

# **Cookbook for Benton Elementary School**

**Created by HPS Menu Planner**

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# Chef Salad with Crackers

<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-8712

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup	OPEN PREWASHED BAG OF LETTUCE AND PLACE IN 3 COMPARTMENT CONTAINER WITH LID.	735787
TOMATO CHERRY 11 MRKN	1/4 Cup	WASH VEGETABLES AND DRAIN	569551
CARROTS BABY PLD 72-3Z P/L	1/4 Cup	WASH VEGETABLES AND DRAIN	241541
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	WASH VEGETABLES AND DRAIN	732451
HAM HNY DELI SHVD FRSH 6-2 GFS	1 Serving	CUT HAM	779160
CRACKER SALTINE 300-4CT ZESTA	1 Package		270644
Shredded Cheddar redu fat/sodium	1 Ounce		344721

## Preparation Instructions

BEFORE HANDLING FOOD AND/OR EQUIPMENT ALWAYS WASH HANDS FOR AT LEAST 30 SECONDS WITH SOAP.

OPEN PREWASHED BAG OF LETTUCE AND PLACE IN 3 COMPARTMENT CONTAINER WITH LID. THEN WASH REMAINING VEGETABLES AND DRAIN. THEN ADD VEGETABLES TO LETTUCE.

CUP UP 1.22 OZ OF HAM

CUP UP 1 OZ OF CHEESE

AND PLACE IN DELI BOX UNTIL SERVED.

PLACE 2 PKS OF CRACKERS WITH SALAD

CCP: REFRIGERATE UNTIL SERVED.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.40
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.25

<b>RedVeg</b>	2.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00			
<b>Amount Per Serving</b>			
<b>Calories</b>	250.80		
<b>Fat</b>	5.10g		
<b>SaturatedFat</b>	1.93g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.00mg		
<b>Sodium</b>	778.50mg		
<b>Carbohydrates</b>	35.65g		
<b>Fiber</b>	8.50g		
<b>Sugar</b>	14.75g		
<b>Protein</b>	18.60g		
<b>Vitamin A</b>	23767.35IU	<b>Vitamin C</b>	165.33mg
<b>Calcium</b>	160.00mg	<b>Iron</b>	2.38mg

# Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8713

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811490
CEREAL CINN TOAST CRNCH 4-45Z GENM	3/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	729515
ORANGES MAND BRKN L/S 6-10 GFS	4 Ounce		152811
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

## Preparation Instructions

OPEN YOGURT BAG AND SQUEEZE PRODUCT INTO 4 OZ CONTAINER. OPEN CEREAL AND USING A 3/4 CUP SCOOP PUT CEREAL INTO CONTAINER. OPEN FRUIT. PLACE FRUIT IN STRAINER TO DRAIN THEN USING A 4 OZ DIPPER PLACE INTO CONTAINER. PLACE 1 PIECE OF STRING CHEESE, YOGURT, CEREAL, AND FRUIT INTO EKON-O-BAG. SEAL BAG.

CCP: HOLD FOR COLD SERVICE AT 41\* F OR LOWER

CCP: REFRIGERATE UNTIL SERVED

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	1173.22		
<b>Fat</b>	12.07g		
<b>SaturatedFat</b>	8.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	39.85mg		
<b>Sodium</b>	864.31mg		
<b>Carbohydrates</b>	230.07g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	161.34g		
<b>Protein</b>	39.45g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	25.13mg

**Calcium** 1396.79mg **Iron** 5.63mg

# Ham and Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8714

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	4 Ounce		779160
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	2 Slice		710650
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

CCP: before handling food and/or equipment always wash hands for at least 30 seconds with soap.

ON A SHEET PAN PLACE BREAD AND HAM AND CHEESE ON BREAD- PLACE THE OTHER SLICES OF BREAD ON TOP. THEN WRAP IN A COLD BAG. PLACE IN DELI COOLER.

