

Cookbook for Marshall County High School

Created by HPS Menu Planner

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Chicken Smackers

Servings:	1.00	Category:	Entree
Serving Size:	10.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11842

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN DRK CKD 30#	10 Piece	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	666232

Preparation Instructions

Place frozen product on to lined sheet pans. Once desired temp has been reached-remove and place in warmer until serve time.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00

Amount Per Serving	
Calories	240.00
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	570.00mg
Carbohydrates	16.00g
Fiber	3.00g
Sugar	0.00g
Protein	18.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.44mg

Spaghetti

Servings:	1.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11844

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce		221460
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 3/5 Ounce		573201

Preparation Instructions

For each lb of pasta bring 1 gallon of water to a full rolling bowl. Gradually add pasta to boiling water. Stir gently and return to a full boil. Leas the pot uncovered and keep water at a constant boil. Cook 8-10 minutes.

Removed desired amount sauce from the freezer the day before to thaw. Fill steamer or kettle with water. Keep sauce in bags and put in steamer or kettle. Cook approx. mins or until internal temp reaches 165^,

Mix pasta and sauce together in tilt skillet. Put on lines and cover. Set heat on#2 to hold. Extra pans go into warmers.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

Amount Per Serving

Calories	377.00		
Fat	8.50g		
SaturatedFat	2.80g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	290.00mg		
Carbohydrates	50.00g		
Fiber	6.00g		
Sugar	9.00g		
Protein	22.00g		
Vitamin A	647.00IU	Vitamin C	19.00mg
Calcium	64.00mg	Iron	3.80mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11864

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	110.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	220.00mg		
Carbohydrates	7.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	0.00mg	Iron	1.08mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11867

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	250.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	370.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	63.00mg	Iron	2.08mg

General Tso Chicken

Servings:	1.00	Category:	Entree
Serving Size:	3.60	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11899

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK GEN TSO DK MT W/SCE 6- 7.25#	3 3/5 Serving		556952
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

Product is fully cooked. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.60

Amount Per Serving			
Calories	310.00		
Fat	6.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	511.00mg		
Carbohydrates	45.00g		
Fiber	4.00g		
Sugar	17.00g		
Protein	15.00g		
Vitamin A	200.00IU	Vitamin C	2.40mg
Calcium	40.00mg	Iron	1.80mg

Orange Chicken w/Egg Roll

Servings:	1.00	Category:	Entree
Serving Size:	3.60	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11900

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 3/5 Ounce		550512
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.60

Amount Per Serving

Calories	290.00		
Fat	6.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	430.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	15.00g		
Vitamin A	200.00IU	Vitamin C	2.40mg
Calcium	40.00mg	Iron	1.80mg

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	2.95 2.95 oz	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12891

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660

Preparation Instructions

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.95 2.95 oz

Amount Per Serving

Calories	210.00		
Fat	9.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	340.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 160.00mg **Iron** 1.50mg

Fruit Cup

Servings:	22.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12893

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MIXED DCD XL/S 6-10 GFS	1/2 Cup	OPEN CAN AND POUR INTO LARGE BOWL AND USING A 4 OZ SPOODLE, DIP THE CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ON A BAKING RACK UNTIL SERVED.	118265

Preparation Instructions

OPEN CAN AND POUR INTO LARGE BOWL AND USING A 4 OZ SPOODLE, DIP THE CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ON A BAKING RACK UNTIL SERVED.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 1.00

Amount Per Serving

Calories	2.73		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.45mg		
Carbohydrates	0.77g		
Fiber	0.05g		
Sugar	0.68g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.23mg	Iron	0.00mg

Chicken Dippers and Gravy

Servings:	1.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12894

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP BRD WGRAIN FC 1.3Z 30	1 Serving	OPEN BAG OF TENDERS AND SPREAD OUT ON A LINED FLAT SHEET PAN. COOK TENDERS IN 350^ OVER FOR APPROX 10 MINUTES OR UNTIL DESIRED TEMP IS MET.	548842
GRAVY MIX CNTRY 6- 1.5 PION	2 Ounce	POUR 1 GALLON OF WARM WATER INTO SAUCEPAN. GRADUALLY ADD ONE FULL BAG OF MIX TO WARM WATER, WHISKING THOROUGHLY. BRING TO A BOIL STIRRING FREQUENTLY. USING A 2 OZ SPOODLE, SCOOP GRAVY INTO A 4 OZ OVS.	455555

Preparation Instructions

Chicken Tender: OPEN BAG OF TENDERS AND SPREAD OUT ON A LINED FLAT SHEET PAN. COOK TENDERS IN 350^ OVER FOR APPROX 10 MINUTES OR UNTIL DESIRED TEMP IS MET.

