

# **Cookbook for South Newton High School**

**Created by HPS Menu Planner**

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# Candied Carrots

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

## Ingredients

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

## Preparation Instructions

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

\*\*Allergens: Milk

### SLE Components

Amount Per Serving

<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: 96.00

Serving Size: 1.00 Cup

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

# Lasagna Roll-Ups

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each	IN A PAN LAYER SAUCE ON BOTTOM OF FULL OR 1/2 STEAM PAN, THEN PLACE LASAGNA IN PAN COVER WITH SAUCE. SEAL PAN WITH FOIL BAKE IN OVEN AT 375°F FOR 35-40 MINUTES FROZEN OR 25-30 MINUTES.	234041
SAUCE MARINARA A/P 6-10 REDPK	1 2/5 Ounce	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4- 5 LOL	1/2 Cup		645170

## Preparation Instructions

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

### SLE Components

Amount Per Serving

<b>Meat</b>	4.00
<b>Grain</b>	1.00
<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 Each

#### Amount Per Serving

<b>Calories</b>	440.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	10.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	910.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	30.00g		
<b>Vitamin A</b>	594.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	718.00mg	<b>Iron</b>	1.08mg

# RO - 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-16600

## Ingredients

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

## Preparation Instructions

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

### SLE Components

Amount Per Serving

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

# Meatball Sub

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

## Ingredients

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

## Preparation Instructions

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

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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Sub

#### Amount Per Serving

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

# Chicken Bacon Ranch Pasta with Breadstick

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<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: 40.00

Serving Size: 2.00 Cup

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



# Chicken Alfredo Pasta

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

## Ingredients

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

## Preparation Instructions

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

### SLE Components

Amount Per Serving

<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: 54.00

Serving Size: 4.93 Ounce

#### Amount Per Serving

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

# RO - Chicken Parmesan Wrap

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

## Ingredients

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

## Preparation Instructions

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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.33
<b>Grain</b>	2.96
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.36
<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 Wrap

#### Amount Per Serving

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

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

# Acosta Ravoli

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.50
<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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	1200.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	140.00mg	<b>Iron</b>	3.24mg

# Sweet Sriracha Pasta Salad

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

## Ingredients

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

## Preparation Instructions

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

\*\*Allergens: Wheat, dairy

### SLE Components

Amount Per Serving

<b>Meat</b>	1.51
<b>Grain</b>	2.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.03
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 16.00  
Serving Size: 1.50 Cup

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**Amount Per Serving**

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

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<b>Vitamin A</b>	7529.41IU	<b>Vitamin C</b>	30.55mg
<b>Calcium</b>	408.06mg	<b>Iron</b>	2.31mg

# Chicken Bacon Ranch Pasta with Breadstick

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<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: 40.00

Serving Size: 2.00 Cup

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

# Hot Ham & Cheese on Pretzel Bun

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

## Ingredients

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

## Preparation Instructions

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

\*\*Allergens: Milk, Soy, Wheat

### SLE Components

Amount Per Serving

<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 Each

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



# Breakfast Scramble

<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>	Breakfast	<b>Recipe ID:</b>	R-18103

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	33/100 Cup	CONVECTION OVEN - HEAT OVEN TO 250F. PLACE SCRAMBLED EGGS IN FULL SIZE STEAMER PAN SPRAYED WITH NON-STICK SPRAY; COVER TIGHTLY WITH FOIL. STIR AS NECESSARY (OPTIONAL: ADD 1/2 CUP TO 3/4 CUP OF WATER TO PAN. THAWED 15-20 MIN. FROZEN 20-25 MIN.	584584
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	2 Ounce	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690

## Preparation Instructions

Cook eggs and sausage, combine

On serving line, put egg and sausage in a tortilla shell and top with cheese

### SLE Components

Amount Per Serving

<b>Meat</b>	11.75
<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: 0.00

#### Amount Per Serving

<b>Calories</b>	490.00
<b>Fat</b>	36.50g
<b>SaturatedFat</b>	14.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	170.00mg
<b>Sodium</b>	795.00mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 263.00mg **Iron** 3.72mg

# Pizza Munchable

<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-18961

## Ingredients

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

## Preparation Instructions

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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

**Calories** 470.00

**Fat** 23.50g

**SaturatedFat** 10.00g

**Trans Fat** 0.00g

**Cholesterol** 45.00mg

**Sodium** 1120.00mg

**Carbohydrates** 38.00g

**Fiber** 5.00g

**Sugar** 8.00g

**Protein** 25.00g

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

**Calcium** 444.00mg      **Iron** 1.62mg

# Pizza Rebel Pack

<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-18962

## Ingredients

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

## Preparation Instructions

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

### SLE Components

Amount Per Serving

<b>Meat</b>	8.13
<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

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

# Nacho Rebel Pack

<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-18963

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	READY TO EAT. OR IN A WARMING UNIT OR STEAM TABLE, HEAT SAUCE TO 145-155 DEGREES F FOR 1-1.5 HOURS FOR 15- 20 MINUTES IN A 200 DEGREE F OVEN. MICROWAVE OR STEAMING IS NOT RECOMMENDED.	528690

