkey ham according to directions. CCP: Keep cold 41F or below.
  2. Place 4 slices of turkey ham, 1 slice of cheese cut in half & 1/2 cup of lettuce into 10" tortilla
  3. Wrap, label and date for 3 days.
  4. Serve with Ranch dressing.
- CCP: Keep cold 41F or below.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.97
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	286.47
<b>Fat</b>	11.71g
<b>SaturatedFat</b>	5.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	41.91mg
<b>Sodium</b>	609.71mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	3.00g



<b>Sugar</b>	2.50g
<b>Protein</b>	14.85g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.88mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 2.15mg

# Bosco Sticks with Marinara

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8381

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>Preheat oven to 400° F.</li> <li>Place Bosco Sticks on a baking sheet.</li> <li>THAWED: 7-9 minutes.</li> <li>Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>Preheat oil to 350° F.</li> <li>THAWED ONLY: 1-2 minutes.</li> <li>Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>Thaw before baking.</li> <li>Keep Bosco Sticks covered while thawing</li> <li>Bosco Sticks may be thawed in packaging.</li> <li>Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA A/P 6-10 REDPK	1 Serving	<p><b>READY_TO_EAT</b> None 1 serving = .25 cup</p>	592714

## Preparation Instructions

Wash hands thoroughly.

Bake Breadsticks according to directions on package.

Bring marinara sauce to 135F - 165F

Serve #16 Scoop (1.4z)= .25 cup in souffle cups.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.18
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	314.29		
<b>Fat</b>	10.71g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	554.29mg		
<b>Carbohydrates</b>	36.14g		
<b>Fiber</b>	4.71g		
<b>Sugar</b>	3.43g		
<b>Protein</b>	20.71g		
<b>Vitamin A</b>	138.57IU	<b>Vitamin C</b>	2.14mg
<b>Calcium</b>	449.71mg	<b>Iron</b>	2.00mg

# Beef Taco with Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8418

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
TACO FILLING BEEF REDC FAT 6-5# COMM	2 1/2 Ounce	Heat in steamer 4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	1/5# bags use scoop #30	150250
TOMATO ROMA DCD 3/8 2-5 RSS	1 Ounce		786543
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730

## Preparation Instructions

### Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

### Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

### OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Put 3 oz meat into shell, top with cheese, serve with lettuce, tomato, salsa and sour cream.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.23
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	234.73
<b>Fat</b>	9.11g
<b>SaturatedFat</b>	4.42g
<b>Trans Fat</b>	0.23g
<b>Cholesterol</b>	35.10mg
<b>Sodium</b>	373.33mg
<b>Carbohydrates</b>	25.07g

<b>Fiber</b>	4.20g		
<b>Sugar</b>	3.58g		
<b>Protein</b>	15.47g		
<b>Vitamin A</b>	583.68IU	<b>Vitamin C</b>	3.94mg
<b>Calcium</b>	112.58mg	<b>Iron</b>	2.70mg

# Southwest Fiesta Cole Slaw

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8425

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	5 Pound		361300
CORN & BLK BEAN FLME RSTD 6-2.5	2 1/2 Pound	<b>MICROWAVE</b> Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. <b>MICROWAVE: (1100W)</b> Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. <b>MICROWAVE: (2200W)</b> Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. <b>STOVE TOP:</b> Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. <b>STEAMER:</b> Arrange product in a half-size steam table pan. Steam for 15 minutes. <b>CONVECTION OVEN:</b> Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. <b>COMBI OVEN:</b> Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.	163760
DRESSING COLESLAW 4- 1GAL LTHSE	3 1/2 Cup	<b>READY_TO_EAT</b> Open, pour and enjoy!	132151
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1/4 Cup		430795
SEASONING TACO SLT FR 19.5Z TRDE	1 1/2 Tablespoon		605062

## Preparation Instructions

Wash hands thoroughly.

Mix salad dressing with vinegar and seasoning.

Mix cole slaw with veggies, then add salad dressing.

Serve in 1/2 cup souffle cups.

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

### Amount Per Serving

<b>Calories</b>	91.63		
<b>Fat</b>	5.08g		
<b>SaturatedFat</b>	0.84g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.80mg		
<b>Sodium</b>	247.38mg		
<b>Carbohydrates</b>	10.30g		
<b>Fiber</b>	1.03g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	8.11IU	<b>Vitamin C</b>	0.17mg
<b>Calcium</b>	14.87mg	<b>Iron</b>	0.07mg

# Southwest Fiesta Cole Slaw

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8427

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	5 Pound		361300
CORN & BLK BEAN FLME RSTD 6-2.5	2 1/2 Pound	<b>MICROWAVE</b> Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. <b>MICROWAVE: (1100W)</b> Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. <b>MICROWAVE: (2200W)</b> Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. <b>STOVE TOP:</b> Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. <b>STEAMER:</b> Arrange product in a half-size steam table pan. Steam for 15 minutes. <b>CONVECTION OVEN:</b> Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. <b>COMBI OVEN:</b> Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.	163760
DRESSING COLESLAW 4- 1GAL LTHSE	3 1/2 Cup	<b>READY_TO_EAT</b> Open, pour and enjoy!	132151
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1/4 Cup		430795
SEASONING TACO SLT FR 19.5Z TRDE	1 1/2 Tablespoon		605062

## Preparation Instructions

Wash hands thoroughly.

Mix salad dressing with vinegar and seasoning.

Mix cole slaw with veggies, then add salad dressing.

Serve in 1/2 cup souffle cups.



## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.20
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

<b>Amount Per Serving</b>			
<b>Calories</b>	91.63		
<b>Fat</b>	5.08g		
<b>SaturatedFat</b>	0.84g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.80mg		
<b>Sodium</b>	247.38mg		
<b>Carbohydrates</b>	10.30g		
<b>Fiber</b>	1.03g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	8.11IU	<b>Vitamin C</b>	0.17mg
<b>Calcium</b>	14.87mg	<b>Iron</b>	0.07mg

# Cole Slaw

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8428

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1/2 Cup		293148
DRESSING COLESLAW 4-1GAL LTHSE	1/2 Tablespoon	READY_TO_EAT Open, pour and enjoy!	132151

## Preparation Instructions

Wash hands thoroughly.

Mix ingredients together and put in 1/2 cup souffle cups with lid.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

#### Amount Per Serving

<b>Calories</b>	39.50		
<b>Fat</b>	2.25g		
<b>SaturatedFat</b>	0.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.25mg		
<b>Sodium</b>	103.50mg		
<b>Carbohydrates</b>	4.42g		
<b>Fiber</b>	0.67g		
<b>Sugar</b>	3.17g		
<b>Protein</b>	0.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.00mg	<b>Iron</b>	0.00mg

# Cole Slaw

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8429

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1/2 Cup		293148
DRESSING COLESLAW 4-1GAL LTHSE	1/2 Tablespoon	READY_TO_EAT Open, pour and enjoy!	132151

## Preparation Instructions

Wash hands thoroughly.

Mix ingredients together and put in 1/2 cup souffle cups with lid.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

#### Amount Per Serving

<b>Calories</b>	39.50		
<b>Fat</b>	2.25g		
<b>SaturatedFat</b>	0.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.25mg		
<b>Sodium</b>	103.50mg		
<b>Carbohydrates</b>	4.42g		
<b>Fiber</b>	0.67g		
<b>Sugar</b>	3.17g		
<b>Protein</b>	0.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.00mg	<b>Iron</b>	0.00mg

# Oriental Bok Choy Cole Slaw

<b>Servings:</b>	132.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8511

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD BLND KALE RNBW COLOR CRNCH 4-2	2 Gallon	Chopped Julienned.	644181
ONION RED JUMBO 10 MRKN	2 Cup	Thinly sliced.	596973
BOK CHOY BABY 10	2 Gallon	Chopped Julienned.	139821
SAUCE SOY 4-1GAL GCHC	5 Cup		124524
SUGAR BEET GRANUL 25 GFS	4 Cup		108588
GARLIC CHPD IN OIL 12-4.5Z	1 1/4 Cup		908010
SPICE MUSTARD GRND 14Z TRDE	1 1/4 Cup		224928
MUSTARD WGRAIN 6-32Z CRWNCOLL	2 1/2 Cup		634892
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	4 Cup		217523
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 1/4 Cup		109843
OIL SALAD CANOLA NT 3-1GAL GFS	8 1/2 Cup		432000
LEMON JUICE 100 12-32FLZ GCHC	2 1/2 Cup		311227
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Tablespoon		225088

## Preparation Instructions

Wash hands thoroughly.

Combine all chopped ingredients and mix well.

Combine all liquid and spice ingredients and mix with mixer until well incorporated.

Mix only what you will use (chopped & wet ingredients).

Label, date and store properly.

### SLE Components

Amount Per Serving

**Meat** 0.00

**Grain** 0.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.24
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.05
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 132.00  
Serving Size: 0.50 1

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**Amount Per Serving**

<b>Calories</b>	196.36
<b>Fat</b>	14.45g
<b>SaturatedFat</b>	1.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	475.68mg
<b>Carbohydrates</b>	17.52g
<b>Fiber</b>	0.80g
<b>Sugar</b>	15.38g
<b>Protein</b>	0.59g

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<b>Vitamin A</b>	830.72IU	<b>Vitamin C</b>	10.78mg
<b>Calcium</b>	25.41mg	<b>Iron</b>	0.33mg

# Oriental Bok Choy Cole Slaw

<b>Servings:</b>	116.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8512

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD BLND KALE RNBW COLOR CRNCH 4-2	1 1/2 Gallon	Chopped Julienned.	644181
ONION RED JUMBO 10 MRKN	2 Cup	Thinly sliced.	596973
BOK CHOY BABY 10	2 Gallon	Chopped Julienned.	139821
SAUCE SOY 4-1GAL GCHC	5 Cup		124524
SUGAR BEET GRANUL 25 GFS	4 Cup		108588
GARLIC CHPD IN OIL 12-4.5Z	1 1/4 Cup		908010
SPICE MUSTARD GRND 14Z TRDE	1 1/4 Cup		224928
MUSTARD WGRAIN 6-32Z CRWNCOLL	2 1/2 Cup		634892
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	5 Cup		217523
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 1/4 Cup		109843
OIL SALAD CANOLA NT 3-1GAL GFS	9 Cup		432000
LEMON JUICE 100 12-32FLZ GCHC	2 1/2 Cup		311227
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Tablespoon		225088

## Preparation Instructions

Wash hands thoroughly.

Combine all chopped ingredients and mix well.

Combine all liquid and spice ingredients and mix with mixer until well incorporated.

Mix only what you will use (chopped & wet ingredients).

Label, date and store properly.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
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<b>Grain</b>	0.00
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<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.28
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 116.00  
 Serving Size: 0.50 1

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**Amount Per Serving**

<b>Calories</b>	239.19		
<b>Fat</b>	17.40g		
<b>SaturatedFat</b>	1.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	540.71mg		
<b>Carbohydrates</b>	22.12g		
<b>Fiber</b>	0.84g		
<b>Sugar</b>	19.67g		
<b>Protein</b>	0.62g		
<b>Vitamin A</b>	945.30IU	<b>Vitamin C</b>	12.27mg
<b>Calcium</b>	27.47mg	<b>Iron</b>	0.36mg

# Brown Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8513

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PERFECTED 25 UBEN test	1/4 Cup	<b>SIMMER</b> PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404

## Preparation Instructions

Wash hands thoroughly.

Follow the directions on the package.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

Amount Per Serving			
<b>Calories</b>	170.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg



# Brown Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8514

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PERFECTED 25 UBEN test	1/2 Serving	<b>SIMMER</b> PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404

## Preparation Instructions

Wash hands thoroughly.

Follow the directions on the package.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

Amount Per Serving			
<b>Calories</b>	85.00		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.18mg

# Fish Shapes, Tots & WG Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8515

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	1 Serving	BAKE CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.	523291
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701
POTATO TATER TOTS 6- 5 OREI	2 1/2 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

## Preparation Instructions

Wash hands thoroughly.

Bake fish according to directions.

Bake tater tots according to directions.

Use paper tray to put 4 fish nuggets and put 2.52 oz of Tater tots. Keep hot till serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	430.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	1170.00mg
<b>Carbohydrates</b>	50.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	4.00g

<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	2.88mg

# Chicken Nuggets with Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8517

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	5 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040
WG Dinner Roll Aunt Millie's	1 1 roll		4375

## Preparation Instructions

Wash hands thoroughly.

Cook chicken nuggets according to directions.

