

Cookbook for WILLARD-HIGH SCHOOL

Created by HPS Menu Planner

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Peaches

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14374

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH HLVS XL/S 6-10 GFS	1/2 Cup	Drain and serve	224456

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.60		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.10mg		
Carbohydrates	0.14g		
Fiber	0.01g		
Sugar	0.15g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.01mg	Iron	0.00mg

Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14375

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	3/4 Cup	Rinse and serve	510637

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	0.31		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.69mg		
Carbohydrates	0.07g		
Fiber	0.03g		
Sugar	0.04g		
Protein	0.01g		
Vitamin A	121.68IU	Vitamin C	0.02mg
Calcium	0.28mg	Iron	0.01mg

Green Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14376

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT IQF 30 GFS	1/2 Cup		285630

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	0.22		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.04g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.30mg	Iron	0.01mg

Pears

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14377

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR HALVES XL/S 6-10 GFS	1 Cup		224421

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	1.20		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.28g		
Fiber	0.04g		
Sugar	0.22g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.08mg	Iron	0.00mg

Refried Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14380

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS REFRIED LOW SODIUM 6-26.25Z	3/4 Cup		153924

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Grapes

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Pack	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES FRSH SEEDLESS 64-2.25Z P/L	1 Ounce		158901

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Pack

Amount Per Serving			
Calories	0.17		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.03mg		
Carbohydrates	0.04g		
Fiber	0.00g		
Sugar	0.04g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.04mg	Iron	0.00mg

Broccoli w/cheese

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14382

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GFS	1 Cup		285590
SAUCE CHS CHED POUCH 6-106Z LOL	1 Cup		135261

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.04
Grain	0.00
Fruit	0.00
GreenVeg	0.01
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	4.33		
Fat	0.28g		
SaturatedFat	0.18g		
Trans Fat	0.00g		
Cholesterol	0.80mg		
Sodium	16.20mg		
Carbohydrates	0.19g		
Fiber	0.04g		
Sugar	0.01g		
Protein	0.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.83mg	Iron	0.01mg

Pineapple

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14383

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	1.40		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.36g		
Fiber	0.02g		
Sugar	0.30g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.18mg
Calcium	0.00mg	Iron	0.01mg

Smile Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14384

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	1 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	0.54		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.75mg		
Carbohydrates	0.08g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	0.00mg	Iron	0.00mg

Mandarin Oranges

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14385

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S 6-10 GFS	1 Cup		117897

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	1.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.20mg		
Carbohydrates	0.40g		
Fiber	0.00g		
Sugar	0.38g		
Protein	0.02g		
Vitamin A	8.00IU	Vitamin C	0.36mg
Calcium	0.40mg	Iron	0.01mg

Applesauce

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14386

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE SWT 6-10 GFS	1 Cup		278971

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	1.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.20mg		
Carbohydrates	0.44g		
Fiber	0.04g		
Sugar	0.36g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Romaine Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14387

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.01
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.50 Cup

Amount Per Serving

Calories	0.10		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.02g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.16mg	Iron	0.00mg

Sweet Potato Waffle Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14388

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT CRISSCUT 5-3 LAMB	1 Ounce		799700

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	0.50		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.57mg		
Carbohydrates	0.08g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.07mg	Iron	0.00mg

Cheesy Tots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14389

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR CHED MUNCH RND5 28/ 6-3 LAMB	1 Piece		728675

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	0.36		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.03mg		
Sodium	0.90mg		
Carbohydrates	0.04g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.00mg

Apricots

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14390

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APRICOT HLVS PLD L/S 6-10 P/L	1 Ounce		684932

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Celery Sticks

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14391

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1 Cup		781592

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	0.02g		
Fiber	0.02g		
Sugar	0.02g		
Protein	0.00g		
Vitamin A	11.14IU	Vitamin C	0.08mg
Calcium	0.99mg	Iron	0.00mg

Peanut Butter Cup

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14392

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER 120-1.1Z JIF	1 Each		794301

