

Cookbook for South Newton Elementary

Created by HPS Menu Planner

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Candied Carrots

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16434

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C LRG 30 GFS	15 Pound		285680
HONEY CLOVER 4-6 GCHC	3 Cup		225614
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup		224723
BUTTER SUB 24-4Z BTRBUDS	1 1/2 Cup		209810

Preparation Instructions

1. Steam carrots until tender. CCP: Cook to minimum internal temperature of 135 F.
2. Drain remaining water
3. Drizzle honey, melted Butter Buds, and ground cinnamon over carrots. Stir until well mixed and carrots are evenly coated.
4. Serve warm. CCP: Hold for hot service at 135 F or higher.

**Allergens: Milk

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: 96.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	56.24		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	51.73mg		
Carbohydrates	14.71g		
Fiber	2.45g		
Sugar	11.26g		
Protein	0.82g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.65mg	Iron	0.29mg

Lasagna Roll-Ups

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16599

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each		234041
SAUCE MARINARA A/P 6-10 REDPK	1/2 #10 CAN	READY_TO_EAT None	592714
Cheese, Mozzarella light, Shred FRZ	1 Cup		100034

Preparation Instructions

Put 1/2 of Marinara Sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	298.84
Fat	8.94g
SaturatedFat	3.94g
Trans Fat	0.00g
Cholesterol	22.22mg
Sodium	791.84mg
Carbohydrates	36.05g
Fiber	4.28g
Sugar	9.55g
Protein	17.28g
Vitamin A 841.42IU	Vitamin C 12.83mg
Calcium 318.20mg	Iron 1.08mg

RO - Meatball Sub with Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16600

Ingredients

Description	Measurement	Prep Instructions	DistPart #
8" WHOLE GRAIN WHITE SUB BUN	1	READY_TO_EAT	1742
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/5 Ounce	#8 Scoop	852759
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	#16 scoop	645170

Preparation Instructions

1. Heat meatballs & sauce according to directions. CCP: Hold Hot at 135F or higher
2. Portion 4 meatballs, #16 scoop of sauce & #16 scoop of mozzarella cheese inside sub bun.

SLE Components

Amount Per Serving

Meat	3.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	465.00		
Fat	17.50g		
SaturatedFat	7.00g		
Trans Fat	0.60g		
Cholesterol	51.00mg		
Sodium	529.00mg		
Carbohydrates	49.00g		
Fiber	6.00g		
Sugar	10.00g		
Protein	28.00g		
Vitamin A	201.00IU	Vitamin C	3.00mg
Calcium	275.00mg	Iron	2.00mg

Meatball Sub

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16601

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	28 Pound		135071
CHEESE MOZZ SHRD 4-5 LOL	5 3/5 Pound		645170
BUN SUB SLCD WGRAIN 5 12-8CT GFS	200 Each		276142
SAUCE MARINARA A/P 6-10 REDPK	3 1/2 #10 CAN	READY_TO_EAT None	592714

Preparation Instructions

Steam meatballs in steamer until they reach 165. Add marinara and bake for 30-40 minutes.

Place 4 meatballs on each sub sandwich. Top with 0.4oz mozzarella cheese.

SLE Components

Amount Per Serving

Meat	2.02
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Sub

Amount Per Serving

Calories	356.01		
Fat	13.96g		
SaturatedFat	5.05g		
Trans Fat	0.47g		
Cholesterol	36.52mg		
Sodium	683.48mg		
Carbohydrates	37.67g		
Fiber	4.22g		
Sugar	8.10g		
Protein	19.76g		
Vitamin A	283.58IU	Vitamin C	5.08mg
Calcium	189.10mg	Iron	3.57mg

Chicken Bacon Ranch Pasta with Breadstick

Servings:	40.00	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	1 1/2 Package		155661
PASTA PENNE CKD 4-5 PG	1 1/2 Package		835900
Chicken, Diced, Cooked, Frozen	3 Pound		100101
DRESSING MIX RNCH 18-3.2Z HVALL	1/4 Cup		192716
BACON TOPPING 3/8 DCD 2-5 HRML	2 Cup		104396
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Cup	UNPREPARED	100012
BREADSTICK GARL WGRAIN TWST 54-2.1Z	40 Each		644051

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Cup

Amount Per Serving

Calories	461.23		
Fat	17.20g		
SaturatedFat	7.81g		
Trans Fat	0.00g		
Cholesterol	70.27mg		
Sodium	1137.82mg		
Carbohydrates	47.72g		
Fiber	0.61g		
Sugar	7.51g		
Protein	27.84g		
Vitamin A	361.35IU	Vitamin C	0.00mg
Calcium	331.33mg	Iron	1.64mg