Serve 5 chicken nuggets with 1 WG dinner roll.

Serve with BBQ sauce pkg or Ranch dressing pkg.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	340.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	595.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	2.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	10.00mg

# Chicken Nuggets with Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8518

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	1 5 each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040
WG Dinner Roll Aunt Millie's	1 1 roll		4375
SAUCE BBQ CUP DUNK LO SOD 250-1Z REDG	1 Each	READY_TO_EAT None	141201

## Preparation Instructions

Wash hands thoroughly.

Cook chicken nuggets according to directions.

Serve 5 chicken nuggets with 1 WG dinner roll.

Serve with BBQ sauce pkg or Ranch dressing pkg.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.03
<b>Grain</b>	2.77
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

<b>Calories</b>	188.00		
<b>Fat</b>	4.30g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.00mg		
<b>Sodium</b>	284.00mg		
<b>Carbohydrates</b>	32.20g		
<b>Fiber</b>	2.60g		
<b>Sugar</b>	11.20g		
<b>Protein</b>	6.60g		
<b>Vitamin A</b>	0.40IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.80mg **Iron** 2.00mg

# Broncoburger on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8519

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5" Bun, WG	1 Each	READY_TO_EAT	3354
BEEF PTY CKD FLAMEBR CN 250-1.95Z	1 Each		187220
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1/2 Serving		722360

## Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

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

CCP: Hold at 135° F or higher.

Notes:

1. Cook burger patties according to instructions, then heat to 165\* for at least 15 seconds.
2. Layer 1 beef patty on bun
3. Top with 1 slice American Cheese.
4. Wrap in waxed paper and serve with Ketchup, mustard and relish.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	235.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	600.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	18.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 116.00mg **Iron** 1.44mg



# Refried Bean Dip

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8521

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	28 Ounce	Reconstitute 1 bag of beans according to package directions	703753
WATER SPRNG 4-1GAL GCHC	1/2 Gallon	Heat water till boiling then pour over reconstitute beans.	686860
SALSA 103Z 6-10 REDG	1 Cup	READY_TO_EAT None	452841
CHEESE AMER SHRD R/F 4-5 LOL	1/8 Pound		861950

## Preparation Instructions

1. Stir together the prepared beans and salsa in a large mixing bowl until thoroughly combined.
2. Portion into 4oz souffle cups. NEEDS to equal 1/2 cup
3. Sprinkle shredded cheddar cheese on top
4. Place in warmer before each lunch, just until the cheese is melted. (Don't want cups to melt!)

### SLE Components

Amount Per Serving

<b>Meat</b>	0.02
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.05
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.35
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 1

Amount Per Serving			
<b>Calories</b>	122.19		
<b>Fat</b>	1.13g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.31mg		
<b>Sodium</b>	453.69mg		
<b>Carbohydrates</b>	21.42g		
<b>Fiber</b>	6.91g		
<b>Sugar</b>	0.23g		
<b>Protein</b>	7.06g		
<b>Vitamin A</b>	39.82IU	<b>Vitamin C</b>	1.04mg
<b>Calcium</b>	42.84mg	<b>Iron</b>	1.58mg

# Refried Bean Dip

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8522

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	54 1/8 Ounce	Reconstitute 1 bag of beans according to package directions	703753
SALSA 103Z 6-10 REDG	4 Pound	READY_TO_EAT None	452841
CHEESE AMER SHRD R/F 4-5 LOL	1 Pound		861950
CHIP TORTL RND YEL 5-1.5 KE	300 Piece	5 pieces = 1/2 oz serving= .50 Grain.	163020

## Preparation Instructions

1. Stir together the prepared beans and salsa in a large mixing bowl until thoroughly combined.
2. Portion into 4oz souffle cups. NEEDS to equal 1/2 cup
3. Sprinkle shredded cheddar cheese on top
4. Place in warmer before each lunch, just until the cheese is melted. (Don't want cups to melt!)

### SLE Components

Amount Per Serving

<b>Meat</b>	0.08
<b>Grain</b>	6.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.21
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.33
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

Amount Per Serving			
<b>Calories</b>	912.11		
<b>Fat</b>	28.36g		
<b>SaturatedFat</b>	3.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.20mg		
<b>Sodium</b>	1134.37mg		
<b>Carbohydrates</b>	142.79g		
<b>Fiber</b>	18.69g		
<b>Sugar</b>	0.93g		
<b>Protein</b>	19.25g		
<b>Vitamin A</b>	159.01IU	<b>Vitamin C</b>	2.30mg
<b>Calcium</b>	304.06mg	<b>Iron</b>	3.69mg

# PB&J & Cheez its

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8523

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	1 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Each		282422

## Preparation Instructions

Wash hands thoroughly.

Put all items in a 1# paper tray #122910.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	400.00
<b>Fat</b>	19.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	450.00mg
<b>Carbohydrates</b>	48.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	11.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 170.00mg	<b>Iron</b> 2.16mg

# Crispy Chicken Leg with Corny Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8524

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791
TREAT RICE KRISPIE MINI WGRAIN 600CT	1 Each		565002

## Preparation Instructions

Wash hands thoroughly.

Bake chicken drumsticks according to directions.

Serve with corn bread.

### SLE Components

Amount Per Serving

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

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 1			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	450.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	75.00mg		
<b>Sodium</b>	665.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	22.00g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	2.36mg
<hr/>			

# Crispy Chicken Leg with Corny Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8525

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791

## Preparation Instructions

Wash hands thoroughly.

Bake chicken drumsticks according to directions.

Serve with corn bread.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	400.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.00mg
<b>Sodium</b>	620.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 36.00mg	<b>Iron</b> 2.00mg

# Mashed Potatoes with Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8526

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	5/8 Ounce	<b>RECONSTITUTE</b> 1: Pour 2 gallons boiling water in mixing bowl. 2: <b>HAND MIX:</b> Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. <b>MACHINE MIX:</b> Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
MIX GRAVY POULTRY LO SOD 8- 22.6Z TRIO	1 1/4 Tablespoon		552061

## Preparation Instructions

Wash hands thoroughly.

Make mashed potatoes according to package directions. Add Butter Buds to taste.

Make gravy according to package directions.

Put 1/2 cup mashed potatoes in bowl, put 1 1/2 Tablespoons gravy over top, keep warm at 145\* or above.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	145.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg



**Calcium** 10.00mg **Iron** 0.20mg

# Mashed Potatoes with Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8527

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	5/8 Ounce	<b>RECONSTITUTE</b> 1: Pour 2 gallons boiling water in mixing bowl. 2: <b>HAND MIX:</b> Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. <b>MACHINE MIX:</b> Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
BUTTER SUB 24-4Z BTRBUDS	1/8 Teaspoon		209810
MIX GRAVY POULTRY LO SOD 8- 22.6Z TRIO	1 1/4 Tablespoon		552061

## Preparation Instructions

Wash hands thoroughly.

Make mashed potatoes according to package directions. Add Butter Buds to taste.

Make gravy according to package directions.

Put 1/2 cup mashed potatoes in bowl, put 1 1/2 Tablespoons gravy over top, keep warm at 145\* or above.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

<b>Amount Per Serving</b>	
<b>Calories</b>	110.30
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	147.60mg
<b>Carbohydrates</b>	21.09g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	3.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.20mg

# Chicken Smackers & WG Bread Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8528

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	1 Serving	Bake according to directions.	536620
BREADSTICK WHT WHE PARBK 200-.9Z	1 Each	Warm in warmer.	622082

## Preparation Instructions

Wash hands thoroughly.

Prepare popcorn chicken according to instructions.

Put breadsticks in warmer to warm.

Serve 10 popcorn chicken with 1 breadstick.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	620.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.16mg

# Macaroni & Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8529

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5# LOL	5/8 Cup		527582
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	1 Each	<b>READY_TO_EAT</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.	521782
HONEY PKT 200-9GM GFS	1 Each		270539
TREAT RICE KRISPIE MINI 600-.39Z KELL	1 Each		859570

## Preparation Instructions

Wash hands thoroughly.

Basic Preparation

Place sealed bag in a steamer or in boiling water. Heat for approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned.

Serve 6 oz of mac and cheese in a 8 oz foam bowl, cover with plastic wrap. Keep at 145\* or higher in warmer.

Serve with 1 biscuit, 1 honey package, and 1 rice mini krispie treat.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 1

### Amount Per Serving

<b>Calories</b>	452.40
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	930.30mg
<b>Carbohydrates</b>	58.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	20.10g
<b>Vitamin A</b> 750.00IU	<b>Vitamin C</b> 0.05mg
<b>Calcium</b> 460.43mg	<b>Iron</b> 1.77mg

# Macaroni & Cheese & WG Biscuit w/Honey & Rice Krispie Treat

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8530

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5# LOL	5/8 Cup		527582
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	1 Each	<b>READY_TO_EAT</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.	521782
HONEY PKT 200-9GM GFS	1 Each		270539
TREAT RICE KRISPIE MINI 600-.39Z KELL	1 Each		859570

## Preparation Instructions

Wash hands thoroughly.

Basic Preparation

Place sealed bag in a steamer or in boiling water. Heat for approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned.

Serve 6 oz of mac and cheese in a 8 oz foam bowl, cover with plastic wrap. Keep at 145\* or higher in warmer.

Serve with 1 biscuit, 1 honey package, and 1 rice mini krispie treat.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 6.00 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	452.40		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	930.30mg		
<b>Carbohydrates</b>	58.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	20.10g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	460.43mg	<b>Iron</b>	1.77mg



# Cheesy Bread Bites with Marinara

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8531

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BITE CHS WGRAIN 240-1Z	4 Ounce	<b>BAKE</b> Preheat oven to 350 degrees F. Place frozen breadsticks on parchment lined baking sheet. Bake 6-8 minutes or until the internal temperature reaches 165 degrees F.	116933
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	<b>READY_TO_EAT</b> None Use #16 scoop.	592714

## Preparation Instructions

Wash hands thoroughly.

Bake Bread Bites according to instructions.

Heat Marinara to 145\* or higher and use #16 disher (scoop, dark blue).

Put into souffle cup and serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	308.57		
<b>Fat</b>	13.43g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	768.57mg		
<b>Carbohydrates</b>	32.29g		
<b>Fiber</b>	5.43g		
<b>Sugar</b>	2.86g		
<b>Protein</b>	17.43g		
<b>Vitamin A</b>	285.14IU	<b>Vitamin C</b>	4.29mg
<b>Calcium</b>	35.43mg	<b>Iron</b>	8.00mg

# Cheesy Bread Bites with Marinara

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8532

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BITE CHS WGRAIN 240-1Z	4 Piece	<b>BAKE</b> Preheat oven to 350 degrees F. Place frozen breadsticks on parchment lined baking sheet. Bake 6-8 minutes or until the internal temperature reaches 165 degrees F.	116933
SAUCE MARINARA A/P 6-10 REDPK	1 3/8 Ounce	<b>READY_TO_EAT</b> None Use #16 scoop.	592714

## Preparation Instructions

Wash hands thoroughly.

Bake Bread Bites according to instructions.

Heat Marinara to 145\* or higher and use #16 disher (scoop, dark blue).

Put into souffle cup and serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	4.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.00mg	<b>Iron</b>	4.00mg

# Popcorn Chicken Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8533

## 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
CORN 6-10 CMDTY	1/4 Cup	Steam corn till 165.	120483
GRAVY MIX CHIX 8- 22.6Z TRIO	2 5/8 Tablespoon	1.5 tbsp = 1/4 cup prepared ADD ONE PKG TO 1 GALLON BOILING WATER,BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.	290025
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	Sprinkle Cheddar Cheese on top, cover with plastic wrap and hold in warmer at 135-165.	150250
POTATO PRLS XTRA RICH 6-3.56 BAMER	5/8 Ounce	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585

## Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve
7. Serve with dinner roll and margarine cup.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.75

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	452.07
<b>Fat</b>	16.64g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	77.50mg
<b>Sodium</b>	1045.60mg
<b>Carbohydrates</b>	52.16g
<b>Fiber</b>	5.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	23.75g

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<b>Vitamin A</b>	275.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	79.75mg	<b>Iron</b>	1.64mg

# Cheesy Bread Sticks with Marinara

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8534

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10- 20CT	2 Serving	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930
SAUCE MARINARA A/P 6- 10 REDPK	1 3/8 Ounce	READY_TO_EAT None	592714

## Preparation Instructions

- Wash hands thoroughly.
- Bake Bread sticks according to directions.
- Heat Marinara sauce to 145\* or higher.
- Use #16 dark blue disher and put into a souffle cup and serve.
- 4 pieces equal 1 serving of 2 M/MA and 2 Grain.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	320.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	20.00g

<b>Vitamin A</b>	194.00IU	<b>Vitamin C</b>	3.00mg
<b>Calcium</b>	371.00mg	<b>Iron</b>	2.00mg

# Cheesy Bread Sticks with Marinara

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8535

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10- 20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930
SAUCE MARINARA A/P 6- 10 REDPK	1 3/8 Ounce	READY_TO_EAT None	592714

## Preparation Instructions

Wash hands thoroughly.