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	1.80		
Fat	0.15g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	0.08g		
Fiber	0.00g		
Sugar	0.03g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.16mg	Iron	0.01mg

Apple Slices

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14393

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package	READY_TO_EAT	473171

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.07g		
Fiber	0.01g		
Sugar	0.06g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	3.50mg
Calcium	0.20mg	Iron	0.00mg

Baked Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14395

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	1 Cup		120530
KETCHUP DISPENSER PK 2-1.5GAL HNZ	1 Tablespoon		819492
SUGAR BROWN LT 12-2 GFS	1 Teaspoon		314641

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.01
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	2.55		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.40mg		
Carbohydrates	0.49g		
Fiber	0.10g		
Sugar	0.18g		
Protein	0.14g		
Vitamin A	1.00IU	Vitamin C	0.01mg
Calcium	0.00mg	Iron	0.00mg

Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14396

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT 30 GFS	1 Cup		358991

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	1.49		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.31g		
Fiber	0.01g		
Sugar	0.07g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Broccoli

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14397

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GFS	1 Cup		285590

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.01
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	0.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.20mg		
Carbohydrates	0.07g		
Fiber	0.04g		
Sugar	0.01g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.47mg	Iron	0.01mg

Sidekick

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14398

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.65mg		
Carbohydrates	0.44g		
Fiber	0.00g		
Sugar	0.37g		
Protein	0.00g		
Vitamin A	20.00IU	Vitamin C	1.20mg
Calcium	1.60mg	Iron	0.00mg

Peas

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14399

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GFS	1 Cup		285660

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.01

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	1.04		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.18g		
Fiber	0.06g		
Sugar	0.06g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg

Sweet Potato Fries - Seasoned

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14401

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT SEASONED RIBCUT 3-5 LAMB	1 Ounce		192381

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	0.53		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.48mg		
Carbohydrates	0.07g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.00mg

Sweet Potato Fries - Not Seasoned

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14402

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT PLATTER 5-3 LAMB	1 Ounce		238310

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	0.47		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.57mg		
Carbohydrates	0.08g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.07mg	Iron	0.00mg

Mixed Fruit

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14403

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1 Cup		258362

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	1.11		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.10mg		
Carbohydrates	0.28g		
Fiber	0.03g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	5.73IU	Vitamin C	0.07mg
Calcium	0.20mg	Iron	0.01mg

Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14404

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	0.54		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.48mg		
Sodium	0.86mg		
Carbohydrates	0.12g		
Fiber	0.04g		
Sugar	0.06g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Pizza Crunchers

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14406

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	1 Each	BAKE 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! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	1.05		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	1.68mg		
Carbohydrates	0.10g		
Fiber	0.02g		
Sugar	0.01g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.07mg	Iron	0.01mg

Pepperoni Calzone

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14407

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each		135191

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	2.80		
Fat	0.11g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	5.90mg		
Carbohydrates	0.32g		
Fiber	0.03g		
Sugar	0.06g		
Protein	0.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.61mg	Iron	0.02mg

Popcorn Chicken

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14408

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	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.	327120

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	0.21		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.02mg		
Sodium	0.32mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.03mg	Iron	0.00mg

Scooby Snacks

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14409

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	1.20		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.15mg		
Carbohydrates	0.21g		
Fiber	0.01g		
Sugar	0.08g		
Protein	0.02g		
Vitamin A	5.00IU	Vitamin C	0.00mg
Calcium	1.00mg	Iron	0.01mg

Macaroni & Cheese

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14410

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	1 Ounce	HEAT_AND_SERVE	609121

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.49		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	1.26mg		
Carbohydrates	0.04g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.03g		
Vitamin A	1.08IU	Vitamin C	0.00mg
Calcium	0.60mg	Iron	0.00mg

Chicken Stix

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14411

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	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.	283562

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	0.33		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.03mg		
Sodium	0.49mg		
Carbohydrates	0.02g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	Iron	0.00mg

Cheez Its

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14412

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.33		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	0.19g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.47mg	Iron	0.01mg

