

# **Cookbook for Tippecanoe Valley Middle School**

**Created by HPS Menu Planner**

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# Salad Bar

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9202

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	1/2 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/5 Ounce		100187
EGG HRD CKD DCD IQF 4-5 GFS	2 Tablespoon		192198
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
Grape Tomatoes	3/4 Cup		749041
CARROT STIX STRAIGHT CUT 2-5 RSS	9 Each		576646
CUCUMBER 1-24CT P/L	3/4 Cup		238653
PEPPERS GREEN STRP 3/4 2-3 RSS	9 Ounce		849995
CELERY STIX 4-3 RSS	3/4 Cup		781592
BEAN GARBANZO 6-10 GCHC	1/4 Cup		118753
PEAS FRZN 30	1/4 Cup	BAKE	100350
BANANA TURNING 40 P/L	1 Each		200999
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	1/2 Cup		198013
GRAPES RED SDLSS 18AVG MRKN	1 Cup		197831
APPLE FRSH SLCD 100-2Z P/L	2 Package	BAKE	473171



Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	2 Package	READY_TO_EAT Ready to Eat	893711
DRESSING RNCH CLSC CUP 120- 1FLZ LTHSE	2 Each		750851
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

Meat	1.77
Grain	1.33
Fruit	0.81
GreenVeg	0.50
RedVeg	0.99
OtherVeg	0.50
Legumes	0.08
Starch	0.08

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Serving

#### Amount Per Serving

Calories	606.16		
Fat	25.14g		
SaturatedFat	7.16g		
Trans Fat	0.00g		
Cholesterol	68.68mg		
Sodium	951.98mg		
Carbohydrates	77.59g		
Fiber	11.11g		
Sugar	38.61g		
Protein	21.38g		
Vitamin A	9073.11IU	Vitamin C	40.50mg
Calcium	434.57mg	Iron	2.59mg

# Whole Grain Cereal Variety

<b>Servings:</b>	21.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9210

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	704280
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	READY_TO_EAT Single-serve ready to eat dry cereal.	453143

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	268711
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 1.00 Each

#### Amount Per Serving

Calories	101.43		
Fat	1.14g		
SaturatedFat	0.14g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	142.62mg		
Carbohydrates	22.48g		
Fiber	2.05g		
Sugar	6.76g		
Protein	1.86g		
Vitamin A	314.29IU	Vitamin C	5.91mg
Calcium	61.90mg	Iron	5.05mg

# Sub Sandwich

<b>Servings:</b>	1.00	<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-9217

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
Turkey Breast Deli	1 Ounce		100121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1/2 Ounce	READY_TO_EAT	100018
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	1 bun	BAKE	4339

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<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 Each

#### Amount Per Serving

<b>Calories</b>	300.55		
<b>Fat</b>	9.40g		
<b>SaturatedFat</b>	3.95g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.86mg		
<b>Sodium</b>	774.35mg		
<b>Carbohydrates</b>	34.27g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.32g		
<b>Protein</b>	17.26g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Black Bean Salsa

<b>Servings:</b>	34.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9218

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN, KERNEL YELLOW IQF FROZEN	1 Cup		4328233
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN		231981
SALSA 103Z 6-10 REDG	1 #10 CAN	READY_TO_EAT None	452841

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.19
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	125.47		
<b>Fat</b>	0.44g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	316.52mg		
<b>Carbohydrates</b>	24.38g		
<b>Fiber</b>	4.56g		
<b>Sugar</b>	3.13g		
<b>Protein</b>	5.44g		
<b>Vitamin A</b>	359.44IU	<b>Vitamin C</b>	4.04mg
<b>Calcium</b>	79.98mg	<b>Iron</b>	1.37mg

# Hamburger on 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-9219

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3.5 inch white hamburger bun	1 Each	READY_TO_EAT	3124

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

# Baked Beans

<b>Servings:</b>	400.00	<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-9220