Bake Bread sticks according to directions.

Heat Marinara sauce to 145\* or higher.

Use #16 dark blue disher and put into a souffle cup and serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	194.00IU	<b>Vitamin C</b>	3.00mg

**Calcium** 371.00mg **Iron** 2.00mg



# Brunch for Lunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8537

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351

## Preparation Instructions

Wash hands thoroughly.

Bake chicken tenders according to directions.

Bake Dutch Waffle according to directions.

Use a 1# paper tray to put chicken and funnel cake in to serve.

Keep hot at 135\* or above.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	540.00		
<b>Fat</b>	25.00g		
<b>SaturatedFat</b>	5.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	755.00mg		
<b>Carbohydrates</b>	55.00g		
<b>Fiber</b>	4.50g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	23.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	3.42mg

# Brunch for Lunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8538

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	2 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351

## Preparation Instructions

Wash hands thoroughly.

Bake chicken tenders according to directions.

Bake Dutch Waffle according to directions.

Use a 1# paper tray to put chicken and funnel cake in to serve.

Keep hot at 135\* or above.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.33
<b>Grain</b>	2.67
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

<b>Calories</b>	473.33		
<b>Fat</b>	23.00g		
<b>SaturatedFat</b>	4.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.67mg		
<b>Sodium</b>	610.00mg		
<b>Carbohydrates</b>	53.67g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.67g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	64.00mg	<b>Iron</b>	3.13mg

# Brunch for Lunch Cinnamon Pancakes and Sausage

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8539

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	<b>BAKE</b> Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000

## Preparation Instructions

Wash hands thoroughly.

Warm cinnamon pancakes to 135f or above.

Bake sausage according to package directions to 165F.

Use a 1# paper tray to put pancakes and sausage in to serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	520.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.80mg

# Pop tart & String Cheese Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8588

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Wash hands thoroughly. Put items together as a unit and serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	700.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	300.00mg	<b>Iron</b>	1.80mg

# Breakfast Bagel with Cream Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8589

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
CHEESE CREAM LT CUP 100-1Z GCHC	1 Each		549762

## Preparation Instructions

Wash hands thoroughly.

Warm bagels in warmer and put with 1 -1oz cup of cream cheese and serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	275.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 1.80mg

# Cinnamon Toast Crunch Bar w/String Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8590

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL MLK CINN TST 8-12CT GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	147990
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Wash hands thoroughly.

Serve together Cinnamon Toast Crunch Bar w/String Cheese.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	330.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	950.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	450.00mg	<b>Iron</b>	5.40mg

# Yogurt Cup w/Chocolate Chip Graham Grips

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8591

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441

## Preparation Instructions

Wash hands thoroughly.

Put items together as a unit and serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	145.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	240.00mg	<b>Iron</b>	0.72mg

# Doughnut & String Cheese Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8593

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT SUP WGRAIN IW 80-1.9Z SUPBAK	1 Each		509942
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Wash hands thoroughly.

Warm donut in warmer and put with cheese stick to serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	230.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 2700.00IU	<b>Vitamin C</b> 30.00mg
<b>Calcium</b> 400.00mg	<b>Iron</b> 6.30mg



# Chocolate Chip Muffin w/String Cheese Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8594

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Wash hands thoroughly.

Warm muffin in warmer and serve with cheese stick.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	330.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	240.00mg	<b>Iron</b>	1.44mg

# Sausage, Egg, Cheese English Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8595

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
English Muffin	1 Each		2206
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	<b>BAKE</b> Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	<b>BAKE</b> 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 R/F 6-5 LOL	1 Slice		722360

## Preparation Instructions

Wash hands thoroughly.

Cook sausages according to directions.

Cook egg patties according to directions.

Warm English muffin in warmer, then layer meat, egg and cheese and wrap and keep at 135F to 165F.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

**Calories** 285.00

**Fat** 11.00g

**SaturatedFat** 3.75g

**Trans Fat** 0.00g

**Cholesterol** 132.50mg

**Sodium** 840.00mg

**Carbohydrates** 27.00g

**Fiber** 1.00g

**Sugar** 1.50g

**Protein** 18.50g

**Vitamin A** 100.00IU **Vitamin C** 0.00mg

**Calcium** 136.00mg **Iron** 0.72mg

# Chicken Tenders with Dutch Funnel Cake

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8702

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351
CHIX TNRD WGRAIN FC 4-8 TYS	1 Serving	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

## Preparation Instructions

Wash hands thoroughly.

Bake chicken tenders according to directions.

Warm Dutch waffles according to directions.

Use 1# paper tray to put one of each item in to serve.

Hold at 135F to 165F.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

<b>Calories</b>	560.00		
<b>Fat</b>	28.00g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	740.00mg		
<b>Carbohydrates</b>	59.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	76.00mg	<b>Iron</b>	3.80mg

# Chicken Nuggets with WG Bread Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8703

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WHT WHE PARBK 200-.9Z	1 Each		622082
CHIX CHUNKS BRD WGRAIN .66Z 4-7	5 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040

## Preparation Instructions

Wash hands thoroughly. Bake chicken nuggets according to directions, warm bread sticks. Pair together and keep at 135F or higher.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	2.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.00mg	<b>Iron</b>	10.72mg

# X-ray Vision Carrots

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8705

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	1 Cup		150390

## Preparation Instructions

Wash hands thoroughly.

Steam vegetable only till crisp tender. Be careful not to over cook, because holding then will cook them even more.

Add vegetable seasoning and butter buds for flavor.

Keep at 145F to 165F till service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	54.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.00mg		
<b>Sodium</b>	86.00mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Vegetable Blend Spice

<b>Servings:</b>	200.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8706

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK COARSE GRND 16Z TRDE	4 Tablespoon		518322
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Tablespoon		225088
SPICE PAPRIKA 16Z TRDE	2 Tablespoon		518331
SPICE ONION POWDER 19Z TRDE	2 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839

## Preparation Instructions

Wash hands thoroughly.

Mix all spices together, put into a shaker and use on steamed or roasted vegetables.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	1.14		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.23mg		
<b>Carbohydrates</b>	0.48g		
<b>Fiber</b>	0.10g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	76.66IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	1.12mg	<b>Iron</b>	0.04mg

# Mixed Fruit

<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8716

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 #10 CAN		110700
ORANGES MAND BRKN L/S 6-10 GFS	1 #1 CAN		152811
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN		189979

## Preparation Instructions

Wash hands thoroughly.

Mix all 3 cans together with juice.

Use 1/2 cup souffle cups with lids.

Keep cold for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.36
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 1

#### Amount Per Serving

<b>Calories</b>	48.07		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.08mg		
<b>Carbohydrates</b>	11.76g		
<b>Fiber</b>	0.69g		
<b>Sugar</b>	10.34g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	14.39IU	<b>Vitamin C</b>	3.75mg
<b>Calcium</b>	0.72mg	<b>Iron</b>	0.14mg



# Bowl of Cereal & Cheese Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8717

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	365790
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Wash hands thoroughly.

Group items together and serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	190.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	360.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	4.80mg
<b>Calcium</b>	400.00mg	<b>Iron</b>	3.60mg

# Cinnamania Buns & Cheese Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8718

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK CINN BUN 100-1.76Z CINNAMANIA	1 Package		443130
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Wash hands thoroughly.

Combine 1 of each item.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	380.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	210.00mg	<b>Iron</b>	1.60mg

# Nutrigrain Bar & Cheese Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8719

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Combine 1 of each items.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	950.20IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	399.98mg	<b>Iron</b>	1.80mg

# Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8816

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
Aunt Millie's Wheat Sandwich Bread	2 Slice	READY_TO_EAT	466
MUSTARD PKT 200-1/5Z HNZ	1 Each		109908
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

## Preparation Instructions

Wash hands thoroughly.

Layer bread with meat and cheese.

Wrap sandwich with plastic wrap.

Serve with packet choice of mustard and mayo.

Keep in refrigerator till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.50mg		
<b>Sodium</b>	835.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	17.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	8.72mg

# Cheesy Broccoli

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8817

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	3/4 Cup		549292
CHEESE CHED SHRD 6-5 COMM	1 Tablespoon		199720

## Preparation Instructions

Wash hands thoroughly.

Steam Broccoli according to instructions till tender crisp, be careful not to over cook, it will continue to cook in warmer.

Sprinkle cheese on top of 1/2 cup serving before going into the warmer.

Keep at or above 145F to 165F.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 1

#### Amount Per Serving

<b>Calories</b>	95.50		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	128.00mg		
<b>Carbohydrates</b>	7.50g		
<b>Fiber</b>	4.50g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	7.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Mixed Fruit

<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8827

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 #10 CAN		110700
ORANGES MAND BRKN L/S 6-10 GFS	1 #10 CAN		152811
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN		189979

## Preparation Instructions

Wash hands thoroughly.

Put Fruit in refrigerator the day before use.

Mix all 3 kinds of canned fruit together, do not drain juice.

Put 1/2 cup servings in souffle cups with lids.

Keep under refrigeration 38F to 42F.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.52
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 1

Amount Per Serving			
<b>Calories</b>	75.88		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.17mg		
<b>Carbohydrates</b>	17.93g		
<b>Fiber</b>	0.69g		
<b>Sugar</b>	16.21g		
<b>Protein</b>	0.34g		
<b>Vitamin A</b>	137.95IU	<b>Vitamin C</b>	9.31mg
<b>Calcium</b>	6.90mg	<b>Iron</b>	0.25mg

# Breaded Mozzarella Sticks with Marinara Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8828

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	1 Each	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	<b>READY_TO_EAT</b> None	592714

## Preparation Instructions

Wash hands thoroughly.

Bake mozzarella cheese sticks according to directions.

Heat Marinara Sauce to 165F and cup into souffle cups for service, use #16 scoop.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.33
<b>Grain</b>	0.33
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	80.24		
<b>Fat</b>	3.26g		
<b>SaturatedFat</b>	0.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	321.90mg		
<b>Carbohydrates</b>	9.79g		
<b>Fiber</b>	1.93g		
<b>Sugar</b>	3.19g		
<b>Protein</b>	4.60g		
<b>Vitamin A</b>	373.48IU	<b>Vitamin C</b>	4.44mg
<b>Calcium</b>	97.43mg	<b>Iron</b>	0.30mg

# Brunch for Lunch: Chicken Tenders & Waffle

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9946

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
WAFFLE HMSTYL 4 12-12CT EGGO	1 Each		103452
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each		666785

## Preparation Instructions

Wash hands thoroughly.

1. Bake Chicken tenders according to directions.
2. Warm Waffles according to directions.
3. Use a 1 # paper tray to put 2 pieces of chicken tenders and 1 waffle in tray.
4. Place in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	340.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	665.00mg		
<b>Carbohydrates</b>	29.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	21.50g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	125.00mg	<b>Iron</b>	3.87mg



# Brunch for Lunch 2 Cinnamon Pancakes w/ Sausage

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9947

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Serving		642230
SAUSAGE PTY CKD 250-1.2Z COMM	2 Each	<b>BAKE</b> Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000

## Preparation Instructions

Wash hands thoroughly.

1. Heat pancakes according to directions.
2. Heat sausage according to directions.
3. Use a 1# paper tray to serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	780.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	140.00mg	<b>Iron</b>	2.16mg

# Refried Beans with Salsa

<b>Servings:</b>	39.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10052

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	1 1/2 Cup	READY_TO_EAT None	452841
SEASONING TACO SLT FR 19.5Z TRDE	2 1/4 Teaspoon	Mix with beans.	605062
CHEESE CHED SHRD 6-5 COMM	3/4 Cup		199720
BEAN REFRD 6-10 GRSZ	1 1/2 #10 CAN		293962

## Preparation Instructions

Wash hands thoroughly.