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<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

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

# Protein Rebel Pack

<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-18966

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	4.75
<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

#### Amount Per Serving

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



# PB&J Rebel Pack

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<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

#### Amount Per Serving

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

# Fruit & Yogurt Rebel Pack

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	1.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

### Amount Per Serving

**Calories** 333.87

**Fat** 8.50g

**SaturatedFat** 5.10g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 273.25mg

**Carbohydrates** 59.17g

**Fiber** 2.73g

**Sugar** 45.83g

**Protein** 11.25g

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

**Calcium** 236.29mg **Iron** 0.79mg

# Ham & Turkey Roll Up Rebel Pack

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	4.54
<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: 0.00

#### Amount Per Serving

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

# Pasta Salad Rebel Pack

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<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: 0.00

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

<b>Protein</b>	19.00g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 240.00mg	<b>Iron</b> 2.88mg

# Chicken Salad Croissant Rebel Pack

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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

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

<b>Vitamin A</b>	351.52IU	<b>Vitamin C</b>	3.78mg
<b>Calcium</b>	252.44mg	<b>Iron</b>	2.71mg



# Yogurt Rebel Pack

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<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

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

# Cereal Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19031

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
CRACKER GRHM ORIG WGRAIN 150- 3CT KEEB	1 Package		282451

## Preparation Instructions

Can also get fruit and/or milk for a meal

### 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: 0.00

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 5.20mg

# Taco Day

<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-19032

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN 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. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330
LETTUCE TACO SHREDDED 1/8 CUT 6-3	1/4 Cup		728721
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	THIS IS A REFRIGERATED PRODUCT THAT CAN BE USED DIRECTLY FROM THE BAG.	882700
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup		712131

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.13
<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>	331.40		
<b>Fat</b>	16.90g		
<b>SaturatedFat</b>	9.30g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	576.90mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	22.80g		
<b>Vitamin A</b>	645.00IU	<b>Vitamin C</b>	5.00mg

**Calcium** 263.00mg **Iron** 3.08mg

# Popcorn Chicken Bowl

<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-19034

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN 6-10 CMDTY	1/4 Cup	Steam corn till 165.	120483
GRAVY MIX CHIX 8-22.6Z TRIO	1 1/2 Tablespoon	1.5 tbsp = 1/4 cup prepared ADD ONE PKG TO 1 GALLON BOILING WATER,BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.	290025
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Each	BAKE PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.	327120
POTATO MASH SEAS R/SOD 6-4 MCC	3 Ounce	BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	860560

## Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve

### SLE Components

Amount Per Serving

<b>Meat</b>	1.82
<b>Grain</b>	0.91
<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

Starch

0.59

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	352.45
<b>Fat</b>	14.89g
<b>SaturatedFat</b>	2.96g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.18mg
<b>Sodium</b>	696.72mg
<b>Carbohydrates</b>	39.64g
<b>Fiber</b>	5.11g
<b>Sugar</b>	2.41g
<b>Protein</b>	15.11g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 43.79mg	<b>Iron</b> 2.31mg

# Cheeseburger

<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-19055

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350°F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER BAGS AS WELL. PLACE BAGS IN STEAMER AND HEAT FOR APPROX 35 TO 40 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 160 DEGREES	785850
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

## Preparation Instructions

No Preparation Instructions available.

### 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

Amount Per Serving			
<b>Calories</b>	323.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	5.35g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	46.50mg		
<b>Sodium</b>	629.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	22.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	192.00mg	<b>Iron</b>	3.00mg

# Country Fried Steak Meal

<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-19060

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF FRTRR BRD CKD WGRAIN CN 62- 3.8Z	1 Each	Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10-15 minutes. Microwave: heat frozen product on high power for 2-4 minutes.	100760
POTATO MASH SEAS R/SOD 6-4 MCC	4 7/20 Ounce	BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	860560
GRAVY MIX CNTRY 12- 24Z GCHC	2 Tablespoon		242400

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.50

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	527.67		
<b>Fat</b>	30.76g		
<b>SaturatedFat</b>	9.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	900.98mg		
<b>Carbohydrates</b>	46.02g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.50mg	<b>Iron</b>	2.52mg



# Chxn Tenders & Mac n Cheese

<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-19061

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	3 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup	THE PLASTIC POUCH IS STURDY ENOUGH TO WITHSTAND HEATING IN A STEAMER OR BOILING WATER. HEATING TIMES CAN VARY WITH TYPE OF EQUIPMENT USE AND NUMBER OF POUCHES HEATED. TAKE INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. BOILING WATER, PLACE THAWED UNOPENED POUCH IN BOILING WATER AND HEAT FOR 40 MINUTE, OR FOR FROZEN POUCH HEAT 50 MINUTES. INTERNAL TEMPERATURE OF 165 DEGREES F. STEAMER: THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN. HEAT INTERNAL TEMPERATURE TO 165 DEGREES F. WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE Poured INTO SERVING PANS. IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY.	119122