Mini Corn Dogs

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14413

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	1 Each		497360

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Each

Amount Per Serving			
Calories	0.45		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	0.80mg		
Carbohydrates	0.05g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.13mg	Iron	0.00mg

Banana Loaf

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14414

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ELFIN BAN LOAF WGRAIN IW 72-2Z	1 Each	READY_TO_EAT Product is RTE, however can be heated with the following directions: Preparation Notes: Banana Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Banana Loaves frozen until ready to use.	592072

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.60		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.30mg		
Sodium	1.40mg		
Carbohydrates	0.27g		
Fiber	0.02g		
Sugar	0.14g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.40mg	Iron	0.01mg

Brown Rice

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14415

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PERFECTED 25 UBEN test	1 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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	6.80		
Fat	0.06g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	1.44g		
Fiber	0.08g		
Sugar	0.00g		
Protein	0.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.01mg

Chicken Nuggets

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14416

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	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.	281831

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00 Each

Amount Per Serving			
Calories	0.53		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	0.80mg		
Carbohydrates	0.03g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.08mg	Iron	0.01mg

Cheese Bosco Stix

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14417

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 7 108CT	1 Each	CONVECTION Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. DEEP_FRY Deep Fry 1. Preheat oil to 350° F. 2. THAWED ONLY: 1-2 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing. 3. Bosco Sticks may be thawed in packaging. 4. Bosco Sticks have 8 days shelf life when refrigerated Oven temperatures may vary. Adjust baking time and or temperature as necessary.	235421

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 2.00 Each			
Amount Per Serving			
Calories	2.10		
Fat	0.08g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.20mg		
Sodium	3.20mg		
Carbohydrates	0.21g		
Fiber	0.02g		
Sugar	0.02g		
Protein	0.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.13mg	Iron	0.01mg

Pizza Bosco Stix

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14418

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PIZZA STFD WGRAIN 7 72CT	1 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none">1. Preheat oven to 400° F.2. Place Pizza Sticks on a baking sheet.3. THAWED: 8-10 minutes.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust cooking time and or temperature as necessary. Top Pizza Sticks with butter and parmesan cheese (not included) after cooking. This product must be cooked thoroughly to an internal temperature of at least 165° F before serving.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before baking.2. Keep Pizza Sticks covered while thawing.3. Pizza Sticks may be thawed in packaging.4. Pizza Sticks have 7 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust cooking time and or temperature as necessary. Top Pizza Sticks with butter and parmesan cheese (not included) after cooking. This product must be cooked thoroughly to an internal temperature of at least 165° F before serving.</p>	518691

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 2.00 Each			
Amount Per Serving			
Calories	2.40		
Fat	0.09g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	5.00mg		
Carbohydrates	0.29g		
Fiber	0.03g		
Sugar	0.03g		
Protein	0.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.30mg	Iron	0.02mg

Breadstick

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14419

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	1 Each		406321

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.80		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	0.14g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.01mg

PB & J

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14420

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	6.00		
Fat	0.33g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.30mg		
Carbohydrates	0.64g		
Fiber	0.07g		
Sugar	0.30g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.88mg	Iron	0.02mg

Ravioli

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14421

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI FORT/ENRICHED 6-10 CHBOY	1 1 cup	HEAT_AND_SERVE	496286

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	2.60		
Fat	0.08g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	6.00mg		
Carbohydrates	0.30g		
Fiber	0.04g		
Sugar	0.06g		
Protein	0.16g		
Vitamin A	0.06IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.15mg

Cheesy Bread

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14422

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS WGRAIN 105-4Z	1 Each		723880

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	2.60		
Fat	0.11g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.20mg		
Sodium	3.80mg		
Carbohydrates	0.28g		
Fiber	0.03g		
Sugar	0.02g		
Protein	0.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.13mg	Iron	0.02mg

Hot Dog

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18740

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	1.70		
Fat	0.16g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.45mg		
Sodium	5.80mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.40mg	Iron	0.01mg

