

Cookbook for FINDLAY-HIGH SCHOOL

Created by HPS Menu Planner

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Diced Pear Cup

Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5894

Ingredients

Description	Measurement	DistPart #
PEAR DCD XL/S 6-10 GFS	1 #10 CAN	290203

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 72.43

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.35mg

Carbohydrates 17.59g

Fiber 1.03g

Sugar 15.52g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.00mg

Diced Peaches

Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5921

Ingredients

Description	Measurement	DistPart #
PEACH DCD XL/S 6-10 GFS	1 #10 CAN	268348

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Cup up using a 4 oz spoodle

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 62.08

Fat 0.00g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.35mg

Carbohydrates 14.49g

Fiber 0.00g

Sugar 11.38g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.00mg

Mandarin Oranges

Servings:	22.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5941

Ingredients

Description	Measurement	DistPart #
ORANGES MAND BRKN L/S 6-10 GFS	1 #10 CAN	152811

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 90.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.00mg

Carbohydrates 20.00g

Fiber 0.00g

Sugar 19.00g

Protein 1.00g

Vitamin A 400.00IU **Vitamin C** 18.00mg

Calcium 20.00mg **Iron** 0.36mg

Steamed Broccoli

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5952

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORETS 6-4 GFS	9 8/13 Pound	610902
SEASONING VEGETABLE NO SALT 21Z TRDE	1 6/19 Teaspoon	647230

Preparation Instructions

9.50 cups = to 4# of frozen broccoli

Stove Top Preparation: Place in a minimum amount of boiling water while still frozen. The low temperature of the frozen vegetables will cool the water and stop boiling. Cook from second boil until tender and reach a temperature of 140°F. Avoid overcooking for better flavor and color.

Add seasoning.

Steamer: Pour into 2" perforated steam table pan with non-perforated pan. Heat just until tender and reach a temperature of 145°F.

Hold for hot service at 145 degrees

Serve with 4 oz. spoodle

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.71		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.39mg		
Carbohydrates	5.34g		
Fiber	3.08g		
Sugar	1.03g		
Protein	3.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.91mg	Iron	1.03mg

Corn

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5957

Ingredients

Description	Measurement	DistPart #
CORN CUT SUPER SWT 6-4 GFS	4 Pound	851329
SEASONING VEGETABLE NO SALT 21Z TRDE	2 Teaspoon	647230

Preparation Instructions

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON

Pour corn into a steam table pan.

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

Serve with a 4 oz. spoodle

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories			62.20
Fat			0.75g
SaturatedFat			0.00g
Trans Fat			0.00g
Cholesterol			0.00mg
Sodium			0.00mg
Carbohydrates			12.44g
Fiber			1.49g
Sugar			4.48g
Protein			1.49g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Applesauce Cup

Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5975

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GFS	1 #10 CAN	271497

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish out fruit.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 6.90

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.15mg

Carbohydrates 1.49g

Fiber 0.23g

Sugar 1.38g

Protein 0.00g

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

Calcium 0.57mg **Iron** 0.00mg

Pepperoni Pizza

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5990

Ingredients

Description	Measurement	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96-4.5Z	16 Each	152111

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGEN: MILK, WHEAT, SOY

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00
Fat	12.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	530.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	8.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 222.00mg	Iron 2.50mg

Shrimp Poppers

Servings:	10.00	Category:	Entree
Serving Size:	20.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6005

Ingredients

Description	Measurement	DistPart #
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	2 Pound	275752

Preparation Instructions

TO BAKE: Preheat oven to 425°F. Place frozen Shrimp Poppers in a single layer on a baking sheet on center oven rack and bake for 8 to 10 minutes or until golden brown.

TO BAKE: (convection oven): Preheat oven to 375°F. Place frozen Shrimp Poppers in a single layer on a baking sheet on center oven rack and bake for 7 to 8 minutes or until golden brown.

Serve with a 4 oz. spoodle

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: WHEAT, SOY, SHELLFISH

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 20.00 Piece

Amount Per Serving

Calories	224.00		
Fat	10.67g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	42.67mg		
Sodium	298.67mg		
Carbohydrates	22.40g		
Fiber	4.27g		
Sugar	1.07g		
Protein	9.60g		
Vitamin A	14.05IU	Vitamin C	0.14mg
Calcium	25.80mg	Iron	1.74mg

Mini Maple Waffles

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-6030

Ingredients

Description	Measurement	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	25 Package	269260

Preparation Instructions

Hold for hot service at 145 degrees

ALLERGENS: SOY, MILK, EGG, WHEAT

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	200.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	13.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Pancake Wrap

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-6031

Ingredients

Description	Measurement	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	25 Each	497202

Preparation Instructions

PREFERRED METHOD FOR COOKING IS THAWED.

CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES.

CONVECTION OVEN: 350 DEGREES F. FROZEN, 20 MINUTES. THAWED 13 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING. HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

Hold for hot service at 145 degrees

**ALLERGENS: WHEAT, SOY, EGGS, **

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 240.00

Fat 15.00g

SaturatedFat 4.50g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 370.00mg

Carbohydrates 18.00g

Fiber 1.00g

Sugar 5.00g

Protein 7.00g

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

Calcium 30.00mg **Iron** 0.90mg

Pepperoni Calzone

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6269

Ingredients

Description	Measurement	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	50 Each	135191

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: wheat Soy, Milk, Egg

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00
Fat	11.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	590.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	6.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 361.00mg	Iron 2.00mg

BBQ Beef Rib Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6284

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each	451410

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: MILK, SOY, WHEAT (BEEF RIB)

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	200.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	670.00mg		
Carbohydrates	13.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	14.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Sweet Potato Fries

Servings:	15.18	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6302

Ingredients

Description	Measurement	DistPart #
FRIES SWT C/C SLIM 5-3 SWT THINGS	3 Pound	767650

Preparation Instructions

Cooking Instructions

Conventional Oven: Preheat oven to 400F. Minimum cook weight 1 lb. Arrange product in a single layer.

Bake 2125 minutes or to desired crispness and texture.

Convection Oven: Preheat oven to 400F. Minimum cook weight 1 lb. Arrange product in a single layer.

Bake 1012 minutes or to desired crispness and texture.

Perishable. Keep frozen DO NOT THAW. Store at 0°F (18°C) or colder. PRODUCT MUST BE COOKED THOROUGHLY. Product must reach a minimum of 165°F (74°C) internal

temperature as measured by a food thermometer in several spots.

Hold for hot service at 145 degrees

ALLERGENS: NONE

Nutrition Facts

Servings Per Recipe: 15.18

Serving Size: 1.00 Cup

Amount Per Serving

Calories 137.02

Fat 4.74g

SaturatedFat 0.53g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 179.18mg

Carbohydrates 23.19g

Fiber 3.16g

Sugar 7.38g

Protein 1.05g

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

Calcium 21.08mg **Iron** 0.38mg

Ham Cheese Slider

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6487

Ingredients

Description	Measurement	DistPart #
SAND TKY HAM&CHS WGRAIN IW 100-3.1Z	25 Package	672642

Preparation Instructions

Thaw overnight.

Place in warmed hot box for about 10 minutes. Just until product is slightly warmed.

ALLERGENS: WHEAT, MILK, SOY, GLUTEN

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	186.20
Fat	4.20g
SaturatedFat	1.40g
Trans Fat	0.00g
Cholesterol	17.00mg
Sodium	392.20mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	5.00g
Protein	10.60g
Vitamin A 121.85IU	Vitamin C 0.00mg
Calcium 105.20mg	Iron 1.85mg

Grape Juice

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6488

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	25 Each	403040

Preparation Instructions

Hold at 41 degrees until service

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	19.00g
Fiber	0.00g
Sugar	18.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 1.20mg
Calcium 20.00mg	Iron 0.36mg

Goldfish Crackers

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6489

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	25 Package	736280

Preparation Instructions

ALLERGENS: WHEAT, MILK

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	100.00
Fat	3.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	150.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	0.00g
Protein	3.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 1.00mg

Salsa

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6680

Ingredients

Description	Measurement	DistPart #
SALSA CUP 84-3Z REDG	25 Each	677802

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	0.00g		
Vitamin A	346.00IU	Vitamin C	8.00mg
Calcium	14.00mg	Iron	0.00mg

Breakfast in a Bag

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6682

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	25 Each	150471

Preparation Instructions

ALLERGENS: CHECK PACKAGING

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories 370.00

Fat 9.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 490.00mg

Carbohydrates 73.00g

Fiber 5.00g

Sugar 30.00g

Protein 3.00g

Vitamin A 1000.00IU **Vitamin C** 72.00mg

Calcium 240.00mg **Iron** 7.20mg

Breaded Chicken Patty Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6691

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	50 Each	558061

Preparation Instructions

Bake until 165 degrees. Hold at 145 until service

ALLERGENS: SOY, WHEAT

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	240.00
Fat	13.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	460.00mg
Carbohydrates	15.00g
Fiber	3.00g
Sugar	1.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.00mg	Iron 2.00mg