GRAVY: POUR 1 GALLON OF WARM WATER INTO SAUCEPAN. GRADUALLY ADD ONE FULL BAG OF MIX TO WARM WATER, WHISKING THOROUGHLY. BRING TO A BOIL STIRRING FREQUENTLY. USING A 2 OZ SPOODLE, SCOOP GRAVY INTO A 4 OZ OVS.

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

CCP: Hold for hot service at 135° F or higher

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

CCP: Hold for hot service at 135° F or higher

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving	
Calories	355.19
Fat	21.51g
SaturatedFat	5.50g
Trans Fat	2.26g
Cholesterol	65.00mg
Sodium	685.87mg
Carbohydrates	22.52g
Fiber	2.00g
Sugar	1.50g
Protein	18.00g

Vitamin A	200.00IU	Vitamin C	108.00mg
Calcium	20.00mg	Iron	1.62mg

Confetti Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	3.03 3.03 oz	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12895

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Serving	<p>Conventional Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 14-15 minutes.</p> <p>Convection Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 9-10 minutes. Do not exceed 350 degrees F. Do not allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.</p> <p>Microwave: Place 1 pouch, picture side up, on a microwave-safe dish. Heat on high for 45 seconds. Pull pouch apart carefully to remove heated product</p>	395303

Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 14-15 minutes. Convection Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 9-10 minutes. Do not exceed 350 degrees F. Do not allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. Microwave: Place 1 pouch, picture side up, on a microwave-safe dish. Heat on high for 45 seconds. Pull pouch apart carefully to remove heated product

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.03 3.03 oz

Amount Per Serving

Calories	220.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	36.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Donut

Servings:	1.00	Category:	Grain
Serving Size:	2.00 2.0 ozs	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12897

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each	Fully prepared yeast donut for thaw and serve or heat and serve convenience. Top with Rich's honey glaze or buttercream icing for a delicious treat.	556582

Preparation Instructions

Fully prepared yeast donut for thaw and serve or heat and serve convenience. Top with Rich's honey glaze or buttercream icing for a delicious treat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 2.0 ozs

Amount Per Serving			
Calories	280.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	30.00g		
Fiber	2.60g		
Sugar	7.00g		
Protein	5.00g		
Vitamin A	11.41IU	Vitamin C	0.00mg
Calcium	13.70mg	Iron	0.80mg

Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15264

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS GARL CRST 16" 9CT	450 Slice		564972

Preparation Instructions

Thawing Instructions

For best results, completely thaw the pizza before baking by placing each pizza on a parchment lined baking tray or pizza screen. Allow 2 hours for thawing. Keep pizzas covered while thawing.

Basic Preparation

Preheat oven. For convection oven rotate pizza halfway through baking time for even baking. Pizza is baked when the cheese is melted and the edge of the crust is golden brown. Oven temperatures and cook times may vary.

Thawed Pizza: Convection Oven, 435 F 6 to 7 minutes. Conveyor Oven, 435 to 450 F 6 to 6.5 minutes. Frozen Pizza: Conveyor Oven, 425 to 435 F 6 to 8 minutes

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 Slice

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

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15265

Ingredients

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

Preparation Instructions

Thawing Instructions

Prepare from frozen state.

Lay out patties on an oven sheet pan in a single layer. Heat in a conventional preheated 350 degree F oven for 12-14 minutes or heat in a convection oven at 350 degrees F for 10-12 minutes;

Assemble sandwich and wrap in foil. Place in warmer until time to serve

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 sandwich

Amount Per Serving

Calories	267.60		
Fat	9.90g		
SaturatedFat	3.70g		
Trans Fat	0.48g		
Cholesterol	35.00mg		
Sodium	289.40mg		
Carbohydrates	27.00g		
Fiber	4.80g		
Sugar	4.00g		
Protein	18.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	2.44mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15266

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

Thawing Instructions

Prepare from frozen state.