Hot Dog Bun

Servings:	100.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18741

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Goldfish Crackers

Servings:	100.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18742

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	1.00		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.70mg		
Carbohydrates	0.14g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	2.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.01mg

Philly Steak

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18743

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each		720861
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce		722110

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	2.02		
Fat	0.13g		
SaturatedFat	0.06g		
Trans Fat	0.01g		
Cholesterol	0.55mg		
Sodium	6.05mg		
Carbohydrates	0.04g		
Fiber	0.00g		
Sugar	0.02g		
Protein	0.16g		
Vitamin A	2.00IU	Vitamin C	0.00mg
Calcium	1.11mg	Iron	0.01mg

Chicken Tenders

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18744

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	1 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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.87		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	1.30mg		
Carbohydrates	0.05g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.01mg

Tortilla

Servings:	100.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18745

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	1.10		
Fat	0.03g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.95mg		
Carbohydrates	0.19g		
Fiber	0.02g		
Sugar	0.01g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.01mg

Cheddar Cheese

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18746

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	1.13		
Fat	0.09g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.30mg		
Sodium	1.90mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bacon Bits

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18747

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON BIT REAL FAST N EASY 4-5 HRML	1 Ounce		437735

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	1.40		
Fat	0.08g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	6.40mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Spicy Chicken Tenders

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18748

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	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.	281731

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.87		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	1.30mg		
Carbohydrates	0.06g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.13mg	Iron	0.01mg

Hamburger Patty

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18749

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	1.10		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.35mg		
Sodium	2.70mg		
Carbohydrates	0.01g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.14g		
Vitamin A	1.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.02mg

Hamburger Bun

Servings:	100.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18750

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	1.40		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.50mg		
Carbohydrates	0.26g		
Fiber	0.04g		
Sugar	0.04g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.63mg	Iron	0.01mg

Beef Taco Meat

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18751

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Ounce		722330

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.35		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.11mg		
Sodium	0.92mg		
Carbohydrates	0.02g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.04g		
Vitamin A	2.05IU	Vitamin C	0.02mg
Calcium	0.13mg	Iron	0.01mg

Taco Sauce

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18752

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TACO A/P 4-1GAL GRSZ	1 Tablespoon		222321

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.05		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.85mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sour Cream

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18753

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM PKT 100-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	860490

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.60		
Fat	0.05g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.20mg		
Sodium	0.50mg		
Carbohydrates	0.02g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.43mg	Iron	0.00mg

Chicken Fajita

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18754

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	1 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.47		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.27mg		
Sodium	1.33mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	Iron	0.00mg

Chicken Patty

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18755

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	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.	281622

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	2.70		
Fat	0.15g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	4.00mg		
Carbohydrates	0.16g		
Fiber	0.03g		
Sugar	0.01g		
Protein	0.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.38mg	Iron	0.02mg

Chicken Breast Patty

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18756

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE 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. CONVECTION 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

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	2.00		
Fat	0.09g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.45mg		
Sodium	2.90mg		
Carbohydrates	0.09g		
Fiber	0.03g		
Sugar	0.00g		
Protein	0.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.01mg

BBQ Pork

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18757

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	1 Ounce		498702

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.58		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.16mg		
Sodium	0.63mg		
Carbohydrates	0.04g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Popcorn Shrimp

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18758

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	1 Ounce		275752

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.70		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.13mg		
Sodium	0.93mg		
Carbohydrates	0.07g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.03g		
Vitamin A	0.04IU	Vitamin C	0.00mg
Calcium	0.08mg	Iron	0.01mg

Cocktail Sauce

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18759

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE COCKTAIL SEAFOOD CUP 100-1Z	1 Each		761841

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.35		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.50mg		
Carbohydrates	0.07g		
Fiber	0.01g		
Sugar	0.05g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cheese Slices

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18761

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.55		
Fat	0.05g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.13mg		
Sodium	1.35mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Margarine

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18762

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1 Tablespoon		733061

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	1.00		
Fat	0.11g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.10mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	7.50IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bread