Colby Cheese Stick

Servings:	25.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6714

Ingredients

Description	Measurement	DistPart #
CHEESE STIX COLBY JK R/F IW 168-1Z	25 Each	786510

Preparation Instructions

Hold for cold service at 41 degrees or below

ALLERGENS: MILK

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00
Fat	6.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	200.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 194.00mg	Iron 0.00mg

Brownie

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6715

Ingredients

Description	Measurement	DistPart #
BAR COCOA CHRY WGRAIN IW 120-1.8Z	25	419172

Preparation Instructions

ALLERGENS: WHEAT, SOY

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 120.00

Fat 7.00g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 40.00mg

Carbohydrates 33.00g

Fiber 0.00g

Sugar 16.00g

Protein 3.00g

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

Calcium 0.00mg **Iron** 0.00mg

Dominos Pepperoni Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6739

Ingredients

Description	Measurement	DistPart #
14" Whole Grain (16 oz.) RFRS Pepperoni Pizza-8 cut	8 Slice	11413

Preparation Instructions

Hold for service at 145 degrees

ALLERGENS: WHEAT, MILK, SOY

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	270.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	570.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	3.00g
Protein	20.00g
Vitamin A 15.00IU	Vitamin C 10.00mg
Calcium 45.00mg	Iron 10.00mg

Turkey Deli Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6743

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	244190
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice	272744
SPRING MIX CONVENTIONAL 6-1 RSS	4 Ounce	402481

Preparation Instructions

Place meat on the tortilla shell, then add cheese and then romaine.

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

Hold for cold service at 41 degrees or below

Serve with 1 oz. package of salad dressing

ALLERGENS: MILK, WHEAT

Revised 9/24/18

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 355.00

Fat 13.00g

SaturatedFat 5.25g

Trans Fat 0.00g

Cholesterol 57.50mg

Sodium 815.00mg

Carbohydrates 33.50g

Fiber 5.67g

Sugar 3.83g

Protein 26.67g

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

Calcium 259.17mg **Iron** 3.81mg

Ham Deli Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6744

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice	272744
SPRING MIX CONVENTIONAL 6-1 RSS	4 Ounce	402481
TURKEY HAM SLCD 12-1 JENNO	6 Slice	556121

Preparation Instructions

Place meat on the tortilla shell, then add cheese and then romaine.

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

Hold for cold service at 41 degrees or below

Serve with 1 oz. package of salad dressing

ALLERGENS: MILK, WHEAT

Revised 9/24/18

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 350.00

Fat 13.00g

SaturatedFat 5.75g

Trans Fat 0.00g

Cholesterol 72.50mg

Sodium 985.00mg

Carbohydrates 33.50g

Fiber 5.67g

Sugar 3.83g

Protein 24.67g

Vitamin A 0.00IU **Vitamin C** 1.80mg

Calcium 259.17mg **Iron** 4.53mg

Fresh Carrot Cup

Servings:	12.90	Category:	Vegetable
Serving Size:	2.48 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12199

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1 1/2 Pound	510637

Preparation Instructions

Wash vegetables and allow to dry.

Weight out correct measurement into a 9 oz. vegetable cup and put on lid. Place in refrigerator.

Hold at 41 Degrees until service.

Nutrition Facts

Servings Per Recipe: 12.90

Serving Size: 2.48 Ounce

Amount Per Serving

Calories	18.48
Fat	0.06g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	41.12mg
Carbohydrates	4.34g
Fiber	1.55g
Sugar	2.48g
Protein	0.31g
Vitamin A 7273.30IU	Vitamin C 1.37mg
Calcium 16.88mg	Iron 0.47mg

String Cheese Stick

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15330

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	25 Each	786801

Preparation Instructions

Hold at 41 Degrees or Less

ALLERGENS: MILK

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00
Fat	3.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	200.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	1.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.00mg	Iron 0.00mg

Diced Peach Cup

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15398

Ingredients

Description	Measurement	DistPart #
PEACH DCD CUP 72-4.5Z ZEE ZEE	25 Each	136741

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories 70.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.00mg

Carbohydrates 18.00g

Fiber 1.00g

Sugar 16.00g

Protein 1.00g

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

Calcium 7.00mg **Iron** 0.00mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15535

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	5 Ounce	600504
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150