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK & NAVY 6-10 GCHC	12 #10 CAN		118826
SUGAR BROWN LT 12-2 GFS	3 Pound		314641
SUGAR CANE GRANUL 25 GFS	1 Pound		108642
KETCHUP CAN NAT LO SOD 6-10 REDG	12 Cup	READY_TO_EAT None	200621
SAUCE BBQ 4-1GAL SWTBRAY	1/4 Gallon		655937
SPICE ONION POWDER 19Z TRDE	1/2 Cup		126993
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	8 Tablespoon		860221
SALT IODIZED 24-26Z GFS	4 Tablespoon		108308

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.78
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	133.06
<b>Fat</b>	0.78g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	417.19mg
<b>Carbohydrates</b>	27.53g
<b>Fiber</b>	3.88g
<b>Sugar</b>	13.24g
<b>Protein</b>	5.43g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 38.85mg **Iron** 1.55mg



# Toasted Cheese Sandwich

<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-9232

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Teaspoon		299405
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	2 Slice		100018

## 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: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	356.67		
<b>Fat</b>	18.33g		
<b>SaturatedFat</b>	9.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	12.00mg

# Tomato Soup

<b>Servings:</b>	18.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9233

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN		101427
1% LOW FAT MILK	3 HALF-PINT		4752
Tap Water for Recipes	3 Cup	UNPREPARED	000001WTR

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<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: 18.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	87.68		
<b>Fat</b>	0.42g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	398.73mg		
<b>Carbohydrates</b>	17.61g		
<b>Fiber</b>	0.79g		
<b>Sugar</b>	11.30g		
<b>Protein</b>	2.91g		
<b>Vitamin A</b>	1.67IU	<b>Vitamin C</b>	0.33mg
<b>Calcium</b>	20.78mg	<b>Iron</b>	0.47mg

# Sweet & Sour Chicken

<b>Servings:</b>	214.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9242

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	<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.	327120
SAUCE SWT & SOUR 6-64Z MINR	15 Cup		534811

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 214.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	195.36		
<b>Fat</b>	10.05g		
<b>SaturatedFat</b>	1.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.04mg		
<b>Sodium</b>	319.23mg		
<b>Carbohydrates</b>	15.01g		
<b>Fiber</b>	2.26g		
<b>Sugar</b>	4.68g		
<b>Protein</b>	10.53g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.81mg	<b>Iron</b>	1.56mg

# Chicken Parmesan

<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-9244

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY HOAG 3.75Z 60CT TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. <b>UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.</b> Conventional Oven 20-22 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. <b>UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.</b> Convection Oven 10-13 minutes at 350°F from frozen. <b>DEEP_FRY</b> Appliances vary, adjust accordingly. <b>UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.</b> Deep Fry 3 1 2 - 4 minutes at 350°F from frozen. <b>UNPREPARED</b>	167040
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170
SAUCE SPAGHETTI W/BITS 6-10 ANGM	2 Tablespoon		315494

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 310.00

**Fat** 18.00g

**SaturatedFat** 5.25g

**Trans Fat** 0.00g

**Cholesterol** 52.50mg

**Sodium** 900.00mg

**Carbohydrates** 19.50g

**Fiber** 2.75g

**Sugar** 3.50g

**Protein** 16.00g

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

**Calcium** 118.50mg **Iron** 0.27mg

# Chicken Patty on 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-9245

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 inch white hamburger bun	1 Each	READY_TO_EAT	3124
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	<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.	558061

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.00mg	<b>Iron</b>	2.00mg

# Green Beans

<b>Servings:</b>	192.00	<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-9247

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	8 #10 CAN	HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound		299405

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	29.89		
<b>Fat</b>	0.92g		
<b>SaturatedFat</b>	0.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	118.55mg		
<b>Carbohydrates</b>	4.31g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.33mg	<b>Iron</b>	0.43mg

# Broccoli

<b>Servings:</b>	124.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9248

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	30 Pound		610902
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	33/100 Pound		299405