Servings:	100.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18763

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	1.00		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.15mg		
Carbohydrates	0.18g		
Fiber	0.02g		
Sugar	0.03g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.30mg	Iron	0.01mg

Tomato Soup

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18764

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 Cup		101427

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	1.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.60mg		
Carbohydrates	0.40g		
Fiber	0.02g		
Sugar	0.24g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.40mg	Iron	0.01mg

Crackers

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18765

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE MINI WGRAIN 300-.39Z	1 Package		522150

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.50		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.60mg		
Carbohydrates	0.07g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.00mg

Meatballs

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18766

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	1 Each		785860
SAUCE PIZZA W/BASL 6-10 REDPK	1 Cup	READY_TO_EAT None	256013

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	1.58		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.09mg		
Sodium	4.14mg		
Carbohydrates	0.25g		
Fiber	0.08g		
Sugar	0.17g		
Protein	0.07g		
Vitamin A	0.01IU	Vitamin C	0.00mg
Calcium	0.16mg	Iron	0.05mg

Mozzarella Cheese

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	1 Cup		645170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.04
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	3.60		
Fat	0.24g		
SaturatedFat	0.14g		
Trans Fat	0.00g		
Cholesterol	0.60mg		
Sodium	7.20mg		
Carbohydrates	0.04g		
Fiber	0.00g		
Sugar	0.04g		
Protein	0.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.20mg	Iron	0.00mg

Boneless Chicken Wings

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18769

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.40		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	0.68mg		
Carbohydrates	0.03g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.02mg	Iron	0.00mg

Hot Sauce

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18770

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	1 Teaspoon		282944

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.90mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	2.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

BBQ Sauce

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18771

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET 6-.5GAL GCHC	1 Tablespoon		786690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.37		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.55mg		
Carbohydrates	0.10g		
Fiber	0.00g		
Sugar	0.10g		
Protein	0.00g		
Vitamin A	0.71IU	Vitamin C	0.01mg
Calcium	0.01mg	Iron	0.00mg

General Tso's Sauce

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18772

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE GEN TSO 4-.5GAL ASIAN	1 Tablespoon		802850

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.35		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.70mg		
Carbohydrates	0.08g		
Fiber	0.00g		
Sugar	0.07g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sweet & Sour Sauce

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18773

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SWT & SOUR 4-1GAL LACHY	1 Tablespoon		242292

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.55mg		
Carbohydrates	0.07g		
Fiber	0.00g		
Sugar	0.06g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Doritos

Servings:	100.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18774

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	1.90		
Fat	0.07g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.80mg		
Carbohydrates	0.28g		
Fiber	0.02g		
Sugar	0.01g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.00mg

Bacon Rounds

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18775

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Gram		433608

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.04		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.01mg		
Sodium	0.18mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

BBQ Riblet

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18776

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	2.00		
Fat	0.10g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	6.70mg		
Carbohydrates	0.13g		
Fiber	0.02g		
Sugar	0.10g		
Protein	0.14g		
Vitamin A	4.00IU	Vitamin C	0.01mg
Calcium	0.40mg	Iron	0.02mg

Spaghetti

Servings:	100.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18777

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 100 WHLWHE 2-5 GCHC	1 Ounce		654590

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	1.00		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.21g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	Iron	0.01mg

Beef Crumble

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18778

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	1 Ounce	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.48		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.12mg		
Sodium	1.72mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.05g		
Vitamin A	0.40IU	Vitamin C	0.00mg
Calcium	0.08mg	Iron	0.01mg

Spaghetti Sauce

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18779

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	1 Ounce		852759

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.12		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.11mg		
Carbohydrates	0.03g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.01g		
Vitamin A	1.63IU	Vitamin C	0.02mg
Calcium	0.05mg	Iron	0.00mg

Tomato Paste

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18780

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO PASTE CALIF 26 6-10 GCHC	1 Tablespoon		100196

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.13		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.10mg		
Carbohydrates	0.03g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.01mg