Lay out patties on an oven sheet pan in a single layer. Heat in a conventional preheated 350 degree F oven for 12-14 minutes or heat in a convection oven at 350 degrees F for 10-12 minutes;

Assemble sandwich and wrap in foil. Place in warmer until time to serve

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 1 sandwich

Amount Per Serving

Calories	317.60		
Fat	14.40g		
SaturatedFat	6.20g		
Trans Fat	0.48g		
Cholesterol	47.50mg		
Sodium	514.40mg		
Carbohydrates	27.50g		
Fiber	4.80g		
Sugar	4.50g		
Protein	20.60g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	158.00mg	Iron	2.44mg

French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15267

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 LAMB	4 Ounce		865881

Preparation Instructions

Thawing Instructions

PREPARE FROM FROZEN

Basic Preparation

COOK FROM FROZEN - PREHEAT CONVECTION OVEN TO 400*F. ARRANGE PRODUCT IN SINGLE LAYER ON BAKING SHEET - YOU MAY WANT TO USE PAN LINER FOR EASY CLEAN UP. BAKING IN OVEN FOR 12 - 14 MINUTES (OVENS VARY). COOK TO A GOLDEN COLOR FOR BEST PRODUCT QUALITY DO NOT OVER COOK - IF YOU USING A CONVENTIONAL OVEN - PREHEAT OVEN TO 400*F FOLLOW ABOVE DIRECTIONS AND BAKING 22-26 MINUTES.

Place 4 ozs of fries onto a 6 oz OVS container and place on serving line.

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	0.79

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 1

Amount Per Serving			
Calories	157.48		
Fat	5.51g		
SaturatedFat	1.57g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	377.95mg		
Carbohydrates	26.77g		
Fiber	3.15g		
Sugar	0.00g		
Protein	3.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.17mg	Iron	1.57mg

Shrimp Poppers

Servings:	1.00	Category:	Entree
Serving Size:	3.00 1 serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15268

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	0 Piece		275752

Preparation Instructions

COOK FROM FROZEN

Basic Preparation

CONVENTION OVEN: PREHEAT OVEN TO 425 DEGREES F. PLACE FROZEN SHRIMP POPPERS IN A SINGLE ; LAYER ON A BAKING SHEET ON CENTER OVEN RACK AND BAKE FOR 8-10 MINUTES OR UNTIL GOLDEN BROWN. CONVECTION OVEN: REHEAT OVEN TO 375 DEGREES F. PLACE FROZEN SHRIMP POPPERS IN A SINGLE LAYER ON A BAKING SHEET ON CENTER OVEN RACK AND BAKE FOR 7-8 MINUTES OR UNTIL GOLDEN BROWN. DEEP DRY: PLACE FROZEN SHRIMP POPPERS IN FRYER BASKET, DEEP FRY IN 350 DEGREES F OIL FOR 1 1/2-2 MINUTES DRAIN PRIOR TO SERVING.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 1 serving

Amount Per Serving

Calories	210.21		
Fat	10.01g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	40.04mg		
Sodium	280.28mg		
Carbohydrates	21.02g		
Fiber	4.00g		
Sugar	1.00g		
Protein	9.01g		
Vitamin A	13.18IU	Vitamin C	0.13mg
Calcium	24.21mg	Iron	1.63mg

Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 2.0	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BROWN 12-15Z GCHC	1/4 Cup		242450

Preparation Instructions

Basic Preparation

STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE.

Using a 2 Oz ladle to serve

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 2.0

Amount Per Serving			
Calories	25.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 .5	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15275

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	1/2 Cup		100307
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

USE A CLEAN CLOTH TO WASH THE LIDS OF CANNED FOODS BEFORE OPENING TO KEEP DIRT FROM GETTING INTO THE FOOD. USE A CLEAN AND SANITIZED CAN OPENER. STOCK POT OR STEAM-JACKETED KETTLE: DRAIN OFF HALF OF THE LIQUID FROM THE CAN. POUR GREEN BEANS AND REMAINING LIQUID INTO A STOCK POT OR STEAM JACKETED KETTLE. HEAT LONG ENOUGH TO BRING TO SERVING TEMPERATURE. DO NOT ALLOW TO BOIL. STEAMER: POUR GREEN BEANS AND REMAINING LIQUID INTO STEAMER PANS. A 12 X 20 X 2 PAN WILL HOLD THE CONTENTS OF TWO #10 CANS. HEAT IN STEAMER AT 5LB PRESSURE FOR 3 MINUTES OR JUST LONG ENOUGH TO BRING TO SERVING TEMPERATURE. DRAIN AND SERVE. CANNED VEGETABLES SHOULD BE HEATED ONLY TO SERVING TEMPERATURE AND BE SERVED SOON AFTER HEATING. CANNED GREEN BEANS WILL BECOME OVERCOOKED WHEN HELD TOO LONG ON A HOT STEAMTABLE OR IN A HOLDING CABINET. ADD PKG OF BUTTER BUDS. USING 1/2 DIPPING SPOON FOR SERVING.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 .5