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.49
<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

<b>Amount Per Serving</b>	
<b>Calories</b>	476.42
<b>Fat</b>	23.21g
<b>SaturatedFat</b>	6.98g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.39mg
<b>Sodium</b>	1121.34mg
<b>Carbohydrates</b>	39.13g
<b>Fiber</b>	4.49g
<b>Sugar</b>	5.48g

<b>Protein</b>	27.69g		
<b>Vitamin A</b>	559.70IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.85mg	<b>Iron</b>	2.81mg

# Turkey Gravy Bowl

<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-19063

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY 4-7	4 Ounce	BOIL IN THE BAG: FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS OF PRODUCT IN BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 TO 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. STEAMER: PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN AND PLACE INTO STEAMER. HEAT FOR 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.	722460
BREAD BOWL WHLWHE 90-2Z SUPBAK	1 Each		230273

## Preparation Instructions

No Preparation Instructions available.

### 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

Amount Per Serving			
<b>Calories</b>	290.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	575.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	3.06mg

# Rebel Burger

<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-19119

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	1 Piece	<b>BAKE</b> This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

## Preparation Instructions

No Preparation Instructions available.

### 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: 0.00

Amount Per Serving			
<b>Calories</b>	400.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	720.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	328.00mg	<b>Iron</b>	2.44mg

# Rosy Applesauce

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19124

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GFS	4 1/2 Ounce		271497
GELATIN MIX RED DIET 18-2.75Z DIAC	1 Teaspoon		318518

## Preparation Instructions

No Preparation Instructions available.

### 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: 0.00

#### Amount Per Serving

<b>Calories</b>	64.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	24.00mg		
<b>Carbohydrates</b>	13.40g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.00mg

# HS Popcorn Chicken Bowl

<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-19200

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN 6-10 CMDTY	1/2 Cup	Steam corn till 165.	120483
GRAVY MIX CHIX 8-22.6Z TRIO	1 1/2 Tablespoon	1.5 tbsp = 1/4 cup prepared ADD ONE PKG TO 1 GALLON BOILING WATER,BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.	290025
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	BAKE PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.	327120
POTATO MASH SEAS R/SOD 6-4 MCC	4 7/20 Ounce	BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	860560

## Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve

### SLE Components

Amount Per Serving

<b>Meat</b>	2.18
<b>Grain</b>	1.09
<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

Starch

1.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	460.91		
<b>Fat</b>	18.68g		
<b>SaturatedFat</b>	3.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	21.82mg		
<b>Sodium</b>	826.82mg		
<b>Carbohydrates</b>	55.27g		
<b>Fiber</b>	7.27g		
<b>Sugar</b>	4.09g		
<b>Protein</b>	19.27g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	2.90mg

# HS Taco Day

<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-19201

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN 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. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330
LETTUCE TACO SHREDDED 1/8 CUT 6-3	1/4 Cup		728721
TORTILLA FLOUR ULTRGR 8 18-12CT	2 Each	THIS IS A REFRIGERATED PRODUCT THAT CAN BE USED DIRECTLY FROM THE BAG.	882700
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/2 Cup		712131

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.13
<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>	551.40		
<b>Fat</b>	28.90g		
<b>SaturatedFat</b>	16.80g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	85.00mg		
<b>Sodium</b>	861.90mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	32.80g		
<b>Vitamin A</b>	645.00IU	<b>Vitamin C</b>	5.00mg



**Calcium** 485.00mg **Iron** 4.16mg

# Elem Popcorn Chicken Bowl

<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-19226

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN 6-10 CMDTY	1/4 Cup	Steam corn till 165.	120483
GRAVY MIX CHIX 8-22.6Z TRIO	1 1/2 Tablespoon	1.5 tbsp = 1/4 cup prepared ADD ONE PKG TO 1 GALLON BOILING WATER,BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.	290025
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	8 Each	BAKE PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.	327120
POTATO MASH SEAS R/SOD 6-4 MCC	3 Ounce	BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	860560

## Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve

## SLE Components

Amount Per Serving

<b>Meat</b>	1.45
<b>Grain</b>	0.73
<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

Starch

0.59

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 310.63

**Fat** 12.52g

**SaturatedFat** 2.51g

**Trans Fat** 0.00g

**Cholesterol** 14.55mg

**Sodium** 633.08mg

**Carbohydrates** 37.10g

**Fiber** 4.56g

**Sugar** 2.23g

**Protein** 12.56g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 37.79mg      **Iron** 1.95mg