Parmesean Cheese

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM GRTD 12-1 PG	1 Tablespoon		164259

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.20		
Fat	0.02g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	0.65mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.48mg	Iron	0.00mg

Frozen Strawberry Cup

Servings:	100.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18782

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.90		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.22g		
Fiber	0.02g		
Sugar	0.18g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Alfredo Sauce

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18783

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO 4-5 CARLA	1 Cup		438161

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	4.00		
Fat	0.24g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.60mg		
Sodium	20.00mg		
Carbohydrates	0.36g		
Fiber	0.00g		
Sugar	0.04g		
Protein	0.08g		
Vitamin A	4.00IU	Vitamin C	0.00mg
Calcium	3.20mg	Iron	0.00mg

Diced Chicken

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18784

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 60 WHT CKD 10-3 GCHC	1 Ounce		671479

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.40		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	0.12mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken Drumstick

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18785

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	2.20		
Fat	0.13g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.60mg		
Sodium	5.30mg		
Carbohydrates	0.06g		
Fiber	0.01g		
Sugar	0.00g		
Protein	0.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.14mg **Iron** 0.01mg

Chicken Gravy

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18786

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 8-22.6Z TRIO	1 Tablespoon		290025

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.23		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.60mg		
Carbohydrates	0.05g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Turkey Deli Meat

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18787

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 Slice		244190

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.18		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	0.62mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Potato Pearls

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18789

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS CNTRY STYL 12-30.7Z BAMER	1 Ounce	RECONSTITUTE 1: Pour 1 gallon (3.8L) of boiling water (212°F) into 4" deep half-size steamtable pan. 2: Add all potatoes and stir constantly. 3: Hold for 25 minutes on steamtable before serving.	325406

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.01

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	1.43		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.71mg		
Carbohydrates	0.29g		
Fiber	0.03g		
Sugar	0.01g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.14mg	Iron	0.00mg

Dinner Roll

Servings:	100.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18790

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WHEAT PULL APART 12-16 GFS	1 Each		316938

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.70		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.53mg		
Carbohydrates	0.14g		
Fiber	0.02g		
Sugar	0.01g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.01mg

Sidekick

Servings:	100.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18791

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.90		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.35mg		
Carbohydrates	0.22g		
Fiber	0.00g		
Sugar	0.19g		
Protein	0.00g		
Vitamin A	10.00IU	Vitamin C	0.60mg
Calcium	0.80mg	Iron	0.00mg

Taco Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18792

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	3.60		
Fat	0.14g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	7.10mg		
Carbohydrates	0.43g		
Fiber	0.04g		
Sugar	0.08g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.41mg	Iron	0.03mg

Round - Pepperoni

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18793

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5 RND WGRAIN 60-5.05Z MAX	1 Cup	Divide 30# case into 2 vented 4" steam table pans. CCP: Put in preheated steam unit for 15 - 20 minutes or until internal temperature reaches 140° or higher. Keep a little firm. Remove from steam unit and put in 4" non vented steam table pans and CCP: hold for hot service at 140° or higher for no longer than 4 hours.	110480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.54		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.48mg		
Sodium	0.00mg		
Carbohydrates	0.12g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cheese Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18794

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 50/50 96- 4.6Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pan. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. Note: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585921

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	3.10		
Fat	0.11g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	4.80mg		
Carbohydrates	0.35g		
Fiber	0.04g		
Sugar	0.08g		
Protein	0.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.07mg	Iron	0.03mg

Pepperoni Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18795

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 50/50 96- 4.48Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585940

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	3.00		
Fat	0.11g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	5.50mg		
Carbohydrates	0.35g		
Fiber	0.04g		
Sugar	0.07g		
Protein	0.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.42mg	Iron	0.03mg

Stuffed Crust Pepperoni

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18796

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each		259910

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	3.40		
Fat	0.15g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.20mg		
Sodium	8.90mg		
Carbohydrates	0.36g		
Fiber	0.03g		
Sugar	0.03g		
Protein	0.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.90mg	Iron	0.02mg