Amount Per Serving			
Calories	23.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

ROLL

Servings:	1.00	Category:	Grain
Serving Size:	0.00 1 roll	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15276

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131

Preparation Instructions

asic Preparation

PANNING: 24 (4 X 6) FOR SINGLES, OR 48 (6 X 8) FOR CLUSTERS ON A LINED SHEET PAN - SPRAY PAPER WITH PAN RELEASE TO PREVENT BOTTOM SHRED. RETARD PRODUCT AT 38 DEGREES F (3.30 DEGREES C) FOR 18 HOURS ON A COVERED RACK OR FLOOR THAW TO TEMPLATE # 21 (2 3/4" X 1 3/4"). FLOOR TIME: 60-90 MINUTES AT AMBIENT CONDITIONS TO TEMPLATE # 21. BEFORE BAKING: SPRAY PRODUCT WITH WATER. SEED IF DESIRED. BAKE IN RACK OVEN AT 375 DEGREES F (190 DEGREES C) FOR 10-12 MINUTES; 14-18 MINUTES IF CLUSTER-BAKED. STEAM: 20 SECONDS. CONVECTION OVEN: FOLLOW ABOVE INSTRUCTIONS. BEFORE BAKING, SPRAY EACH ROLL HEAVILY WITH WATER. BAKE TEMP/TIME: 325 DEGREES F (160 DEGREES C) FOR 10-12 MINUTES ROTATE TRAY AT 6-7 MINUTES.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.75
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 1 roll

Amount Per Serving			
Calories	140.00		
Fat	2.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	24.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	6.00g		
Vitamin A	0.01IU	Vitamin C	4.99mg
Calcium	12.44mg	Iron	0.49mg

Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 #10 CAN	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15277

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND BRKN L/S 6-10 GFS	1/2 Cup		152811

Preparation Instructions

Using a clean cloth, wipe off can. Open can and using a #6 spoodle spoon fruit into a 6oz OVS container. Place on sheet pan and cover with parchment paper until serving time.

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: 1.00

Serving Size: 0.50 #10 CAN

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	400.00IU	Vitamin C	18.00mg
Calcium	20.00mg	Iron	0.36mg

BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 4.0		498702
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

Thawing Instructions

PREPARE FROM FROZEN STATE

Basic Preparation

OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F.

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 1

Amount Per Serving

Calories	370.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	400.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	1.00mg

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15298

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 5/ 2-5 GFS	1 Each		200174
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053

Preparation Instructions

Thawing Instructions

FROZEN PRODUCT, THAW UNDER REFRIGERATION AT 40 DEGREE F OF LESS. Basic Preparation FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F. CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS.

Assemble franks on the bun and wrap in a foil wrapper and then place in warmer until time to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	410.00		
Fat	28.00g		
SaturatedFat	10.00g		
Trans Fat	1.00g		
Cholesterol	55.00mg		
Sodium	915.00mg		
Carbohydrates	26.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	15.00g		
Vitamin A	0.12IU	Vitamin C	0.01mg
Calcium	54.22mg	Iron	2.31mg

Tater Tots

Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15299

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS 6-5 GFS	3 Ounce		324167

Preparation Instructions

Thawing Instructions

PREPARE FROM FROZEN STATE

Basic Preparation

FRY 1 LB AT 360 DEGREES F FOR 1 MINUTE AND 45 SECONDS. OVEN RECONSTITUTION: CONVECTION: BAKE 1 LB AT 400 DEGREES F. FOR 10 MINUTES. CONVENTION: BAKE 1 LB AT 450 DEGREES F. FOR 15 MINUTES.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 1

Amount Per Serving

Calories	160.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	330.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	0.72mg

Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.67 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15300

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT 30 GFS	67/100 Cup		358991
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

DO NOT THAW PRIOR TO COOKING.