1. Spray pan coating in steam-table pan.
2. Pour boiling water in pan, then mix dehydrated beans mix per directions.
3. Then add taco seasoning and salsa.
4. Bring to temperature 165\* for 15 seconds.
5. Portion in 1/2 cup souffles.
6. Sprinkle with 1 Tablespoon of shredded cheddar cheese.
7. Hold at 135 or higher Temperature in warmer.
8. Serve refried beans in souffle cup.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.15
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.05
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	160.32
<b>Fat</b>	3.37g
<b>SaturatedFat</b>	1.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.62mg
<b>Sodium</b>	578.42mg
<b>Carbohydrates</b>	23.61g
<b>Fiber</b>	6.00g
<b>Sugar</b>	1.20g
<b>Protein</b>	8.88g

<b>Vitamin A</b>	36.51IU	<b>Vitamin C</b>	0.41mg
<b>Calcium</b>	48.26mg	<b>Iron</b>	2.02mg

# Refried Beans

<b>Servings:</b>	54.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10053

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	2 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
WATER SPRNG 4-1GAL GCHC	1 Gallon		686860
SALSA 103Z 6-10 REDG	6 Cup	READY_TO_EAT None	452841
SEASONING TACO SLT FR 19.5Z TRDE	3 Tablespoon	Mix with beans.	605062
CHEESE CHED SHRD 6- 5 COMM	54 Tablespoon	2 Tablespoon = 1/2 ounce of cheese.	199720

## Preparation Instructions

Wash hands thoroughly.

1. Spray pan coating in steam-table pan.
2. Pour boiling water in pan, then mix dehydrated beans mix per directions.
3. Then add taco seasoning and salsa.
4. Bring to temperature 165\* for 15 seconds.
5. Portion in 1/2 cup souffles.
6. Sprinkle with 1 Tablespoon of shredded cheddar cheese.
7. Hold at 135 or higher Temperature in warmer.
8. Serve refried beans in souffle cup.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.15

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.01
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 54.00  
Serving Size: 0.50 1

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**Amount Per Serving**

<b>Calories</b>	70.94
<b>Fat</b>	4.53g
<b>SaturatedFat</b>	3.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	172.24mg
<b>Carbohydrates</b>	2.80g
<b>Fiber</b>	0.31g
<b>Sugar</b>	0.59g
<b>Protein</b>	3.23g

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<b>Vitamin A</b>	105.48IU	<b>Vitamin C</b>	1.21mg
<b>Calcium</b>	11.24mg	<b>Iron</b>	0.14mg

# Sweet n' Sour Chicken Over Brown Rice-100sv

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10352

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Serving	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
RICE BRN PERFECTED 25 UBEN test	50 Serving	<b>SIMMER</b> PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404
SAUCE SWT & SOUR 4- 1GAL LACHY	50 Tablespoon		242292
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN		189979
WATER SPRNG 4-1GAL GCHC	100 Fluid Ounce		686860
PEPPERS GREEN LRG 60-70CT MRKN	12 1/2 Tablespoon		198757
PEPPERS RED 11 P/L	12 1/2 Tablespoon		321141
ONION VIDALIA SWT 10 P/L	12 1/2 Tablespoon		558133

## Preparation Instructions

1. Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher
2. Cook pineapple & water together, thicken with corn starch
3. Add to LaChoy Sweet and Sour Sauce
4. Chop veggies into julienne size
5. Stir fry veggies just till crisp tender, or steam veggies just till crisp tender
6. Add veggies to sauce

7. Coat chicken with sauce mixture
8. Serve chicken over top 1/2 cup cooked brown rice

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.13
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Serving

### Amount Per Serving

<b>Calories</b>	348.67		
<b>Fat</b>	13.75g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	377.56mg		
<b>Carbohydrates</b>	40.30g		
<b>Fiber</b>	4.29g		
<b>Sugar</b>	7.71g		
<b>Protein</b>	16.02g		
<b>Vitamin A</b>	35.56IU	<b>Vitamin C</b>	5.09mg
<b>Calcium</b>	33.24mg	<b>Iron</b>	2.28mg

# Sweet and Sour Popcorn Chicken over Brown Rice

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 1	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10353

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN LRG 60-70CT MRKN	3/4 Cup		198757
PEPPERS RED DOMESTIC 23 MRKN	3/4 Cup		560715
ONION VIDALIA SWT 10 P/L	3/4 Cup		558133
JUICE PINEAPPLE 100 12-46FLZ DOLE	1/4 Gallon	READY_TO_EAT Ready to Eat	566144
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/4 #10 CAN		189979
SEASONING SRIRACHA 25.5Z TRDE	1/4 Tablespoon		685862
STARCH CORN 24-1 ARGO	3/4 Cup		108413
SAUCE SWT & SOUR 4-1GAL LACHY	3/4 Gallon		242292
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Serving	BAKE PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.	327120
RICE BRN PERFECTED 25 UBEN test	100 Ounce	SIMMER PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404

## Preparation Instructions

Wash hands thoroughly.



1. Saute' vegetables: Red peppers, Green peppers, and Onions.
2. Add to Pineapple juice (except 1 quart of juice) and pineapple tidbits.
3. To 1 quart of cold juice add 3 cups of Corn Starch, mix well, save to add to sauce once sauce boils.
4. Bring sauce and sauted veggies to a boil, then add the corn starch and juice mixture to thicken. Boil 3 minutes.
5. Divide La Choy Sauce between 4-5 pans (4").
6. Divide Pineapple sauce between the pans evenly and mix together.
7. Bake popcorn balls according to package directions. Mix balls in sauce and use 6 oz scoop to serve over 1/2 cup of cooked rice.
8. Make 400 - 1/2 cup servings of Brown Rice.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	2.10
<b>Fruit</b>	0.07
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 1

### Amount Per Serving

<b>Calories</b>	402.73		
<b>Fat</b>	10.89g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	458.09mg		
<b>Carbohydrates</b>	52.23g		
<b>Fiber</b>	4.29g		
<b>Sugar</b>	13.85g		
<b>Protein</b>	16.39g		
<b>Vitamin A</b>	34.14IU	<b>Vitamin C</b>	3.28mg
<b>Calcium</b>	1.23mg	<b>Iron</b>	0.28mg

# Thanksgiving Sandwich

<b>Servings:</b>	1.00	<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-10917

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	2 Each		710650
STUFFING MIX TRAD 12-31.13Z GCHC	1/4 Cup		455770
CRANBERRY SAUCE WHL 6-10 GFS	2 Tablespoon		164730
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
DRESSING SALAD LT 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	135030

## Preparation Instructions

Wash hands thoroughly.

1. Put 1/4 cup of dressing on 1 slice of bread.
2. Top with 2 Tablespoons of Cranberry Sauce.
3. Top with 5 slices of Turkey.
4. Spread 1 Tablespoon of Lite Salad Dressing on last slice of bread, top sandwich.
5. Then cut on diagonal, fold together and wrap with plastic wrap showing what is in the sandwich.

Keep refrigerated till service. Serve as an entree.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.67
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	381.67
<b>Fat</b>	8.75g
<b>SaturatedFat</b>	0.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	918.33mg
<b>Carbohydrates</b>	49.50g
<b>Fiber</b>	4.50g
<b>Sugar</b>	16.00g
<b>Protein</b>	22.17g

<b>Vitamin A</b>	50.00IU	<b>Vitamin C</b>	0.60mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	3.02mg

# Beef & Cheese Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11122

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
TACO FILLING BEEF REDC FAT 6-5# COMM	2 Ounce	Use #12 scoop or 1/3 cup.	722330
SAUCE CHS CHED POUCH 6-106Z LOL	2 Ounce	Heat cheese sauce in steamer, thin with milk.	135261

## Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup cheese sauce.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.18
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	361.82
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	6.25g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	40.39mg
<b>Sodium</b>	710.30mg
<b>Carbohydrates</b>	34.90g
<b>Fiber</b>	4.26g
<b>Sugar</b>	1.26g
<b>Protein</b>	15.65g

<b>Vitamin A</b>	406.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	257.17mg	<b>Iron</b>	1.86mg

# Baked Beans

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11140

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN		120530
ONION DEHY CHPD 15 P/L	3/4 Cup		263036
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937

## Preparation Instructions

Wash hands thoroughly.

1. Spray steamtable pan with Cooking Spray.
2. Pour Beans into pan.
3. Add rest of ingredients and mix well.
4. Bake at 325\* for 1 1/4 hours.
5. Serve 1/2 cup Legume, in portion souffle cups.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.52
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

Amount Per Serving			
<b>Calories</b>	130.24		
<b>Fat</b>	1.04g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	192.21mg		
<b>Carbohydrates</b>	24.93g		
<b>Fiber</b>	5.26g		
<b>Sugar</b>	8.59g		
<b>Protein</b>	7.32g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.13mg	<b>Iron</b>	0.02mg

# Salad/Veggie Bar Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11172

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1/4 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
Tomatoes, 25 - Vine Ripe	1/4 Cup		199093
PEPPERS RED 11 P/L	1/4 Cup		321141
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
CAULIFLOWER CALIF 12-1CT MRKN	1/4 Cup		198528
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536

## Preparation Instructions

Wash hands thoroughly.

1. Wash and clean each kind of vegetables separately.
2. Cut up vegetables, measure and put in salad bar containers.
3. Record measurements on production sheet.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.38
<b>RedVeg</b>	0.58
<b>OtherVeg</b>	0.75
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

**Calories** 58.78

**Fat** 0.38g

**SaturatedFat** 0.10g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 69.98mg

**Carbohydrates** 12.83g

**Fiber** 4.73g

**Sugar** 6.58g

**Protein** 3.44g

**Vitamin A** 5337.06IU **Vitamin C** 121.83mg

**Calcium** 69.68mg **Iron** 1.51mg



# Salad/Veggie Bar Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11175

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1/4 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
Tomatoes, 25 - Vine Ripe	1/4 Cup		199093
PEPPERS RED 11 P/L	1/4 Cup		321141
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
CAULIFLOWER CALIF 12-1CT MRKN	1/4 Cup		198528
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536

## Preparation Instructions

Wash hands thoroughly.

1. Wash and clean each kind of vegetables separately.
2. Cut up vegetables, measure and put in salad bar containers.
3. Record measurements on production sheet.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.38
<b>RedVeg</b>	0.58
<b>OtherVeg</b>	0.75
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

**Calories** 58.78

**Fat** 0.38g

**SaturatedFat** 0.10g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 69.98mg

**Carbohydrates** 12.83g

**Fiber** 4.73g

**Sugar** 6.58g

**Protein** 3.44g

**Vitamin A** 5337.06IU **Vitamin C** 121.83mg

**Calcium** 69.68mg **Iron** 1.51mg

# Three Bean Salad

<b>Servings:</b>	33.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 1	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11199

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN FZ 30 COMM	5 Cup	Steam beans till crisp tender.	355490
BEAN YELLOW WAX CUT 12-2 GFS	5 Cup	Steam beans till crisp tender.	233226
BEAN GARBANZO 6-10 GCHC	5 Cup	Drain and rinse beans.	118753
ONION VIDALIA SWT 10 P/L	1 1/4 Cup	Thinly slice onions.	558133
SUGAR BEET GRANUL 25 GFS	5/8 Cup		108588
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 1/2 Cup		629640
OIL SALAD CANOLA NT 6-1GAL GCHC	5/8 Cup		393843
SALT KOSHER 12-3 DIAC	1 1/4 Teaspoon		424307
SPICE PEPR BLK REG GRIND 16Z TRDE	5/8 Teaspoon		225037
SPICE CELERY SEED WHOLE 16Z TRDE	1 1/4 Teaspoon		224677

## Preparation Instructions

Wash hands thoroughly.

1. Steam Green and Yellow Beans just till crisp tender, not all the way done. Let cool. (Kidney Beans may be substituted for Yellow Beans, drained and rinsed).
2. Drain and rinse Garbanzo Beans. Then add to cooled Green and Yellow Beans.
3. Slice thinly sweet onions, add to beans.
4. Put all the rest of ingredients to a bowl and whisk together. Mix and pour over beans.
5. Mix all together and refrigerate for at least 8-12 hours before serving.
6. Parsley may be used for garnish (optional).

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.38
<b>Legumes</b>	0.15
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 33.00  
Serving Size: 6.00 1

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**Amount Per Serving**

<b>Calories</b>	64.41
<b>Fat</b>	0.62g
<b>SaturatedFat</b>	0.15g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	135.15mg
<b>Carbohydrates</b>	11.87g
<b>Fiber</b>	2.62g
<b>Sugar</b>	5.16g
<b>Protein</b>	2.39g

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<b>Vitamin A</b>	0.01IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	25.49mg	<b>Iron</b>	0.34mg

# Christmas Dinner Baked Ham w/Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11294

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM 2-7AVG JENNO	3 1/2 Ounce		434663
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

## Preparation Instructions

Wash hands thoroughly.