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.27
<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: 124.00

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>	50.96		
<b>Fat</b>	0.94g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	25.47mg		
<b>Carbohydrates</b>	8.49g		
<b>Fiber</b>	5.09g		
<b>Sugar</b>	1.70g		
<b>Protein</b>	5.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	59.42mg	<b>Iron</b>	1.70mg



# California Blend

<b>Servings:</b>	124.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9249

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	33/100 Pound		299405
VEG BLND CALIF 30 KE	30 Pound		283780

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>	40.77		
<b>Fat</b>	0.94g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	38.71mg		
<b>Carbohydrates</b>	6.45g		
<b>Fiber</b>	2.58g		
<b>Sugar</b>	2.58g		
<b>Protein</b>	1.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.81mg	<b>Iron</b>	0.00mg

# Corn

<b>Servings:</b>	124.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9250

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	33/100 Pound		299405
CORN, KERNEL YELLOW IQF FROZEN	30 Pound		4328233

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.75

### Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	94.74		
<b>Fat</b>	2.24g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	18.29g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	7.84g		
<b>Protein</b>	2.61g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Pork Tenderloin on 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-9252

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 inch white hamburger bun	1 Each	READY_TO_EAT	3124
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	DEEP_FRY Deep fryer: deep fry at 350 degrees f for 2-3 minutes conventional oven: from the frozen state, bake at 350 degrees f inconventional oven for 14 minutes. Convection oven: from thefrozen state, bake at 350 degrees f in convection oven for 10 minutes. Microwave: on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	849014

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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 Each

#### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	620.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Hot Dog on 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-9253

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	1 Each		570662
White Hot Dog Bun	1 Each		3162

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.67mg	<b>Iron</b>	0.88mg

# Sloppy Joe

<b>Servings:</b>	480.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9254

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	75 Pound		135081
KETCHUP CAN NAT LO SOD 6-10 REDG	48 Cup	READY_TO_EAT None	200621
SAUCE BBQ 4-1GAL SWTBRAY	1 Gallon		655937
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	6 Tablespoon		860221
SUGAR BROWN LT 12-2 P/L	6 Pound		860311
SUGAR CANE GRANUL 25 GFS	1 Pound		108642
SALT IODIZED 24-26Z GFS	6 Teaspoon		108308

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 3.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	175.94		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	68.75mg		
<b>Sodium</b>	254.56mg		
<b>Carbohydrates</b>	12.94g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.67g		
<b>Protein</b>	16.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	17.52mg	<b>Iron</b>	2.50mg

# Goulash

<b>Servings:</b>	384.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9255

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 2-10 KE	24 Pound		654550
SAUCE SPAGHETTI FCY 6-10 REDPK	6 #10 CAN		852759
TOMATO DCD I/JCE MW 6-10 GFS	6 #10 CAN		246131
SPICE ONION POWDER 19Z TRDE	6 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	6 Tablespoon		224839
SUGAR BROWN LT 12-2 P/L	1 1/2 Cup		860311
BEEF GRND CKD 6-5 COMM	18 Pound		135081
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	12 Ounce		299405
SEASONING ITAL HRB 6Z TRDE	1 Tablespoon		428574

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.75
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.35
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	172.21
<b>Fat</b>	2.69g
<b>SaturatedFat</b>	1.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	292.15mg
<b>Carbohydrates</b>	27.65g
<b>Fiber</b>	2.80g
<b>Sugar</b>	5.09g
<b>Protein</b>	10.18g

<b>Vitamin A</b>	270.63IU	<b>Vitamin C</b>	2.76mg
<b>Calcium</b>	26.74mg	<b>Iron</b>	1.90mg