CCP: COOL TO 41\* F OR LOWER WITHIN 4 HOURS.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<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: 0.00

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	62.50mg		
<b>Sodium</b>	1195.00mg		
<b>Carbohydrates</b>	28.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	28.50g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	151.00mg	<b>Iron</b>	2.80mg



# 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

# Whole Grain Blueberry Pop-tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11875

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	76.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	30.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 1000.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 3.60mg

# Whole Grain Frosted Cinnamon Pop-Tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11876

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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>	370.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	400.00mg		
<b>Carbohydrates</b>	76.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	31.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	1000.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	3.60mg

# Whole Grain Frosted Fudge Pop-Tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11877

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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>	370.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	76.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	30.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg
<b>Iron</b>	3.60mg

# Whole Grain Strawberry Pop-Tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11878

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	360.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	76.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	30.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	1000.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	3.60mg

# Dutch Waffle

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11880

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Bacon, Eggs & Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11883

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	1 Ounce	<b>BAKE</b> Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
BACON CKD SLCD 2- 150CT ARM	1 Slice		563315
BREAD WHL WHE PULLMAN SLCD 12- 22Z GFS	1 Each		710650

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	141.67		
<b>Fat</b>	6.03g		
<b>SaturatedFat</b>	1.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	101.00mg		
<b>Sodium</b>	287.53mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	7.97g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	1.00mg



# Pancake & Sausage on a Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11884

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	240.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<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>	30.00mg	<b>Iron</b>	0.90mg

# Chicken N Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11885

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT BRD WGRAIN 2.2Z 6-5#	1		535474
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	<b>BAKE</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	320.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.00mg	<b>Iron</b> 5.08mg

# Tornado

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11886

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST BCN EGG&CHS 3-8CT RUIZ	1		149311

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### 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

# Whole Grain Apple Cinnamon Texas Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11887

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	260.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	53.00mg	<b>Iron</b>	3.00mg

# 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	<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

<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

# Salisbury Steak & Gravy

<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-12955

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CHARB 72-2.25Z ADV	1 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 375 degrees f. Heat for 16 1 2 minutes. Convection oven: frozen product: preheat oven to 375 degrees f. Heat for 13-15 minutes.	485615
GRAVY MIX BROWN 8-13.37Z TRIO	1 Tablespoon		741141

## Preparation Instructions

**BEEF:** PUT 40 PATTIES ON A LINED SHEET PAN. BAKE AT 325 FOR APPROX. 10 MINUTES. TEMPERATURE SHOULD BE 165. REMOVE FROM PAN AND PUT IN SHALLOW PAN. POUR BEEF GRAVY OVER TOP AND HOLD ON LINE OR WARMER COVERED.

**CCP:** Heat to 145° F or higher for 3 minutes

**GRAVY:** BRING 1 GALLON OF WATER TO A BOIL. ADD 1 PACKAGE GRAVY MIX AND MIX WITH WIRE WHIP.

**CCP:** Heat to 145° F or higher for 3 minutes

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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

Amount Per Serving			
<b>Calories</b>	190.00		
<b>Fat</b>	12.75g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	6.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.34mg

# Pear Halves

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12957

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR HALVES XL/S 6-10 GFS	1/2 Cup	OPEN CAN AND POUR INTO A LARGE BOWL USING A 4 OZ SPOODLE, DIP CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ONTO A BAKING RACK UNTIL SERVED.	224421

## Preparation Instructions

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

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

### 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

#### Amount Per Serving

<b>Calories</b>	60.00		
<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>	14.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	0.00mg

# Diced Peaches

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12958

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GFS	1/2 Cup	OPEN CAN AND POUR INTO A LARGE BOWL USING A 4 OZ SPOODLE, DIP CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ONTO A BAKING RACK UNTIL SERVED.	268348

## Preparation Instructions

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

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

### 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: 1.00

#### Amount Per Serving

<b>Calories</b>	60.00		
<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>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.00g		
<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