1. Slice turkey ham equally, each slice should equal 2 M/MA weight before cooked should be 3.58 ounces.
2. Bake in oven till reaches temp of 165\* for 15 sections.
3. Serve with Dinner Roll.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	205.30		
<b>Fat</b>	6.37g		
<b>SaturatedFat</b>	1.79g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	62.65mg		
<b>Sodium</b>	985.00mg		
<b>Carbohydrates</b>	14.79g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.79g		
<b>Protein</b>	19.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.15mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.37mg

# Hamburger on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11295

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	<b>COOKING GUIDELINES:</b> Cook from frozen state. <b>CONVENTIONAL OVEN:</b> Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>CONVECTION OVEN:</b> Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>MICROWAVE:</b> Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

Wash hands thoroughly. Bake hamburgers according to directions. Bun the burgers and wrap. Keep in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	240.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	240.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	9.08mg

# Chicken Salad w/Grapes

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11385

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD LT 4-1GAL LTHSE	1 Cup	READY_TO_EAT Open, pour and enjoy!	135030
LEMON JUICE 100 12-32FLZ GCHC	2 Tablespoon		311227
SALT SEA 36Z TRDE	1/2 Teaspoon		748590
SEASONING VEGETABLE NO SALT 21Z TRDE	1 Teaspoon		647230
CHIX PULLED WHT & DRK BLND 2-5 TYS	4 1/2 Cup	Chop into bite size pieces.	467802
CELERY JUMBO 16-24CT 40 MARKON	1 Cup	Wash thoroughly, then dice into pieces.	198536
ONION VIDALIA SWT 10 P/L	2 Tablespoon	Finely chop onion.	558133
GRAPES RED SDLSS 18AVG MRKN	2 Cup	Washed and cut in half and measure to 2 cups.	197831

## Preparation Instructions

Wash hands thoroughly.

1. In medium bowl, stir together Lite Salad Dressing with Lemon juice, salt, and vegetable seasoning(1 to 1 1/2 tsp).
2. Stir in chicken, diced celery, halved grapes, finely chopped onions until well combined.
3. Cover and refrigerate for up to 3 days.
4. Serve on bread with lettuce and tomato.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.11
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.08
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 3.00 1

### Amount Per Serving

<b>Calories</b>	199.29		
<b>Fat</b>	8.44g		
<b>SaturatedFat</b>	1.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	66.67mg		
<b>Sodium</b>	267.28mg		
<b>Carbohydrates</b>	10.57g		
<b>Fiber</b>	0.41g		
<b>Sugar</b>	7.29g		
<b>Protein</b>	20.25g		
<b>Vitamin A</b>	74.40IU	<b>Vitamin C</b>	2.05mg
<b>Calcium</b>	8.09mg	<b>Iron</b>	4.10mg



# Tomato Soup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12328

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO LO SOD RTS 12-5 CAMP	3/4 Cup	Heat and serve.	514829

## Preparation Instructions

Heat and serve.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 1

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	2.25g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.50mg		
<b>Sodium</b>	60.00mg		
<b>Carbohydrates</b>	15.75g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	9.75g		
<b>Protein</b>	2.25g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.81mg

# Sweet Chili Thai Chicken

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12438

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX SWT CHILI THAI 6-7.15	7 1/8 Pound		536900
PEPPERS GREEN LRG 60-70CT MRKN	2 Cup	Chop fresh peppers into bite size pieces.	198757
PEPPERS RED 11 P/L	2 Cup	Chop fresh peppers into bite size pieces.	321141
ONION VIDALIA SWT 10 P/L	2 Cup	Chop fresh peppers into bite size pieces.	558133
PINEAPPLE TIDBITS IN JCE 6-10 GFS	2 Cup	Add drained pineapple tidbits.	189979

## Preparation Instructions

Wash hands thoroughly .

Chop all vegetables and cook only till crisp tender.

Then add to heated chicken Thai sauce to temp of 165 for 15 seconds.

Then pour over 1/2 cup of Thai Chicken sauce mixture over 1/2 cup cooked Brown Rice.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	0.00
<b>Fruit</b>	0.05
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.05
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 1

Amount Per Serving

<b>Calories</b>	164.54
<b>Fat</b>	3.05g
<b>SaturatedFat</b>	0.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.21mg
<b>Sodium</b>	442.82mg
<b>Carbohydrates</b>	18.61g
<b>Fiber</b>	0.41g
<b>Sugar</b>	13.61g
<b>Protein</b>	15.27g
<b>Vitamin A</b> 227.67IU	<b>Vitamin C</b> 19.06mg

**Calcium** 23.69mg **Iron** 1.21mg

# Broncoburger on WG Bun-1 burger- HS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12439

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	<b>COOKING GUIDELINES:</b> Cook from frozen state. <b>CONVENTIONAL OVEN:</b> Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>CONVECTION OVEN:</b> Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>MICROWAVE:</b> Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12-50CT JENNO	1 Slice		834770

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.68
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	315.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	5.25g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	52.50mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 159.00mg **Iron** 2.08mg

# Chicken Fajita

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12506

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<b>STEAM</b> PREPARATIONAmbient: Ready to use. Refrigerated: <b>BRING TO ROOM TEMPERATURE.</b> Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATINGSTEAM CABINET:</b> Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b> Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
PEPPERS & ONION FLME RSTD 6-2.5	1 Ounce		847208
CHEESE AMER SHRD R/F 4-5 LOL	2 Tablespoon		861950
CHIX FAJT 30 COMM	3 3/8 Ounce		154900

## Preparation Instructions

Wash hands thoroughly.

Heat meat according to directions.

Add Onions and Peppers heat to temp. Mix onions and peppers with meat.

Warm the tortilla, then add Fajita mixture and sprinkle with Cheese.

Keep warm till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.03
<b>OtherVeg</b>	0.05
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	352.90
<b>Fat</b>	11.55g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	81.50mg
<b>Sodium</b>	1094.74mg
<b>Carbohydrates</b>	34.78g
<b>Fiber</b>	3.60g
<b>Sugar</b>	5.89g
<b>Protein</b>	26.90g
<b>Vitamin A</b> 44.50IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 222.96mg	<b>Iron</b> 1.76mg

# Mexican Rice

<b>Servings:</b>	52.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12507

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE MEXICAN FIESTA 6-25.9Z UBEN	25 7/8 Ounce	Cook according to directions.	473006
RICE BRN PERFECTED 25 UBEN test	3 1/2 Cup	<b>SIMMER</b> PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404
WATER DISTILLED 4- 1GAL GCHC	1 Gallon		711143
SEASONING TACO 21Z TRDE	1 Teaspoon		413429

## Preparation Instructions

Directions:

IN a sprayed 4" deep serving pan open contents of 1 box uncle Bens Mexican rice.

Add water and follow directions according to box.

Cook rices separately according to package directions of each rice.

Add 1 tsp Taco Seasonings to dry Uncle Ben's Rice

Follow instructions on box of uncle Bens Rice for cooking.

When both rices cooked, add together and keep hot in warmer till serving time.

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

CCP: Hold at 135° F or higher.

1/2 cup equals 1 bread

Notes:

### SLE Components

Amount Per Serving

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



<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 52.00			
Serving Size: 0.50 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	70.08		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	106.48mg		
<b>Carbohydrates</b>	15.09g		
<b>Fiber</b>	0.66g		
<b>Sugar</b>	0.26g		
<b>Protein</b>	1.67g		
<b>Vitamin A</b>	84.67IU	<b>Vitamin C</b>	2.26mg
<b>Calcium</b>	4.46mg	<b>Iron</b>	0.56mg

# Spicy Chicken Breast on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12512

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

- Wash hands thoroughly.
- Bake chicken breast according to directions.
- Put chicken breast on bun and keep hot till service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 63.00mg **Iron** 2.00mg

# Chicken Breast on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12513

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

Wash hands thoroughly.

Bake chicken breast according to directions.

Put chicken breast on bun and keep hot till service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	440.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 63.00mg **Iron** 2.00mg

# BBQ Beef on a WG Sub Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12514

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

## Preparation Instructions

Wash hands thoroughly.

Bake beef according to directions.

Put beef on buns and wrap and keep warm till service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	860.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	3.80mg

# BBQ Beef on Pretzel Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12515

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each		500162

## Preparation Instructions

Wash hands thoroughly.

Bake beef according to directions.

Put beef on buns and wrap and keep warm till service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	710.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	3.60mg

# Michigan Salad

<b>Servings:</b>	33.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12516

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Pound		735787
CHEESE MOZZ SHRD 4-5 LOL	2 Cup		645170
APPLE VARIETY BULK 113-138CT 40	5 Piece	Washed and cut up into bite size pieces.	810730
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	4 Package	Sprinkle on salad.	636402
CROUTON CHS GARL WGRAIN 250-.5Z	5 Package		661022

## Preparation Instructions

Wash hands thoroughly.

Wash and cut up vegetables and fruit.

Toss together with Mozzarella cheese and top with croutons.

(Optional to sprinkle with Walnuts).

### SLE Components

Amount Per Serving

<b>Meat</b>	0.24
<b>Grain</b>	0.08
<b>Fruit</b>	0.21
<b>GreenVeg</b>	0.36
<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: 33.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	57.97
<b>Fat</b>	1.79g
<b>SaturatedFat</b>	0.85g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.64mg
<b>Sodium</b>	66.56mg
<b>Carbohydrates</b>	8.45g
<b>Fiber</b>	1.35g
<b>Sugar</b>	5.64g
<b>Protein</b>	2.41g
<b>Vitamin A</b> 10.47IU	<b>Vitamin C</b> 0.89mg
<b>Calcium</b> 58.04mg	<b>Iron</b> 0.31mg



# Chicken Philly Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12567

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
PEPPERS & ONION FLME RSTD 6-2.5	1 Ounce		847208
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
CHIX STRP FAJT DK MT FC 6-5 TYS	2 1/2 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390

## Preparation Instructions

Wash hands thoroughly.

Heat meat according to directions.

Add hot peppers and onions to meat and temp together.

Warm buns in warmer till meat is ready to bun.

Put 1 slice of cheese in bun, then add meat mixture and wrap, keep hot.

Put sandwiches in warmer and keep till service.

### 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>	0.03
<b>OtherVeg</b>	0.05

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	342.57		
<b>Fat</b>	12.13g		
<b>SaturatedFat</b>	4.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	79.17mg		
<b>Sodium</b>	802.07mg		
<b>Carbohydrates</b>	34.45g		
<b>Fiber</b>	2.60g		
<b>Sugar</b>	5.89g		
<b>Protein</b>	22.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	148.63mg	<b>Iron</b>	2.97mg

# Spicy Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12572

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Tablespoon		448010
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. <b>Conventional Oven</b> Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. <b>Convection Oven</b> Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	<b>READY_TO_EAT</b> No baking necessary.	751701

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Put lettuce, then veggies, and rest of ingredients in plastic container.
6. Cut chicken breast in long strips and put on top of lettuce.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	3.25
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	574.32
<b>Fat</b>	24.47g
<b>SaturatedFat</b>	5.58g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	1175.58mg
<b>Carbohydrates</b>	57.17g
<b>Fiber</b>	10.37g
<b>Sugar</b>	16.67g
<b>Protein</b>	32.76g
<b>Vitamin A</b> 9621.31IU	<b>Vitamin C</b> 116.68mg
<b>Calcium</b> 144.25mg	<b>Iron</b> 5.33mg

# Spinach Strawberry Salad

<b>Servings:</b>	15.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12574

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	2 1/2 Pound		329401
STRAWBERRY 8 MRKN	1 1/2 Cup		212768
ORANGES MAND WHL L/S 6-10 GFS	1 1/2 Cup		117897
ONION RED JUMBO 10 MRKN	1/2 Cup	Sliced thinly in rings.	596973
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Each	READY_TO_EAT READY_TO_EAT	885750
JELLY ASST DIET 200-3/8Z SMUCK	5 Each		301248
VINEGAR APPLE CIDER 5 4-1GAL GCHC	5 Tablespoon		430795

## Preparation Instructions

Wash hands thoroughly.

Wash Strawberries and slice.

Drain Mandarin oranges.

Wash Onions and slice.

Mix yogurt, strawberry preservers, vinegar till well blended.

Do not add to spinach till service time.