Chicken Alfredo Pasta

Servings:	54.00	Category:	Entree
Serving Size:	4.93 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16638

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	Heat Alfredo Sauce to 165 degrees	155661
CHIX FAJT 30 COMM	3 1/2 Pound	Thaw Chicken prior to using. Add Chicken to Cooked Pasta and Alfredo Sauce	154900
CHEESE MOZZ SHRD 30 COMM	10 Ounce	Mix Cheese with Pasta, Chicken, and Sauce	150620
PASTA ROTINI 2-10 KE	3 Pound	Boil in water according to package directions. Add Alfredo Sauce, Chicken, and, Cheese	635511

Preparation Instructions

After mixing all together place in 4" steam table pan sprayed with Pan Coating. Bake until reached temperature of 165 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 4.93 Ounce

Amount Per Serving			
Calories	215.71		
Fat	7.01g		
SaturatedFat	3.97g		
Trans Fat	0.00g		
Cholesterol	42.60mg		
Sodium	519.42mg		
Carbohydrates	23.51g		
Fiber	0.89g		
Sugar	4.12g		
Protein	14.58g		
Vitamin A	179.11IU	Vitamin C	0.00mg
Calcium	159.24mg	Iron	0.89mg

RO - Chicken Parmesan Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16639

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each		713340
CHIX BRST STRP BRD WGRAIN 6-5.15	2 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.	740820
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	#16 scoop	645170
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	#16 scoop	592714

Preparation Instructions

1. Cook chicken according to directions, CCP: Hot hold at 135F or higher
2. Place 2 chicken tenders, #16 scoop of mozzarella & #16 scoop of marinara sauce into 10" tortilla
3. Fold like a burrito (Roll up, tucking the ends in and slice in half) & grill

SLE Components

Amount Per Serving

Meat	2.33
Grain	2.96
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	433.02
Fat	18.21g
SaturatedFat	7.11g
Trans Fat	0.00g
Cholesterol	41.67mg
Sodium	1007.46mg
Carbohydrates	44.40g

Fiber	3.32g		
Sugar	6.30g		
Protein	23.54g		
Vitamin A	277.14IU	Vitamin C	4.29mg
Calcium	268.98mg	Iron	2.89mg

Beef Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16640

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each		702633
TACO FILLING BEEF REDC FAT 6-5 COMM	18 3/4 Pound	4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Gallon	1/5# bags use scoop #30	150250
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/2 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543

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.

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 Serving

Amount Per Serving

Calories 307.63

Fat 12.80g

SaturatedFat 6.84g

Trans Fat 0.27g

Cholesterol 52.32mg

Sodium 600.18mg

Carbohydrates 25.37g

Fiber 3.83g

Sugar 7.56g

Protein 20.33g

Vitamin A 802.41IU **Vitamin C** 4.73mg

Calcium 204.83mg **Iron** 2.25mg

Acosta Ravoli

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16641

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT SPRAY 6-21Z GFS	50 Fluid Ounce	Spray to Coat	405170
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	700 Each		524650
SAUCE SPAGHETTI 6-10 GCHC	100 Cup		144207

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
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	280.00		
Fat	3.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	1200.00mg		
Carbohydrates	43.00g		
Fiber	7.00g		
Sugar	15.00g		
Protein	14.00g		
Vitamin A	200.00IU	Vitamin C	3.60mg
Calcium	140.00mg	Iron	3.24mg

Sweet Sriracha Pasta Salad

Servings:	16.00	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18058

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	32 Ounce	Cook according to manufacturer instructions	229941
SAUCE CHS WHT BLND 6-106Z LOL	53 Ounce		235631
PEAS SNOW 10	4 Cup	Blanch	647462
CARROT MATCHSTICK SHRED 2-3 RSS	24 Ounce		198161
PEPPERS ASST COLORS 4-6CT P/L	8 Ounce		644562
ONION GREEN 2 RSS	1 Ounce		596981
SAUCE SWEET CHILI 12-56Z GFS	1 Cup		271862
SAUCE SRIRACHA 12-17FLZ HUYFNG	1/4 Cup		386462

Preparation Instructions

1. Cook pasta according to manufacture directions, drain, set aside.
2. Combine cheese sauce, sweet chili sauce, and sriracha sauce in steam table pan. Cover. CCP: Heat to 165 F for 15 sec.
3. Blanch snow peas and chill.
4. Combine pasta with cheese sauce, and vegetables.
5. Cool to 70 F within 2 hours and to 41 F or lower within and additional 4 hours. CCP: Maintain cold food at 41 F or below.
6. Portion 1.5 cups chilled pasta salad into serving bowl, to go container, or bistro box.
7. Top with green onions, if desired.
8. Chilled pasta salad can be stored refrigerated for up to 3 days.