PACKAGING: BULK PRODUCT IN POLY LINER IN CORRUGATE BOX. PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE WITH BUTTER BUDS.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.67 1

Amount Per Serving			
Calories	107.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Black-Eyed Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15302

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS BLACK-EYED FCY 6-10	1/2 Cup		202507

Preparation Instructions

Wipe of the #10 can. Open and pour into deep half pan and cook in steam table until temp is met. Using 4 oz spoon to serve

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

Amount Per Serving			
Calories	100.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	470.00mg		
Carbohydrates	19.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	16.00 16 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15417

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN 16" 9CT SGT PEPP'S	1 Slice		564962
PEPPERONI SLCD 14-16/Z 2-5 GFS	16 Each		729981

Preparation Instructions

Place each pizza on a parchment lined baking tray to thaw. Preheat oven to 435 F . Arrange pepperoni on pizza. Place pizza in oven and bake for 6 to 7 mins until cheese is melted and the edge of the crust is golden brown. Slice and place on serving line

SLE Components

Amount Per Serving

Meat	14.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 16 each

Amount Per Serving

Calories	140.00		
Fat	13.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	460.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	6.70 6.70 ozs	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15419

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN 16" 9CT SGT PEPP'S	1 Slice		564962

Preparation Instructions

Place each pizza on a parchment lined baking tray to thaw. Preheat oven to 435 F . Place pizza in oven and bake for 6 to 7 mins until cheese is melted and the edge of the crust is golden brown. Slice and place on serving line

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.70 6.70 ozs

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

Taco/Cheese Cup

Servings:	1.00	Category:	Entree
Serving Size:	3.17 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15420

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	Placed sealed bags in a steamer or in boiling water. Heat approx 30 mins or until product reaches service temp.	722330
TORTILLA FLOUR 6 SFST 24- 12CT GRSZ	1 Each	Remove the tortillas from the pkg and separate them individually. Place in warmer until needed	713320
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	Place sealed bags in a steamer or boiling water. Heat approx 30 mins	722110

Preparation Instructions

Place meat into steamer and heat to desired temp of 165^ Put meat in serving pan and put on line and set temp on dial to 2#. Scoop 3.17 ounces of cooked meat onto tortilla along side with cheese sauce. Tostito scoops may substitute for flour tortilla.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.17 1

Amount Per Serving			
Calories	250.40		
Fat	11.40g		
SaturatedFat	5.45g		
Trans Fat	0.29g		
Cholesterol	50.00mg		
Sodium	678.40mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	18.30g		
Vitamin A	845.00IU	Vitamin C	5.00mg
Calcium	162.00mg	Iron	3.00mg

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	4.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15422

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	4 Each	Bake @ 350^ flip halfway through cook time	497360

Preparation Instructions

Thaw prior to need. Place 1 bag on parchment lined sheet pan. Put on stack rack and hold refrigerated until ready to cook. Cook at 300^ until desired temp of 165^ is met. Cook time is 8-10 mins. Flip half way through. Place corn dogs in 4 oz serving boat on a sheet pan and place on serving line with proper heat setting.

SLE Components

Amount Per Serving

Meat	1.33
Grain	1.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 1

Amount Per Serving			
Calories	180.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	320.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.00mg

Burrito & Cheese cup

Servings:	1.00	Category:	Entree
Serving Size:	5.00 1 serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15423

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	1 Each		497221
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	Place sealed bag in a steamer or boiling water. Heat approx 45 mins or until product reaches serving temp. Using a yellow # 20 scoop. Scoop cheese into a 2 oz OVS container with lid . Place on serving line.	722110

Preparation Instructions

Pull case from freezer day before and set in refrigerator to thaw. Remove product from box and lay out on sheet pan lined with parchment paper. Place pan on stack rack until ready to cook. Cook in 325^ preheated oven for 15-22 mins. Check temp-desired temp is 165^. Place in warmer to hold until served.

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: 5.00 1 serving

Amount Per Serving

Calories	419.00		
Fat	19.50g		
SaturatedFat	9.65g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	676.50mg		
Carbohydrates	41.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	19.50g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	201.00mg	Iron	1.44mg

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 .5cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15937

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	1/2 Cup		520098

Preparation Instructions

Wipe cans before opening. Pout beans into a 4 " Steam table pan. Cook at 350^ until desire temp. Place on line to serve using a 4 oz spoon

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 .5cup

Amount Per Serving

Calories	140.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	29.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15939

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GFS	1/2 Cup		271497

Preparation Instructions

Wipe off top of can before opening. Pour contents into a large bowl. Using a 4oz spoodle, spoon contents into a 6 oz OVS container. Place onto a full size flat sheet pan. Cover with parchment sheet and place on baking rack until serving time.