Optional, you may use equal amount of Spinach and Romaine Lettuce.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.27
<b>Grain</b>	0.00
<b>Fruit</b>	0.19
<b>GreenVeg</b>	1.26
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.12
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 1

Amount Per Serving

<b>Calories</b>	79.13
<b>Fat</b>	0.12g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	83.49mg
<b>Carbohydrates</b>	17.24g

<b>Fiber</b>			3.78g
<b>Sugar</b>			9.40g
<b>Protein</b>			4.46g
<b>Vitamin A</b>	83.70IU	<b>Vitamin C</b>	20.53mg
<b>Calcium</b>	134.26mg	<b>Iron</b>	2.82mg

# Chili Cheese Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12914

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE SEAS 6-5 LAMB	2 3/4 Ounce		457558
CHILI BEEF W/BEAN 6-5 COMM	5 3/4 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup		135261

## Preparation Instructions

Wash hands thoroughly.

Heat chili in bag in steamer, bring to 165 temp.

Heat cheese in bag in steamer to 165 temp.

Bake the potato wedges to 165 temp.

Put in steam tables, then serve by portions.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	382.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	7.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.00mg
<b>Sodium</b>	900.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 1252.00IU	<b>Vitamin C</b> 19.00mg

**Calcium** 276.00mg **Iron** 4.00mg



# Chicken Tenders & Confetti Pancakes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12915

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303

## Preparation Instructions

Wash hands thoroughly.

1. Bake Chicken tenders according to directions.
2. Warm Pancakes according to directions.
3. Use a 1 # paper tray to put 3 pieces of chicken tenders and 1 package of Pancakes in tray.
4. Place in warmer till service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	460.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	3.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	405.00mg		
<b>Carbohydrates</b>	48.00g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	23.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.62mg

# Seasoned Steak Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12982

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
BEEF STK PHLI SEAS CKD 2.86Z 6-5 JTM	1 3/8 Ounce		720861
PEPPERS & ONION FLME RSTD 6-2.5	1 Ounce		847208
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

## Preparation Instructions

Wash hands thoroughly.

Heat meat in the steamer till 165\* for at least 15 seconds.

Heat peppers and onions in oven till 165\* for at least 15 seconds.

Mix the meat and onions and peppers together.

Warm bagel in warmer till warm.

Put a slice of cheese on one half of the bagel, then layer meat mixture on the top, then cover with the other half of bagel.

Wrap and keep warm in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.03
<b>OtherVeg</b>	0.05
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

<b>Calories</b>	262.45
<b>Fat</b>	7.50g
<b>SaturatedFat</b>	2.95g
<b>Trans Fat</b>	0.26g
<b>Cholesterol</b>	27.50mg
<b>Sodium</b>	627.99mg
<b>Carbohydrates</b>	34.28g
<b>Fiber</b>	4.60g
<b>Sugar</b>	7.89g
<b>Protein</b>	16.35g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 146.96mg **Iron** 2.66mg

# Sausage Egg English Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12983

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	<b>READY_TO_EAT</b> Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	<b>BAKE</b> 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
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

## Preparation Instructions

Wash hands thoroughly.

Bake sausage according to the directions.

Bake egg patties according to the directions

Warm English Muffin in warmer.

When meat and egg is done, layer in English Muffin and top with a slice of American cheese.

Wrap sandwich and keep hold in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	265.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	3.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	137.50mg		
<b>Sodium</b>	690.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	18.50g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	206.00mg	<b>Iron</b>	2.32mg

# Ham and Egg English Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12984

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	<b>READY_TO_EAT</b> Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
TURKEY HAM SLCD 12-1 JENNO	1 Slice		556121
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	<b>BAKE</b> 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 R/F 6-5 LOL	1 Slice		722360

## Preparation Instructions

Wash hands thoroughly.

Warm Turkey Ham according to the directions.

Bake egg patties according to the directions

Warm English Muffin in warmer.

When meat and egg is done, layer in English Muffin and top with a slice of American cheese.

Wrap sandwich and keep hold in warmer till service.

### SLE Components

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1

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**Amount Per Serving**

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<b>Calories</b>	222.50
<b>Fat</b>	7.75g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	117.50mg
<b>Sodium</b>	690.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	15.00g

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<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.30mg
<b>Calcium</b>	206.00mg	<b>Iron</b>	2.14mg

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# Bacon Egg English Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12985

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	<b>READY_TO_EAT</b> Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	<b>BAKE</b> 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 R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12- 50CT JENNO	1 Serving		834770

## Preparation Instructions

Wash hands thoroughly.

Warm Turkey Ham according to the directions.

Bake egg patties according to the directions

Warm English Muffin in warmer.

When meat and egg is done, layer in English Muffin and top with a slice of American cheese.

Wrap sandwich and keep hold in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.68
<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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	225.00		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	2.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	112.50mg		
<b>Sodium</b>	710.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	14.50g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	206.00mg	<b>Iron</b>	1.96mg

# Yogurt Meal w/1 pkg Cheez it

<b>Servings:</b>	1.00	<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-13079

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup		197831
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each		597380
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

Wash hands thoroughly.

Wash fresh fruit, Use fresh grapes, or fresh apple, or fresh orange quartered and put into a baggie.

If no fresh fruit, a applesauce cup may be used.

Put all items in a plastic box # 441953 for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.33
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

<b>Calories</b>	326.27
<b>Fat</b>	6.77g
<b>SaturatedFat</b>	3.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	471.67mg
<b>Carbohydrates</b>	53.67g
<b>Fiber</b>	1.73g
<b>Sugar</b>	32.33g
<b>Protein</b>	14.53g
<b>Vitamin A</b> 5584.00IU	<b>Vitamin C</b> 63.36mg

**Calcium** 469.76mg **Iron** 1.25mg

# Veggie Bar Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13176

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1/8 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	1/8 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
TOMATO 6X6 LRG 25 MRKN	1/8 Cup		199036
PEPPERS RED DOMESTIC 23 MRKN	1/8 Cup		560715
CAULIFLOWER CALIF 12-1CT MRKN	1/8 Cup		198528
CUCUMBER SELECT 24CT MRKN	1/8 Cup		418439
CELERY JUMBO 16-24CT 40 MARKON	1/8 Cup		198536

## Preparation Instructions

Wash hands thoroughly.

Wash and chop all vegetables and put in individual containers on the salad bar.

Put clean tongs or spoons into each container.

Change out utensils for clean ones for every lunch.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.20
<b>RedVeg</b>	0.59
<b>OtherVeg</b>	0.39
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	40.47
<b>Fat</b>	0.23g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	47.58mg
<b>Carbohydrates</b>	8.75g
<b>Fiber</b>	3.30g

<b>Sugar</b>	4.67g
<b>Protein</b>	2.39g
<b>Vitamin A</b> 4775.04IU	<b>Vitamin C</b> 51.34mg
<b>Calcium</b> 48.67mg	<b>Iron</b> 1.08mg

# Turkey & Cheese on WB Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13503

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
American Cheese Sliced RF	1 Slice		666204

## Preparation Instructions

Assemble bagel sandwich place 2 oz. sliced turkey and 1 slice of American Cheese on a pretzel bun.

### 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: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	266.67		
<b>Fat</b>	7.75g		
<b>SaturatedFat</b>	2.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	668.33mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	22.67g		
<b>Vitamin A</b>	30.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	163.00mg	<b>Iron</b>	1.30mg

# Ham & Cheese Wrap

<b>Servings:</b>	1.00	<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-14536

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING</b> STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b> Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
TURKEY HAM SLCD 12-1 JENNO	1 1/2 Ounce		556121
CHEESE SLCD YEL 6-5 COMM	1/2 Serving	Cut 1 slice of cheese in half and lay on tortilla wrap so it lays all the way across the tortilla wrap.	334450

## Preparation Instructions

1. Thaw turkey ham according to directions. CCP: Keep cold 41F or below.
  2. Place 4 slices of turkey ham, 1 slice of cheese cut in half & 1/2 cup of lettuce into 10" tortilla
  3. Wrap, label and date for 3 days.
  4. Serve with Ranch dressing.
- CCP: Keep cold 41F or below.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.97
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	256.47
<b>Fat</b>	10.71g
<b>SaturatedFat</b>	4.74g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	41.91mg
<b>Sodium</b>	579.71mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.00g

<b>Sugar</b>	2.50g
<b>Protein</b>	13.85g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.88mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.97mg



# Sausage English Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14540

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	<b>READY_TO_EAT</b> Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1/2 Slice		722360

## Preparation Instructions

Wash hands thoroughly.

Bake sausage according to the directions.

Bake egg patties according to the directions

Warm English Muffin in warmer.

When meat and egg is done, layer in English Muffin and top with a slice of American cheese.

Wrap sandwich and keep hold in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	197.50
<b>Fat</b>	6.50g
<b>SaturatedFat</b>	1.63g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.75mg
<b>Sodium</b>	465.00mg
<b>Carbohydrates</b>	21.50g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.25g
<b>Protein</b>	13.75g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	138.00mg	<b>Iron</b>	1.96mg

# Mini Sausage Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14542

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1/2 Slice		722360

## Preparation Instructions

Wash hands thoroughly.

Bake sausage according to the directions.

Warm Roll in warmer.

When meat is done, layer in English Muffin and top with half slice of American cheese.

Wrap sandwich and keep hold in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	157.50		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.63g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.75mg		
<b>Sodium</b>	285.00mg		
<b>Carbohydrates</b>	13.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.25g		
<b>Protein</b>	10.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	68.00mg	<b>Iron</b>	1.44mg

# Sausage Slider

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-14722

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

## Preparation Instructions

Wash hands thoroughly.

Cook Sausage patties according to directions.

Cut Roll in half and lay sausage on, then cheese, then wrap up sandwich.

Keep in warmer till service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	140.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg

# Chicken Smackers with WG Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14760

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	1 Serving	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701
MARGARINE SPREAD 600- 5GM SMRT BAL	1 Each	READY_TO_EAT Ready to use.	620821

## Preparation Instructions

Wash hands thoroughly.

Cook Popcorn Chicken according to directions.

Serve with a WG Dinner Roll with 1 Smart balance Margarine.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	370.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	700.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.52mg

# White Queso with Tostitos

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14905

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT BLND 6-106Z LOL	7 Pound		235631
SPINACH CHPD IQF 12-2 GCHC	6 Pound		599417
PEPPERS & ONION FLME RSTD 6-2.5	2 Pound	May use 10 ounces of chopped onions and 4 cups of chopped Red Peppers instead. Chop in blender or food processor.	847208
SPICE GARLIC GRANULATED 24Z TRDE	2 Teaspoon		513881
CHEESE PARM GRTD 12-1 PG	1 Cup	1 cup = 3.5 ounces	164259
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170
CHIP TORTL RND R/F 64-1.45Z TOSTIT	70 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

Wash hands thoroughly.

Preheat 350\*

Steam frozen bags of chopped spinach in hotel pan and heat thoroughly, after cooked, poke holes through one end and drain water off.

Combine all ingredients, except for tortilla chips. Mix well.

Place mixture in hotel pan 4 inch with lid on.

Bake for approximately 30 minutes or until temperature reaches 165\* or higher and cheese is melted.

Tested in the oven on 350\*.

Heat until internal temperature reaches 165\* or higher for at least 15 seconds, cheese is melted and are slightly brown.

Hold for hot service at 140\* or higher.

Serve using #8 scoop or 4 oz spoodle/ladle. Serve in small foam bowl (small 6 oz.)

Serve 1/2 cup of sauce in a souffle cup with 1 bag of tostitos in a 1# paper tray.

Keep cheese sauce hot till service.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.26
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.02
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.50 1

### Amount Per Serving

<b>Calories</b>	368.77
<b>Fat</b>	16.41g
<b>SaturatedFat</b>	6.45g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.09mg
<b>Sodium</b>	693.72mg
<b>Carbohydrates</b>	36.56g
<b>Fiber</b>	6.85g
<b>Sugar</b>	1.10g
<b>Protein</b>	16.35g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 491.84mg	<b>Iron</b> 2.88mg

# Teriyaki Beef Dippers with Garlic Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14906

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF TERIYAKI DIPPERS .7Z 5-5 COMM	4 Each	<b>BAKE</b> Conventional oven: from frozen: preheat oven to 350 degrees f. Bake for 7-9 minutes. Convection oven: from frozen: preheat oven to 350 degrees f. Bake for 4-7 minutes.	136591
BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 Slice	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. <b>GRIDDLE_FRY</b> Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. <b>GRILL</b> Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

## Preparation Instructions

Wash hands thoroughly. Bake dippers according to directions. Bake Garlic Bread according to directions. Keep hot till service. Serve in a 1 # paper tray.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.00mg	<b>Iron</b>	2.44mg



# Crispy Chicken Nuggets with Rice Krispie Treat

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14985

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	5 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven8 - 10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven6 - 8 minutes at 375°F from frozen.	558040
TREAT RICE KRISPIE MINI WGRAIN 600CT	1 Each		565002

## Preparation Instructions

Wash hands thoroughly.