# Grilled Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12959

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822

## Preparation Instructions

LINED FULL SIZE SHEET PAN WITH PARCHMENT PAPER AND SPAY THE PAPER WITH BUTTERY SPRAY 1/3 SECOND SPRAY. THEN PLACE BREAD SLICES ONTO PARCHMENT. ADD 4 SLICES OF CHEESE TO ONE SLICE OF BREAD AND TOP WITH ANOTHER SLICE.. TOP WITH BUTTER SPRAY AND PLACE INTO OVEN AND TOAST UNTIL BREAD IS LIGHTLY BROWN AND CHEESE IS MELTED AND SERVE.

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

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	680.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	210.00mg	<b>Iron</b>	2.00mg

# Meatball Sub with Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12960

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/5 Ounce	#8 Scoop Ready to Use	852759
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	#16 scoop	645170
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

## Preparation Instructions

1. Heat meatballs & sauce according to directions. CCP: Hold Hot at 135F or higher
2. Portion 4 meatballs, #8 scoop of sauce & #16 scoop of mozzarella cheese inside sub bun.

### 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>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	415.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	51.00mg		
<b>Sodium</b>	719.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	201.00IU	<b>Vitamin C</b>	3.00mg
<b>Calcium</b>	331.00mg	<b>Iron</b>	4.00mg

## 2 - Bosco Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12961

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>Preheat oven to 400° F.</li> <li>Place Bosco Stick breadsticks on a baking sheet.</li> <li>THAWED: 6-8 minutes.</li> <li>Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b></p> <ol style="list-style-type: none"> <li>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</li> </ol> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>Preheat oil to 350° F.</li> <li>THAWED ONLY: 1-2 minutes.</li> <li>Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b></p> <ol style="list-style-type: none"> <li>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</li> </ol> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>Thaw before baking.</li> <li>Keep Bosco Stick breadsticks covered while thawing.</li> <li>Bosco Stick breadsticks may be thawed in packaging.</li> <li>Bosco Stick breadsticks have 8 days shelf life when refrigerated.</li> </ol> <ol style="list-style-type: none"> <li>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</li> </ol>	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p><b>READY_TO_EAT</b> None</p>	677721

### Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES.

## SLE Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	480.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	820.00mg
<b>Carbohydrates</b>	62.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	26.00g
<b>Vitamin A</b> 362.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 314.00mg	<b>Iron</b> 3.60mg



# Brown Rice

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12962

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	2 10/77 Quart	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound		299405
SALT IODIZED 25 CARG	1/2 Teaspoon		108286

## Preparation Instructions

Bring 3 quarts of water to a boil.

Place 1 quart 1/2 cup of brown rice (1lb 13oz) in each steam table pan (12"x20"x2 1/2") For 25 servings, use 1 pan. For 50 servings, use 2 pans. Or use 1 - 4" steam table pan.

Add butter to rice.

Pour boiling water over brown rice. Stir. Cover pan tightly.

Bake:

Convectional oven: 350 degrees F for 40 minutes.

Convection oven: 325 degrees F for 40 minutes.

Steamer: 5 lb pressure for 25 minutes.

Remove cooked rice from oven and let stand covered for 5 minutes. Stir Rice.

CCP: Heat to 140 degrees F or higher.

CCP: Hold for hot service at 140 degrees F or higher.

Portion with #8 scoop (1/2 cup)

TRADITIONAL OVEN: PLACE RICE AND OPTIONAL SALT AND BUTTER IN PAN. ADD BOILING WATER. COVER RIGHTLY AND BAKE AT 350 DEGREES FOR 30-35 MINUTES. STEAMER METHOD: PLACE RICE AND OPTIONAL BUTTER AND SALT, WITH BOILING WATER IN STEAMER PAN OR SHALLOW PAN. STIR. PLACE UNCOVERED PAN IN STEAMER AND COOK ACCORDING TO MANUFACTURER'S DIRECTION.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.34
<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: 50.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