# Chili

<b>Servings:</b>	450.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9261

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	30 Pound		135081
BEAN KIDNY RD DK LO SOD 6-10 P/L	24 #10 CAN		598002
TOMATO DCD I/JCE MW 6-10 GFS	12 #10 CAN		246131
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SUGAR CANE GRANUL 25 GFS	1/4 Cup		108642
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.07
<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>	0.69
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 450.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	192.47		
<b>Fat</b>	2.82g		
<b>SaturatedFat</b>	0.85g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	29.33mg		
<b>Sodium</b>	407.08mg		
<b>Carbohydrates</b>	25.63g		
<b>Fiber</b>	7.59g		
<b>Sugar</b>	3.56g		
<b>Protein</b>	15.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	76.47mg	<b>Iron</b>	3.38mg



# Cheeseburger on 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-9263

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3.5 inch white hamburger bun	1 Each	READY_TO_EAT	3124
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Slice	READY_TO_EAT	100018

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.25
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	375.00		
<b>Fat</b>	19.50g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.50mg		
<b>Sodium</b>	505.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	24.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

# Cooked Carrots

<b>Servings:</b>	124.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9265

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	33/100 Pound		299405
CARROT SLCD C/C LRG 30 GFS	30 Pound		285680

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.73
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>	41.02		
<b>Fat</b>	0.94g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	48.75mg		
<b>Carbohydrates</b>	7.58g		
<b>Fiber</b>	3.25g		
<b>Sugar</b>	4.33g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.33mg	<b>Iron</b>	0.39mg

# Tater Tot Casserole

<b>Servings:</b>	380.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	7.00 tot section	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9266

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	60 Pound		135081
CHEESE CHED MLD SHRD 4-5 LOL	20 Pound		150250
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	8 #5 CAN		488259
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SALT IODIZED 24-26Z GFS	1 Teaspoon		108308
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037
POTATO TATER TOTS 6-5 LMBSUPR	70 Pound		233404

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 380.00

Serving Size: 7.00 tot section

<b>Amount Per Serving</b>			
<b>Calories</b>	388.38		
<b>Fat</b>	21.69g		
<b>SaturatedFat</b>	8.99g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.91mg		
<b>Sodium</b>	623.30mg		
<b>Carbohydrates</b>	21.10g		
<b>Fiber</b>	2.49g		
<b>Sugar</b>	0.30g		
<b>Protein</b>	25.05g		
<b>Vitamin A</b>	256.84IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	212.37mg	<b>Iron</b>	3.70mg

# Peas

<b>Servings:</b>	402.00	<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-9267

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 1/4 Pound		299405
PEAS FZ 30 COMM	201 Cup		110510

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<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: 402.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	71.95		
<b>Fat</b>	1.09g		
<b>SaturatedFat</b>	0.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.99mg		
<b>Sodium</b>	58.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<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

# Grilled Ham & Cheese Sandwich

<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-9268

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Teaspoon		299405
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Slice	READY_TO_EAT	100018
ham, cured ,97% fat free water added	1 11/50 Ounce		100187

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<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>	346.81		
<b>Fat</b>	16.27g		
<b>SaturatedFat</b>	8.39g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	54.46mg		
<b>Sodium</b>	738.04mg		
<b>Carbohydrates</b>	37.44g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	7.72g		
<b>Protein</b>	14.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	12.00mg

# Peas & Carrots

<b>Servings:</b>	124.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9269

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	17/167 Pound		299405
PEAS & CARROT 30 GFS	9 17/67 Pound		285730

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.08

### Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>	18.33		
<b>Fat</b>	0.28g		
<b>SaturatedFat</b>	0.18g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.77mg		
<b>Sodium</b>	6.30mg		
<b>Carbohydrates</b>	3.15g		
<b>Fiber</b>	0.95g		
<b>Sugar</b>	1.26g		
<b>Protein</b>	0.63g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.22mg

# Spaghetti with Meat Sauce

<b>Servings:</b>	340.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9270

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	30 Pound		573201
Diced Tomatoes cnd	4 #10 CAN	BAKE	100329
PASTA SPAGHETTI 10 4-5 GCHC	16 Pound		413370
BEEF GRND CKD 6-5 COMM	4 Pound		135081
SPICE GARLIC POWDER 21Z TRDE	12 Tablespoon		224839
ONION DEHY SUPER TOPPER 6-2 P/L	12 Tablespoon		223255
SALT IODIZED 24-26Z GFS	8 Tablespoon		108308