Bake Chicken Nuggets according to directions.

To serve, put 5 nuggets in a 4 ounce paper tray.

Serve with 1 small Rice Krispie treat.

Keep nuggets in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	515.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.00mg	<b>Iron</b>	2.36mg

# Crispy Chicken Drumstick with Blueberry Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15005

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
MUFFIN BLUEBERRY IW 96- 2Z MUFFINTOWN	1 Each	<b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	273442

## Preparation Instructions

Wash hands thoroughly.

Bake drumsticks according to directions. Keep warm in warmer till service.

Serve 1 drumstick with 1 blueberry muffin.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1

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**Amount Per Serving**

<b>Calories</b>	380.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	625.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	22.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.00mg	<b>Iron</b>	2.00mg

# Sloppy Joe Scoops

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15006

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	Heat meat in steamer, in bag, according to package directions.	564790
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

## Preparation Instructions

Wash hands thoroughly.

Heat sloppy joe meat according to package directions, in steamer, in bag.

Scoop 5.63 ounces into a foam bowl, cover and keep hot in warmer till serving time.

Serve 1 bow with 1 bag tostitos.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	255.00		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	2.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.00mg		
<b>Sodium</b>	542.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	459.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	64.00mg	<b>Iron</b>	2.30mg

# Confetti Pancakes with Sausage Patty

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15007

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each		666785

## Preparation Instructions

Wash hands thoroughly.

Warm pancakes according to directions.

Bake sausage according to directions.

Serve 1 package of pancakes with 1 sausage patty and 1 diet syrup cup.

Put altogether in 1# paper tray/

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

# Crispy Chicken Nuggets with Garlic Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15046

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	5 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040
BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 Slice	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. <b>GRIDDLE_FRY</b> Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. <b>GRILL</b> Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

## Preparation Instructions

Wash hands thoroughly. Bake nuggets according to directions. Keep warm in warmer till service. Bake garlic bread according to directions put both in a #1 paper tray for service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	320.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	620.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 43.00mg **Iron** 3.00mg

# Crispy Chicken Nuggets with Bread Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15175

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
BREADSTICK WHT WHE PARBK 200-.9Z	1 Each		622082

## Preparation Instructions

Wash hands thoroughly. Bake chicken nuggets according to directions. Warm bread sticks according to directions. Keep in warmer covered till service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>			
<b>Calories</b>	260.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	78.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.52mg



# Chicken Breast on WG Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16036

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

Wash hands thoroughly. Bake Chicken Breasts according to directions. Put chicken breast on bun and wrap. Keep in warmer till service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	440.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.00mg	<b>Iron</b>	2.00mg

# Submarine Sandwich Bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16037

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
TURKEY HAM UNCURED 6-2 JENNO	2 Slice		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG	2 Slice		776221
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940

## Preparation Instructions

Wash hands thoroughly.

1. Layer all ingredients, cut cheese on diagonal and layer.
2. Wrap in plastic wrap.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.18
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	330.82
<b>Fat</b>	12.26g
<b>SaturatedFat</b>	5.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.45mg
<b>Sodium</b>	881.61mg
<b>Carbohydrates</b>	31.75g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	21.66g
<b>Vitamin A</b> 50.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 131.00mg	<b>Iron</b> 2.45mg

# BBQ Pulled Pork on Pretzel Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16038

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	1 Serving		366320
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each		500162

## Preparation Instructions

Wash hands thoroughly.

Bake pork according to directions.

Put pork on buns and wrap and keep warm till service.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	358.00		
<b>Fat</b>	8.70g		
<b>SaturatedFat</b>	3.10g		
<b>Trans Fat</b>	0.04g		
<b>Cholesterol</b>	44.00mg		
<b>Sodium</b>	279.90mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	4.40g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	21.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	1.80mg

# Yogurt Lunch Box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16039

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package	May use Cheez its instead of Goldfish Cheese Crackers.	736280
APPLESAUCE PLAIN 96-4.5Z COMM	1 Each	May use fresh fruit, Apple, Grapes, or Orange instead of Applesauce.	645050

## Preparation Instructions

Put all items in a plastic hinged container 441953 for grab and go lunches.

### 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: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		390.00	
<b>Fat</b>		10.00g	
<b>SaturatedFat</b>		4.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		10.00mg	
<b>Sodium</b>		560.00mg	
<b>Carbohydrates</b>		60.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		26.00g	
<b>Protein</b>		17.00g	
<b>Vitamin A</b>	1000.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	573.00mg	<b>Iron</b>	2.00mg

# Egg Omelet Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16082

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Piece		959048
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080

## Preparation Instructions

Wash hands thoroughly.

Bake Omelets according to directions. Use steam setting on Combi oven to bake omelets and be careful not to over bake, DO NOT let brown.

Warm Flatbread in warmer while egg omelet bakes.

When omelets are done, put omelet on flatbread and fold, then wrap in wax paper wraps.

Keep in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	195.00		
<b>Fat</b>	11.75g		
<b>SaturatedFat</b>	3.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	165.00mg		
<b>Sodium</b>	445.00mg		
<b>Carbohydrates</b>	13.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	9.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	83.00mg	<b>Iron</b>	1.00mg

# Cinnamon Pancakes w/Sausage Patty

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16083

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. <b>PAN_FRY</b> Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.	138941

## Preparation Instructions

Wash hands thoroughly.

Bake sausage according to directions.

Warm Cinnamon Pancakes in oven according to package directions.

Serve one of each in a 1# paper tray or in a plastic container.

Keep warm in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
<b>Calories</b>	320.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	510.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	2.00g

<b>Sugar</b>	11.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 2.44mg

# Sausage Egg Burrito

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16084

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	1 Ounce	<b>BAKE</b> 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
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	1 Ounce	<b>THAW</b> Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

## Preparation Instructions

Wash hands thoroughly.

Bake scrambled eggs according to directions.

Bake sausage crumbles according to directions.

Warm Ultragrain tortilla wrap in warmer while cooking egg and meat.

When egg and meat are cooked, then add together to mix.

Lay tortilla wraps out put 1 slice of cheese on top, then 1/3 cup of egg mixture onto wrap and fold like a burrito.

Wrap burrito in wax paper and put in warmer till service.

Serve with Salsa packet.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00



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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 1			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	330.00		
<b>Fat</b>	22.50g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	122.50mg		
<b>Sodium</b>	520.00mg		
<b>Carbohydrates</b>	21.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	11.50g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	38.00mg	<b>Iron</b>	2.08mg
<hr/>			

# Chicken on a Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16085

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE SLCD YEL 6- 5 COMM	1 Slice		334450

## Preparation Instructions

Wash hands thoroughly.

Bake biscuits according to directions.

Bake Chicken patties according to directions.

Split biscuit and put chicken patty and cheese on.

Wrap with wax paper wrap and put in warmer and keep warm till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.63
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1

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**Amount Per Serving**

<b>Calories</b>	320.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	730.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	4.50g
<b>Sugar</b>	2.50g
<b>Protein</b>	13.50g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.00mg	<b>Iron</b>	2.08mg

# Spinach Strawberry Salad

<b>Servings:</b>	64.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18304

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	10 5/8 Pound		329401
STRAWBERRY 8 MRKN	6 3/8 Cup		212768
ORANGES MAND WHL L/S 6-10 GFS	6 3/8 Cup		117897
ONION RED JUMBO 10 MRKN	2 1/8 Cup	Sliced thinly in rings.	596973
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 1/2 Cup		430795
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 1/2 Teaspoon		109843
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036
SPICE POPPY SEED WHOLE 20Z TRDE	2 Tablespoon		225134
SPICE SESAME SEED HULLED 19Z TRDE	3 Tablespoon		513806
SUGAR BEET GRANUL 25 GFS	3 Cup		108588
OIL CANOLA 9-48FLZ P/L	3 Cup		330252

## Preparation Instructions

Wash hands thoroughly.

Wash Strawberries and slice.

Drain Mandarin oranges.

Wash Onions and slice.

Mix yogurt, strawberry preservers, vinegar till well blended.

Do not add to spinach till service time.

Optional, you may use equal amount of Spinach and Romaine Lettuce.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.19

<b>GreenVeg</b>	1.26
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.12
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 64.00  
Serving Size: 1.00 1

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**Amount Per Serving**

<b>Calories</b>	91.33
<b>Fat</b>	0.12g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	69.54mg
<b>Carbohydrates</b>	21.60g
<b>Fiber</b>	3.79g
<b>Sugar</b>	15.74g
<b>Protein</b>	3.41g

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<b>Vitamin A</b>	83.70IU	<b>Vitamin C</b>	20.53mg
<b>Calcium</b>	94.45mg	<b>Iron</b>	2.82mg

# White Queso Chicken Nachos

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18305

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT BLND 6-106Z LOL	7 Pound		235631
PEPPERS & ONION FLME RSTD 6-2.5	2 Pound	May use 10 ounces of chopped onions and 4 cups of chopped Red Peppers instead. Chop in blender or food processor.	847208
SPICE GARLIC GRANULATED 24Z TRDE	2 Teaspoon		513881
CHEESE PARM GRTD 12-1 PG	1 Cup	1 cup = 3.5 ounces	164259
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170
CHIP TORTL RND R/F 64-1.45Z TOSTIT	70 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
CHIX FAJT 30 COMM	6 Pound		154900

## Preparation Instructions

Wash hands thoroughly.

Preheat 350\*

Bake Fajita Chicken till 150\*. Use souffle cup to put chicken in 1.37 ounce cups.

Combine all ingredients, except for tortilla chips and chicken. Mix well.

Place mixture in hotel pan 4 inch with lid on.

Bake for approximately 30 minutes or until temperature reaches 165\* or higher and cheese is melted.

Tested in the oven on 350\*.

Heat until internal temperature reaches 165\* or higher for at least 15 seconds, cheese is melted and are slightly brown.

Hold for hot service at 140\* or higher.

Serve using #8 scoop or 4 oz spoodle/ladle. Serve in small foam bowl (small 6 oz.)

Serve 1/2 cup of sauce in a souffle cup with 1 bag of tostitos in a 1# paper tray.

Keep cheese sauce hot till service.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.07
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.02
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.50 1

### Amount Per Serving

<b>Calories</b>	383.01
<b>Fat</b>	17.47g
<b>SaturatedFat</b>	7.26g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.93mg
<b>Sodium</b>	850.66mg
<b>Carbohydrates</b>	33.26g
<b>Fiber</b>	3.28g
<b>Sugar</b>	1.91g
<b>Protein</b>	18.95g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 341.46mg	<b>Iron</b> 0.67mg

# Cilantro Sour Cream

<b>Servings:</b>	20.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18307

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CILANTRO CLEANED 4-1 RSS	1 Cup		219550
SOUR CREAM 4-5 GCHC	2 Cup	READY_TO_EAT Served as a topping on a hot or cold meal	285218
JUICE LIME KEY WEST 4-1GAL NL&JO	4 Teaspoon		332381
SPICE GARLIC GRANULATED 24Z TRDE	1 Teaspoon		513881
SPICE CUMIN GRND 15Z TRDE	1/2 Teaspoon		273945

## Preparation Instructions

Wash hands thoroughly.

Mix all ingredients together in a blender or food processor, and process till completely pureed and smooth.

Put in a squeeze bottle for service. Keep refrigerated.

Approximately 20 ounces. Serving size is 2 Tablespoons.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.05
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	48.52		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	2.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	16.00mg		
<b>Sodium</b>	40.10mg		
<b>Carbohydrates</b>	1.80g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.80g		
<b>Protein</b>	0.82g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg



**Calcium** 34.53mg **Iron** 0.05mg

# Baha Fish Tacos with Chipotle Cream

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18308

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	32 Each	<b>BAKE</b> COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051
TORTILLA FLOUR 10 ULTRGR 12- 12CT	8 Each	<b>STEAM</b> PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
YOGURT PLN FF NAT 6-32Z DANN	3/4 Cup		551813
DRESSING SALAD LT 4-1GAL GCHC	3 Tablespoon		429422
PEPPERS CHIPOTLE ADOBO SCE 24-7Z ROLN	3 Teaspoon	<b>READY_TO_EAT</b> Chipotles are generally added to stews and sauces.	867233
COLE SLAW SHRED SEP FINE 1/16 4-5	2 Cup		430347
CORN FZ 30 COMM	3/4 Cup		120490
CILANTRO CLEANED 4-1 RSS	1/2 Cup		219550

## Preparation Instructions

Wash hands thoroughly.