Preparation Instructions

Hold for cold service at 41 degrees or below

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 170.00

Fat 10.50g

SaturatedFat 6.50g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 381.67mg

Carbohydrates 6.00g

Fiber 1.67g

Sugar 1.67g

Protein 13.17g

Vitamin A 300.00IU **Vitamin C** 0.60mg

Calcium 235.67mg **Iron** 2.03mg

4 " Whole Grain Bun

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16124

Ingredients

Description	Measurement	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	25 bun	3159

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 160.00

Fat 2.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 190.00mg

Carbohydrates 29.00g

Fiber 2.00g

Sugar 4.00g

Protein 6.00g

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

Calcium 4.00mg **Iron** 10.00mg

Cereal

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16132

Ingredients

Description	Measurement	DistPart #
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	25 Each	264702

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00
Fat	2.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	1.00g
Protein	3.00g
Vitamin A 500.00IU	Vitamin C 6.00mg
Calcium 100.00mg	Iron 8.10mg

Orange Juice

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16133

Ingredients

Description	Measurement	DistPart #
Orange Juice 4 oz.	25 Carton	14000

Preparation Instructions

Serve at 41 degrees

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 50.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.00mg

Carbohydrates 13.00g

Fiber 0.00g

Sugar 10.00g

Protein 1.00g

Vitamin A 0.00IU **Vitamin C** 600.00mg

Calcium 0.00mg **Iron** 0.00mg

Pineapple Tidbits

Servings:	23.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16178

Ingredients

Description	Measurement	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN	189979

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 78.72

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.00mg

Carbohydrates 20.24g

Fiber 1.12g

Sugar 16.87g

Protein 0.00g

Vitamin A 0.00IU **Vitamin C** 10.12mg

Calcium 0.00mg **Iron** 0.40mg

Chicken and Cheese Taquitos

Servings:	25.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16476

Ingredients

Description	Measurement	DistPart #
APTZR TAQUITO CHIX & CHS 140-2.75Z	50	454494

Preparation Instructions

Temperature 350°

Frozen LOW FAN: 14 MINUTES

PREHEAT OVEN TO 350°F. PLACE TAQUITOS EVENLY 1 INCH APART ON A COOKING SHEET. LET REST FOR 1 MINUTE.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F. SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING. *CAUTION: PRODUCT MAY BE HOT.*

Hold for hot served at 145 Degrees

ALLERGENS: WHEAT, SOY, MILK

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.00 Each

Amount Per Serving

Calories 280.00

Fat 12.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 0.00mg

Carbohydrates 30.00g

Fiber 4.00g

Sugar 2.00g

Protein 16.00g

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

Calcium 800.00mg **Iron** 0.00mg

Fresh Apple

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16493

Ingredients

Description	Measurement	DistPart #
APPLE DELICIOUS RED 163CT MRKN	25 Piece	540005

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

Fish Sandwich +

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16848

Ingredients

Description	Measurement	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	12 Each	576255
CHEESE AMER 184CT SLCD 4-5 GCHC	12 Slice	272744

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

**ALLERGEN: FISH, MILK, WHEAT, SOY (FISH)

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories			215.00
Fat			10.50g
SaturatedFat			3.25g
Trans Fat			0.00g
Cholesterol			32.50mg
Sodium			755.00mg
Carbohydrates			16.50g
Fiber			1.00g
Sugar			1.50g
Protein			11.00g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.50mg	Iron	1.80mg

Cocktail Sauce

Servings:	75.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17369

Ingredients

Description	Measurement	DistPart #
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN	200621
SAUCE WORCESTERSHIRE 4-1GAL FRENC	3/4 Cup	109843
HORSERADISH 6-32Z GFS	2 Tablespoon	283908

Preparation Instructions

Wash Hands

Mix all together until well blended.

Using a #20 disher, place into 2 Oz. souffle cups and lid.

Refrigerate overnight.

Hold for cold service at 41 degrees or lower

Serve Chilled.

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories 55.21

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 178.43mg

Carbohydrates 11.12g

Fiber 0.00g

Sugar 11.04g

Protein 0.00g

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

Calcium 0.32mg **Iron** 0.02mg

Triple Chocolate Filled Cookie

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17372

Ingredients

Description	Measurement	DistPart #
COOKIE TRPL CHOC FUDG WGRAIN 120-1.7Z	100 Each	864022

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 200.00

Fat 7.00g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 5.00mg

Sodium 130.00mg

Carbohydrates 31.00g

Fiber 3.00g

Sugar 15.00g

Protein 3.00g

Vitamin A 7.57IU **Vitamin C** 10.43mg

Calcium 16.05mg **Iron** 3.71mg