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.69
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.28
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 340.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	135.46		
<b>Fat</b>	2.52g		
<b>SaturatedFat</b>	0.86g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	19.04mg		
<b>Sodium</b>	248.41mg		
<b>Carbohydrates</b>	20.13g		
<b>Fiber</b>	1.62g		
<b>Sugar</b>	3.44g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	163.11IU	<b>Vitamin C</b>	4.79mg
<b>Calcium</b>	16.73mg	<b>Iron</b>	1.39mg

# Salad Bar- HS

<b>Servings:</b>	1.00	<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-11311

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon		150250
Turkey Breast Deli	4/5 Ounce		100121
Ham, Cubed Frozen	61/100 Ounce		100188-H
EGG HRD CKD DCD IQF 4-5 GFS	2 Tablespoon		192198
CHEESE COTTAGE SML 1 4-5 GCHC	1/4 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
BEAN GARBANZO 6-10 GCHC	2 Tablespoon		118753
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
PEAS GREEN IQF 30 GFS	2 Tablespoon		285660
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/8 Cup		732451
LETTUCE SALAD SEP BAGS 4-5 RSS	1 Cup		242071
Homemade Croutons- Prairie Heights	2 Ounce		

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.84
<b>Grain</b>	2.00
<b>Fruit</b>	0.00



<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.41
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.13
<b>Starch</b>	0.13

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	595.02
<b>Fat</b>	28.10g
<b>SaturatedFat</b>	11.78g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	166.42mg
<b>Sodium</b>	2877.63mg
<b>Carbohydrates</b>	52.39g
<b>Fiber</b>	8.54g
<b>Sugar</b>	13.98g
<b>Protein</b>	31.71g

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<b>Vitamin A</b>	5082.64IU	<b>Vitamin C</b>	11.48mg
<b>Calcium</b>	213.70mg	<b>Iron</b>	1.49mg

# Veggie Dip

<b>Servings:</b>	512.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 TBSP.	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11312

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Gallon		429406
SOUR CREAM 4-5 GCHC	5 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH 18-3.2Z FTHLL	2 Package		473308

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<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: 512.00

Serving Size: 1.00 TBSP.

#### Amount Per Serving

<b>Calories</b>	21.07		
<b>Fat</b>	1.21g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.86mg		
<b>Sodium</b>	79.63mg		
<b>Carbohydrates</b>	2.28g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.64g		
<b>Protein</b>	0.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.72mg	<b>Iron</b>	0.00mg

# Chicken Alfredo

<b>Servings:</b>	160.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11313

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Unseasoned, chicken Strips, cooked, frozen	10 Pound		110462
SAUCE ALFREDO FZ 6-5 JTM	30 Pound		155661
PASTA ROTINI RAINBOW 4-5 GCHC	10 Pound		413340

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.44
<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: 160.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	281.30		
<b>Fat</b>	10.31g		
<b>SaturatedFat</b>	5.72g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	49.58mg		
<b>Sodium</b>	689.19mg		
<b>Carbohydrates</b>	29.21g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.92g		
<b>Protein</b>	18.15g		
<b>Vitamin A</b>	362.69IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	323.46mg	<b>Iron</b>	0.95mg

# Baked Apples

<b>Servings:</b>	48.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11314

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GFS	2 #10 CAN		117773
SUGAR CANE GRANUL 50 GFS	1/2 Cup		425311
SUGAR BROWN MED 25 GFS	3 Cup	UNSPECIFIED	108626
LEMON JUICE 100 12-32FLZ GCHC	2 Teaspoon		311227
SPICE CINNAMON GRND 5 TRDE	3 Teaspoon		224731