<b>Calories</b>	147.87		
<b>Fat</b>	4.54g		
<b>SaturatedFat</b>	2.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.60mg		
<b>Sodium</b>	23.57mg		
<b>Carbohydrates</b>	24.54g		
<b>Fiber</b>	0.68g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.73g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.05mg	<b>Iron</b>	0.00mg

# Broccoli & Cheese

<b>Servings:</b>	164.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12963

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	30 Pound	<b>STEAM</b> Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	5 Pound	<b>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.</b>	722110

## Preparation Instructions

CCP: Heat to 145° F or higher for 3 minutes

PULL & THAW BROCCOLI INTO HOTEL PANS.

PLACE THAWED BROCCOLI IN PERFORATED PANS AND PLACE IN STEAMER. COOK FOR 10 MINS

CCP: Before handling food and or/equipment always wash hands for at least 30 seconds with soap.

PLACE BAG OF CHEESE IN PERFERATED PAN INTO STEAMER FOR 15 MINS

PLACE BROCCOLI INTO HOTEL PAN AND POUR CHEESE OVER AND MIX WELL. PLACE ON SERVING LINE TO SERVE.

PORTION WITH NO. 8 SCOOP (1/2 CUP)

### SLE Components

Amount Per Serving

<b>Meat</b>	0.24
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	54.75
<b>Fat</b>	2.20g
<b>SaturatedFat</b>	1.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.32mg
<b>Sodium</b>	127.58mg
<b>Carbohydrates</b>	5.48g
<b>Fiber</b>	3.00g

<b>Sugar</b>	1.00g
<b>Protein</b>	4.70g
<b>Vitamin A</b> 97.56IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 49.27mg	<b>Iron</b> 0.00mg

# Chicken Fajitas

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12973

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	0 Ounce	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.	722110

## Preparation Instructions

TAKE 1 BAG OF CHICKEN AND PLACE IN STEAM TABLE PAN. HEAT UNTIL DESIRED TEMP OF 165°.

PLACE TORTILLA ON FLAT SHEET PAN AND PLACE IN WARMER UNTIL SERVE.

PUT TORTILLA IN A BOWL -SCOOP 3.6 OZS OF COOKED MEAT MIXTURE (TO YIELD 2 OZ PORTION) ONTO TORTILLA AND SERVE.

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

CCP: Hold at 135° F or higher.

### 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: 1.00 Each

Amount Per Serving	
<b>Calories</b>	150.59
<b>Fat</b>	4.05g
<b>SaturatedFat</b>	1.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.15mg
<b>Sodium</b>	182.17mg
<b>Carbohydrates</b>	24.01g
<b>Fiber</b>	2.00g

<b>Sugar</b>	2.00g
<b>Protein</b>	4.04g
<b>Vitamin A</b> 2.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 101.01mg	<b>Iron</b> 1.44mg

# Raisins

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12975

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 1/2 Ounce	OPEN BOX AND TAKE RAISINS OUT OF PLASTIC WRAP. PLACE INDIVIDUAL SERVING SIZED BOXES INTO A DECORATIVE CONTAINER FOR SERVING.	544426

## Preparation Instructions

OPEN BOX AND TAKE RAISINS OUT OF PLASTIC WRAP. PLACE INDIVIDUAL SERVING SIZED BOXES INTO A DECORATIVE CONTAINER FOR SERVING.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	3.00
<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: 1.50

#### Amount Per Serving

<b>Calories</b>	756.00		
<b>Fat</b>	1.80g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	46.80mg		
<b>Carbohydrates</b>	186.00g		
<b>Fiber</b>	13.80g		
<b>Sugar</b>	174.00g		
<b>Protein</b>	7.20g		
<b>Vitamin A</b>	22.20IU	<b>Vitamin C</b>	0.60mg
<b>Calcium</b>	95.40mg	<b>Iron</b>	7.02mg