Bake fish sticks according to directions Put tortillas in warmer to warm.

In a small bowl combine yogurt, salad dressing and Chipotle peppers.

Mix cabbage, chipotle cream, corn together. Then put 1/4 cup serving in souffle cup, top with sprinkle cilantro leaves.

Top each tortilla with 4 fish sticks. Serve with cabbage mixture.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00
<b>Starch</b>	0.09

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	438.95
<b>Fat</b>	15.13g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	39.22mg
<b>Sodium</b>	627.11mg
<b>Carbohydrates</b>	57.22g
<b>Fiber</b>	5.60g
<b>Sugar</b>	5.09g
<b>Protein</b>	18.49g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.23mg
<b>Calcium</b> 183.32mg	<b>Iron</b> 2.73mg

# Combo Platter

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18309

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	2 Each	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. <b>Caution - Product will be hot!</b> <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
CALZONE PIZZA MINI PEPP WHE 144CT	2 Piece		527950
CHIX PCORN LRG WGRAIN CKD 6-5	5 Each	<b>BAKE</b> FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

## Preparation Instructions

Wash hands thoroughly.

Prepare Cheese Sticks, Pizza Calzones, and Popcorn Smackers according to directions.

Serve in #2 paper tray lined with deli paper, serve with 3 ounces marinara sauce in souffle cup.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	453.33
<b>Fat</b>	18.17g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.67mg
<b>Sodium</b>	801.67mg
<b>Carbohydrates</b>	46.17g
<b>Fiber</b>	5.17g
<b>Sugar</b>	4.67g
<b>Protein</b>	26.50g

<b>Vitamin A</b>	292.67IU	<b>Vitamin C</b>	0.31mg
<b>Calcium</b>	360.00mg	<b>Iron</b>	2.64mg

# Crispy Chicken Wings with Corn Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18310

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	5 Each		159883
ONION RING BRD WGRAIN 6-5#TASTY BRAND	5 Piece		234061
BREADSTICK WHT WHE PARBK 200-.9Z	1 Each		622082

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	904.00		
<b>Fat</b>	53.50g		
<b>SaturatedFat</b>	11.96g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	281.75mg		
<b>Sodium</b>	1105.00mg		
<b>Carbohydrates</b>	49.05g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	47.66g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.40mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.80mg

# Smoky Pulled Pork Sliders

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18311

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
ROLL DNNR HI SLC 1.25Z 10-12CT	2 Each		516081

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

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

# Mac n Smoky BBQ Pork Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18312

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5 LOL	1 Cup	BAKE	527582
PORK PULLED BBQ DRY PKG 4-4	1 Ounce		795230
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791

## Preparation Instructions

Wash hands thoroughly.

Heat mac n cheese according to directions.

Heat Pulled pork according to directions.

Put 1 cup of mac and cheese in foam bowl, then put 1 oz of bbq pulled pork on the top. Then drizzle bbq sauce on the top and serve with corn bread loaf.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.67
<b>Grain</b>	2.33
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

<b>Calories</b>	636.23		
<b>Fat</b>	25.82g		
<b>SaturatedFat</b>	8.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	81.83mg		
<b>Sodium</b>	1004.88mg		
<b>Carbohydrates</b>	66.67g		
<b>Fiber</b>	3.77g		
<b>Sugar</b>	23.50g		
<b>Protein</b>	34.82g		
<b>Vitamin A</b>	1012.32IU	<b>Vitamin C</b>	0.13mg
<b>Calcium</b>	557.54mg	<b>Iron</b>	2.75mg



# Beef Broccoli Rice Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18321

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PERFECTED 25 UBEN test	1/4 Cup	<b>SIMMER</b> PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404
BROCCOLI FZ 30 COMM	1/2 Cup		549292
SAUCE TERIYAKI GLAZE 6-80Z KIKKOMAN	1 1/4 Ounce		311502
BEEF DIPPERS WONDER BITE 400-.7Z PIER	4 Each	<b>BAKE</b> Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate	770817
DOUGH BISC GARL & CHS 210-1.20Z	1 Each	<b>BAKE</b> Standard Prep: Place 70 frozen biscuits on greased or parchment lined full sheet pan in 7x10 pattern. Bake time 14-18 minutes in 325 degrees F convection oven. See package for complete baking instructions.	142210

## Preparation Instructions

Wash hands thoroughly.

Cook rice according to directions.

Steam Broccoli, drain, then add Teriyaki Glaze to cooked broccoli.

Bake beef dippers according to directions.

Put 1/2 cup rice in foam bowl, top with glazed teriyaki broccoli, the top with 4 pieces teriyaki beef and serve.

Bake biscuits according to directions. Serve 1 biscuit with Beef Broccoli Bowl.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1

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**Amount Per Serving**

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<b>Calories</b>	491.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	1762.00mg
<b>Carbohydrates</b>	69.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	22.00g

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<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.52mg

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# Mexican Rice

<b>Servings:</b>	75.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18433

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PERFECTED 25 UBEN test	10 Cup	SIMMER PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404
SEASONING TACO 21Z TRDE	1 Cup		413429
SALSA 103Z 6-10 REDG	2 Cup	READY_TO_EAT None	452841
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon		513881
ONION DEHY CHPD 15 P/L	3/4 Cup		263036

## Preparation Instructions

Wash hands thoroughly.

Cook rice according to directions with dehydrated onions and spices.

Add salsa after cooked. Put in hotel pan for service or scoop 1/2 servings for service.

Should yield 40 1/2 cup servings.

1/4 cup dry rice = 1/2 cup cooked.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.53
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.04
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 1

Amount Per Serving

<b>Calories</b>	101.51
<b>Fat</b>	0.80g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	169.13mg
<b>Carbohydrates</b>	21.55g

<b>Fiber</b>	1.14g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	2.52g		
<b>Vitamin A</b>	25.32IU	<b>Vitamin C</b>	0.29mg
<b>Calcium</b>	3.27mg	<b>Iron</b>	0.40mg

# Fresh Fruit

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18499

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
ORANGE 113 - 138 CT 1/35 LB CS	1 Cup		171871
WHOLE APPLE	1/2 Cup		733160

## Preparation Instructions

Wash hands thoroughly.

Wash fruit thoroughly under running water.

Put into a fruit bowl for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.67
<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: 3.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	75.07		
<b>Fat</b>	0.30g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.73mg		
<b>Carbohydrates</b>	18.67g		
<b>Fiber</b>	2.87g		
<b>Sugar</b>	6.67g		
<b>Protein</b>	1.07g		
<b>Vitamin A</b>	163.17IU	<b>Vitamin C</b>	32.52mg
<b>Calcium</b>	25.97mg	<b>Iron</b>	0.16mg

# Burger Bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18501

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	<b>COOKING GUIDELINES:</b> Cook from frozen state. <b>CONVENTIONAL OVEN:</b> Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>CONVECTION OVEN:</b> Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>MICROWAVE:</b> Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

Wash hands thoroughly.

Cook burgers according to directions, in a combi oven for moistness.

Put 1 burger on 1 bun and wrap. Place wrapped burgers in hotel pan. Keep hot till service.

Line 2 different kinds of cheese in serving pans. Cut up veggies and put in serving pans for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	315.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	385.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	17.50g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.00mg	<b>Iron</b>	2.08mg

# Fresh Pico De Gallo

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18508

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	5 1/4 Cup	weight = 2.5 pounds	786543
ONION RED JUMBO 10 MRKN	2 1/4 Cup	weight = 12 ounces	596973
PEPPERS JALAPENO 10	1/2 Cup	weight = 3 ounces	303186
CILANTRO CLEANED 4-1 RSS	1 3/4 Cup	weight = 1 ounce finely chopped	219550
ONION GREEN 2 RSS	1/4 Cup	weigh = 4 ounces finely chopped	596981
SALT IODIZED 25 CARG	1/2 Teaspoon		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839

## Preparation Instructions

Wash hands thoroughly.

1. Combine all ingredients together in a large bowl. Stir well. Refrigerate until ready for service.
2. Critical Control Point: Cool to 40°F or lower within 4 hours.
3. Critical Control Point: Hold at 40°F or below.
4. Serve in small 2 oz souffle cups.
5. Portion with No. 16 scoop (1/4 cup).

Serving: NSLP/SBP Crediting Information: 1/4 cup(No. 16 scoop) provides 1/8 cup red/orange vegetable and 1/8 cup other vegetable.

### 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>	0.21
<b>OtherVeg</b>	0.44



<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 25.00			
Serving Size: 2.00 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	60.69		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	53.66mg		
<b>Carbohydrates</b>	13.96g		
<b>Fiber</b>	2.53g		
<b>Sugar</b>	6.11g		
<b>Protein</b>	1.71g		
<b>Vitamin A</b>	16.57IU	<b>Vitamin C</b>	10.32mg
<b>Calcium</b>	39.39mg	<b>Iron</b>	0.39mg

# Taco Bar

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18509

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	2 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
CHIX FAJT 30 COMM	3 Ounce		154900
CHEESE CHED SHRD 6-5 COMM	1/2 Ounce		199720

## Preparation Instructions

Wash Hands thoroughly. Prepare taco meat according to directions. Prepare Chicken Fajita meat according to directions. Warm Ultragrain tortillas in warmer. Make beef tacos and chicken tacos and sprinkle cheese on the top. Keep warm till service. Prepare all veggie toppings to go with tacos.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.08
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.06
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	314.79
<b>Fat</b>	11.33g
<b>SaturatedFat</b>	5.23g
<b>Trans Fat</b>	0.14g
<b>Cholesterol</b>	56.71mg
<b>Sodium</b>	662.98mg
<b>Carbohydrates</b>	32.25g
<b>Fiber</b>	3.95g

<b>Sugar</b>	3.83g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	307.57IU	<b>Vitamin C</b>	2.56mg
<b>Calcium</b>	138.93mg	<b>Iron</b>	2.56mg

# Chicken Smackers w/Cheese Pretzels

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18515

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFTSTIX CHS 200-.75Z J&J	2 Each		555347
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

## Preparation Instructions

Wash hands thoroughly. Bake popcorn chicken according to directions. Bake pretzels according to directions. Use paper tray and put 10 smackers and 2 pretzels for a serving. Keep hot for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>			
<b>Calories</b>	390.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.00mg		
<b>Sodium</b>	820.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.52mg

# Hawaiian Ham Sliders

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18522

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR HI SLC 1.25Z 10-12CT	12 Each		516081
TURKEY HAM SLCD .51Z 4-5.25 JENNO	18 Ounce		656891
CHEESE SWS 160CT SLCD PROC 4-5 GCHC	6 Slice		164348
MARGARINE SLD 30-1 GCHC	4 Tablespoon		733061
ONION VIDALIA SWT 10 P/L	2 Tablespoon		558133
MUSTARD DIJON XTRA STRONG 9.25 ROLN	2 Tablespoon	READY_TO_EAT Roland Extra Strong Dijon is ready to use from the tin. It holds up well under heat and can be added to a variety of sauces, marinades, glazes, etc.	400209
SPICE POPPY SEED WHOLE 20Z TRDE	1 Teaspoon		225134
SAUCE WORCESTERSHIRE 4-1GAL FRENC	2 Teaspoon		109843

## Preparation Instructions

Wash hands thoroughly.

Cut rolls in half and layer meat and cheese slices.

Combine margarine, minced onion, mustard, poppy seed and worcestershire sauce and melt in microwave and blend thoroughly.

Brush topping on tops of sandwiches, then cover with foil and bake at 300\* for 10-15 minutes till warm, temperature may vary per oven.

Wrap 2 sandwiches per serving.

Keep warm in warmer for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
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<b>Grain</b>	2.50
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<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: 6.00  
Serving Size: 2.00 1

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**Amount Per Serving**

<b>Calories</b>	176.77
<b>Fat</b>	14.58g
<b>SaturatedFat</b>	6.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	675.03mg
<b>Carbohydrates</b>	1.53g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.52g
<b>Protein</b>	10.00g

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<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	82.57mg	<b>Iron</b>	0.00mg