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: 1.00

Serving Size: 0.50 1

Amount Per Serving

Calories	6.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.11mg		
Carbohydrates	1.44g		
Fiber	0.22g		
Sugar	1.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.56mg	Iron	0.00mg

Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15942

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GFS	1/2 Cup		118915
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

Wipe off can before opening. Pour carrots into a 4' deep steam pan. Add 1/2 package of Butterbuds per can. Cook until desired temp is met. Place on line to serve. Use a 4 oz spoodle

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

Amount Per Serving

Calories	27.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	6.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	Iron	0.00mg

Ooey Goopy Cheese Sauce

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15944

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED 6-5 JTM	1 Ounce		271081

Preparation Instructions

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned. Using a yellow#20 scoop-scoop cheese into a 2 oz OVS container w/lid. Place on service line.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1

Amount Per Serving

Calories	59.34		
Fat	4.40g		
SaturatedFat	2.53g		
Trans Fat	0.00g		
Cholesterol	15.38mg		
Sodium	226.37mg		
Carbohydrates	1.10g		
Fiber	0.00g		
Sugar	0.55g		
Protein	3.85g		
Vitamin A	213.19IU	Vitamin C	0.00mg
Calcium	110.99mg	Iron	0.00mg

Queso Cheese Dip

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15946

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce		722110

Preparation Instructions

PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1

Amount Per Serving

Calories	59.00		
Fat	4.50g		
SaturatedFat	2.65g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	216.50mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	3.50g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	101.00mg	Iron	0.00mg

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15948

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
POLLOCK BRD RECT WGRAIN 3.6Z 10 GFS	1 Piece		501262

Preparation Instructions

KEEP FROZEN UNTIL READY TO PREPARE. DO NOT REFREEZE. CONVECTION OVEN: PLACE OVEN RACK IN CENTER OF THE OVEN. PREHEAT OVEN TO 425 DEGREES F. PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 15-18 MINUTES. CONVENTIONAL OVEN: PLACE OVEN RACK IN THE CENTER OF THE OVEN. PREHEAT TO 450 DEGREES F, PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 20-25 MINUTES. NOTE: SINCE APPLIANCES VARY, THESE COOKING INSTRUCTIONS ARE ONLY A GUIDELINE. FISH IS FULLY COOKED WHEN IT REACHES AN INTERNAL TEMPERATURE OF 165 DEGREES F.

Place fish on a bun and wrap in foil wrapper. Place sandwich in shallow pan and place in warmer until ready to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1

Amount Per Serving

Calories	320.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	330.00mg		
Carbohydrates	42.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.72mg

French Toast Stix

Servings:	3.00	Category:	Entree
Serving Size:	0.00 3	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15951

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 130-2.65Z	3 Each	BAKE convection oven 325 degrees F. 10-12 minutes thawed, 20-25 minutes frozen	548732

Preparation Instructions

Thawing Instructions

THAW BEFORE PREPARATION OR USE. WHAT IN COOLER 1 DAY BEFORE PLANNED USE
CONVECTION/COMBI-OVEN: 325 DEGREES F, THAWED 4-7 MINUTES, FROZEN 7-9 MINUTES

Place in warmer until served.

Make cups of syrup available

SLE Components

Amount Per Serving

Meat	0.33
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 0.00 3

Amount Per Serving

Calories	56.67		
Fat	1.33g		
SaturatedFat	0.33g		
Trans Fat	0.00g		
Cholesterol	41.67mg		
Sodium	96.67mg		
Carbohydrates	8.33g		
Fiber	0.67g		
Sugar	1.67g		
Protein	2.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.67mg	Iron	0.67mg

Green Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16034

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	1/2 Cup		222000
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES add Butter buds and season to taste.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

Amount Per Serving			
Calories	77.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	14.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Lettuce

Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16035

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787

Preparation Instructions

Ready to use

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 1

Amount Per Serving			
Calories	2.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.50g		
Fiber	0.25g		
Sugar	0.25g		
Protein	0.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	0.09mg