**Allergens: Wheat, dairy

SLE Components

Amount Per Serving

Meat	1.51
Grain	2.00

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

Nutrition Facts

Servings Per Recipe: 16.00
Serving Size: 1.50 Cup

Amount Per Serving

Calories	413.44
Fat	12.16g
SaturatedFat	6.82g
Trans Fat	0.00g
Cholesterol	30.29mg
Sodium	783.32mg
Carbohydrates	56.22g
Fiber	5.95g
Sugar	10.25g
Protein	17.00g

Vitamin A	7529.41IU	Vitamin C	30.55mg
Calcium	408.06mg	Iron	2.31mg

Chicken Bacon Ranch Pasta with Breadstick

Servings:	40.00	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18059

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	1 1/2 Package		155661
PASTA PENNE CKD 4-5 PG	1 1/2 Package		835900
Chicken, Diced, Cooked, Frozen	3 Pound		100101
DRESSING MIX RNCH 18-3.2Z HVALL	1/4 Cup		192716
BACON TOPPING 3/8 DCD 2-5 HRML	2 Cup		104396
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Cup	UNPREPARED	100012
BREADSTICK GARL WGRAIN TWST 54-2.1Z	40 Each		644051

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Cup

Amount Per Serving

Calories	461.23		
Fat	17.20g		
SaturatedFat	7.81g		
Trans Fat	0.00g		
Cholesterol	70.27mg		
Sodium	1137.82mg		
Carbohydrates	47.72g		
Fiber	0.61g		
Sugar	7.51g		
Protein	27.84g		
Vitamin A	361.35IU	Vitamin C	0.00mg
Calcium	331.33mg	Iron	1.64mg

Hot Ham & Cheese on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18092

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each	THAW AT ROOM TEMPERATURE OR CONVENTIONAL OVEN: 350 DEGREES F FOR 3-5 MINUTES. MICROWAVE: ON HIGH FOR 30-60 SECONDS	500162
TURKEY HAM UNCURED 6- 2 JENNO	4 Slice		690041
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

1. Place 4 slices of lunchmeat on the pretzel bun.
2. Place 1 slice of cheese on top of meat.
3. Place lid on bun.
4. Toast until bun is warm and slightly crisp.
5. Wrap in foil and hold for hot service. CCP: Hold at 135 F or higher.

**Allergens: Milk, Soy, Wheat

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	315.00		
Fat	10.50g		
SaturatedFat	4.25g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	610.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	21.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	116.00mg	Iron	2.52mg

Breakfast Scramble

Servings:	50.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	1 Cup		584584
CHEESE MOZZ SHRD 4-5 LOL	1 Cup		645170
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	1 Ounce	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.62
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: 50.00

Serving Size: 4.00

Amount Per Serving

Calories	10.24		
Fat	0.65g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	8.18mg		
Sodium	21.63mg		
Carbohydrates	0.39g		
Fiber	0.04g		
Sugar	0.10g		
Protein	0.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.80mg	Iron	0.10mg

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18961

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
PEPPERONI SLCD 14-16/Z 2-5 GFS	8 Each		729981
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

Package together in Container. Counts as a reimbursable meal by itself. Students must also be able to take all other menued vegetables, fruits and milk, if desired.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 470.00

Fat 23.50g

SaturatedFat 10.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 1120.00mg

Carbohydrates 38.00g

Fiber 5.00g

Sugar 8.00g

Protein 25.00g

Vitamin A 362.00IU **Vitamin C** 6.00mg

Calcium 444.00mg **Iron** 1.62mg

Pizza Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18962

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
SAUCE MARINARA DIPN CUP 60-2Z HNZ	1 Each		830810
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702
PEPPERONI SLCD 14-16/Z 2-5 GFS	8 Each	THAW & USE	729981

Preparation Instructions

Package together in Container. Counts as a reimbursable meal by itself. Students must also be able to take all other menued vegetables, fruits and milk, if desired.

