

# **Cookbook for Marshall County High School**

**Created by HPS Menu Planner**

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# Chicken Smackers

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00

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

# Spaghetti

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00

#### Amount Per Serving

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

# Chicken Sandwich

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

# Chicken Sandwich

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

<b>Meat</b>	1.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

# General Tso Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.60	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>BAKE</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.60

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



# Orange Chicken w/Egg Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.60	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>BAKE</b> <b>HEATING INSTRUCTIONS. HEAT BEFORE SERVING.</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.60

#### Amount Per Serving

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

# Breakfast Pizza

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	<b>BAKE</b> 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

<b>Meat</b>	1.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.95 2.95 oz

Amount Per Serving

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

**Calcium** 160.00mg **Iron** 1.50mg

# Fruit Cup

<b>Servings:</b>	22.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 1.00

#### Amount Per Serving

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

# Chicken Dippers and Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

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

<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	108.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.62mg

# Confetti Pancakes

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Serving	onventional 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. Mircowave: 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	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. Mircowave: 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.03 3.03 oz

#### Amount Per Serving

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

# Donut

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	2.00 2.0 ozs	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 2.0 ozs

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



# Cheese Pizza

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 Slice

#### Amount Per Serving

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

# Hamburger

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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 sandwich

### Amount Per Serving

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

# Cheeseburger

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 sandwich

#### Amount Per Serving

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

# French Fries

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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.79

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 1

#### Amount Per Serving

<b>Calories</b>	157.48		
<b>Fat</b>	5.51g		
<b>SaturatedFat</b>	1.57g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	377.95mg		
<b>Carbohydrates</b>	26.77g		
<b>Fiber</b>	3.15g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.17mg	<b>Iron</b>	1.57mg

# Shrimp Poppers

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

<b>Meat</b>	1.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 1 serving

#### Amount Per Serving

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

# Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 2.0	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 2.0

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

# Green Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 .5	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 .5

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

# ROLL

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.00 1 roll	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1 roll

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



# Mandarin Oranges

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 #10 CAN	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 #10 CAN

#### Amount Per Serving

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

# BBQ Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1

#### Amount Per Serving

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

# Hot Dog

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

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

# Tater Tots

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 1

#### Amount Per Serving

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

# Corn

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.67 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.67 1

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

# Black-Eyed Peas

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg

# Pepperoni Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	16.00 16 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	14.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 16 each

#### Amount Per Serving

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

# Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.70 6.70 ozs	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.70 6.70 ozs

#### Amount Per Serving

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



# Taco/Cheese Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.17 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.17 1

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

# Mini Corn Dogs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 1

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

# Burrito & Cheese cup

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 1 serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 1 serving

#### Amount Per Serving

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

# Baked Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 .5cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 .5cup

#### Amount Per Serving

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

# Applesauce

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

#### Amount Per Serving

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

# Carrots

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

#### Amount Per Serving

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

# Ooey Goopy Cheese Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.55
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1

#### Amount Per Serving

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

# Queso Cheese Dip

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1

#### Amount Per Serving

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



# Fish Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1

#### Amount Per Serving

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

# French Toast Stix

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 3	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.33
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 0.00 3

#### Amount Per Serving

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

# Green Peas

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

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

# Lettuce

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.25 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 1

#### Amount Per Serving

<b>Calories</b>	2.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.50g		
<b>Fiber</b>	0.25g		
<b>Sugar</b>	0.25g		
<b>Protein</b>	0.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	0.09mg