SLE Components

Amount Per Serving

Meat	8.13
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		485.00	
Fat		22.00g	
SaturatedFat		7.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		1140.00mg	
Carbohydrates		50.00g	
Fiber		6.00g	
Sugar		7.00g	
Protein		19.00g	
Vitamin A	500.00IU	Vitamin C	18.00mg
Calcium	265.00mg	Iron	3.06mg

Nacho Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18963

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
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	READY TO EAT. OR IN A WARMING UNIT OR STEAM TABLE, HEAT SAUCE TO 145-155 DEGREES F FOR 1-1.5 HOURS FOR 15-20 MINUTES IN A 200 DEGREE F OVEN. MICROWAVE OR STEAMING IS NOT RECOMMENDED.	528690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	420.00		
Fat	17.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	930.00mg		
Carbohydrates	47.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	13.00g		
Vitamin A	346.00IU	Vitamin C	8.00mg
Calcium	387.00mg	Iron	0.60mg

Protein Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18966

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GFS	2 Each	Ready to eat.	229431
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	Ready to eat.	680130
SAUSAGE BF SNCK STX IW 144-0.5Z	1 Each	Ready to eat.	565850
CRACKER SALTINE MINI WGRAIN 300-.39Z	2 Package	Ready to eat.	522150

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.75
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	380.00		
Fat	21.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	400.00mg		
Sodium	610.00mg		
Carbohydrates	17.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	25.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	290.00mg	Iron	3.16mg

PB&J Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18967

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	THAW AT ROOM TEMPERATURE FOR 30-60 MINUTES IN SINGLE LAYERS. AFTER THAWING, SANDWICHES SHOULD BE SERVED WITHIN 8-10 HOURS. DO NOT MICROWAVE.	527462
CHEESE STRING MOZZ IW 168- 1Z LOL	1 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	480.00		
Fat	25.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	630.00mg		
Carbohydrates	47.00g		
Fiber	5.00g		
Sugar	15.00g		
Protein	18.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	350.00mg	Iron	2.00mg

Fruit & Yogurt Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18968

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHNK IQF 4-5 GFS	1/2 Cup	THAW AND SERVE	760140
GRAPES RED SDLSS 18AVG MRKN	3/4 Cup	PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. STORE IN ORIGINAL CONTAINER. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE.	197831
WATERMELON RED SDLSS 2CT P/L	1/2 Cup	PACKAGING: 2 CT IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE TEMPERATURE IS 45-50 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A RECIPE APPLICATION	326089
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	1 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories 333.87

Fat 8.50g

SaturatedFat 5.10g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 273.25mg

Carbohydrates 59.17g

Fiber 2.73g

Sugar 45.83g

Protein 11.25g

Vitamin A 825.11IU **Vitamin C** 63.20mg

Calcium 236.29mg **Iron** 0.79mg

Ham & Turkey Roll Up Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18969

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice	FULLY COOKED - THAW AND SERVE.	244190
HAM SLCD .5Z 4-2.5 GFS	5 Slice		294187
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce		680130
CRACKER SALTINE MINI WGRAIN 300-.39Z	2 Package		522150

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.54
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	344.17
Fat	15.63g
SaturatedFat	5.46g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1108.33mg
Carbohydrates	16.25g
Fiber	0.00g
Sugar	1.25g
Protein	34.42g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 240.00mg	Iron 1.55mg

Pasta Salad Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18970

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD PASTA MACAR 2-5 SANDRIDGE	1/2 Cup		524395
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT (cut in fours) 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce		680130

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	540.00
Fat	24.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	135.00mg
Sodium	1100.00mg
Carbohydrates	64.00g
Fiber	4.00g
Sugar	19.00g

Protein	19.00g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 240.00mg	Iron 2.88mg

Chicken Salad Croissant Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18971

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD CHIX WHT MEAT 2-5 PIERCE	1/2 Cup	READY_TO_EAT READY TO SERVE	444855
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
SNACK MIX CHEX CHED WGRAIN 60-92Z	1 Each	READY_TO_EAT Ready to serve and eat	599282

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	713.03
Fat	40.23g
SaturatedFat	11.79g
Trans Fat	0.15g
Cholesterol	65.45mg
Sodium	1352.27mg
Carbohydrates	66.15g
Fiber	5.52g
Sugar	18.09g
Protein	26.12g

Vitamin A	351.52IU	Vitamin C	3.78mg
Calcium	252.44mg	Iron	2.71mg

Yogurt Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18974

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce		680130

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	490.00
Fat	18.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	480.00mg
Carbohydrates	67.00g
Fiber	3.00g
Sugar	33.00g
Protein	16.00g
Vitamin A 400.00IU	Vitamin C 0.00mg
Calcium 480.00mg	Iron 3.54mg