## 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: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	106.44		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.78mg		
<b>Carbohydrates</b>	26.94g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	23.70g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Orange Chicken

<b>Servings:</b>	125.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11315

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	<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.	327120
Minor's Zesty Orange Sauce RTI 4 x 0.5 gallon	15 Cup		33420

## 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>	0.00

### Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Cup

Amount Per Serving

<b>Calories</b>	166.69		
<b>Fat</b>	4.54g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.98mg		
<b>Sodium</b>	122.18mg		
<b>Carbohydrates</b>	25.05g		
<b>Fiber</b>	1.05g		
<b>Sugar</b>	16.67g		
<b>Protein</b>	4.89g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.52mg	<b>Iron</b>	0.70mg

# Oriental Vegetables

<b>Servings:</b>	24.00	<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-11316

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ORIENTAL 30 GFS	12 Cup		285720
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup		299405

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	31.67		
<b>Fat</b>	1.83g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.50mg	<b>Iron</b>	0.20mg

# Refried Beans with Cheese- Mentone

<b>Servings:</b>	48.00	<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-15113

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	2 #10 CAN		293962
Cheese, Cheddar Reduced fat, Shredded	1/8 Pound		100012
Cheese, Mozzarella, Part Skim, Shredded	1/8 Pound		100021

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	158.25		
<b>Fat</b>	2.72g		
<b>SaturatedFat</b>	0.93g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.95mg		
<b>Sodium</b>	587.25mg		
<b>Carbohydrates</b>	24.88g		
<b>Fiber</b>	6.47g		
<b>Sugar</b>	1.12g		
<b>Protein</b>	9.19g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.50mg	<b>Iron</b>	2.16mg

# Spaghetti & Meat Sauce (Mentone)

<b>Servings:</b>	464.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15115

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	40 Pound		100158
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	45 Pound		573201
TOMATO PASTE 6-10 HUNTS	1 1/2 #10 CAN		444707
SAUCE SPAGHETTI TRAD 6-10 RAGU	8 #10 CAN		437972
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SPICE OREGANO GRND 12Z TRDE	3 Tablespoon		513725
SEASONING ITAL HRB 6Z TRDE	3 Tablespoon		428574
SPICE PEPR BLK REST GRIND 16Z TRDE	3 Tablespoon		225061
SUGAR CANE GRANUL 25 GFS	4 Cup		108642
SALT SEA 36Z TRDE	5 Tablespoon		748590
ONION DEHY SUPER TOPPER 6-2 P/L	3 Cup		223255
PASTA SPAG 51 WGRAIN 2-10	20 Pound		221460

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.50
<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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 464.00

Serving Size: 0.50 Cup

### Amount Per Serving

**Calories** 258.12

**Fat** 9.53g

**SaturatedFat** 2.83g

**Trans Fat** 1.03g

**Cholesterol** 42.00mg

**Sodium** 420.18mg

**Carbohydrates** 26.82g

**Fiber** 3.54g

**Sugar** 9.22g

**Protein** 15.04g

**Vitamin A** 513.76IU **Vitamin C** 7.94mg

**Calcium** 28.54mg **Iron** 1.80mg

# Garlic Bread (Mentone)

<b>Servings:</b>	490.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15116

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	245 Each	READY_TO_EAT	3354
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	7 Pound		299405
SPICE GARLIC POWDER 6 TRDE	1 1/4 Cup		513857
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/2 Cup		224847

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.75
<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: 490.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	106.99		
<b>Fat</b>	5.78g		
<b>SaturatedFat</b>	3.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.71mg		
<b>Sodium</b>	393.56mg		
<b>Carbohydrates</b>	10.99g		
<b>Fiber</b>	1.05g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	2.55g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.31mg	<b>Iron</b>	4.02mg

# Chicken Gravy

<b>Servings:</b>	576.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15117

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 1/2 Pound		552061
BROTH CHIX NO MSG 12-5 HRTHSTN	8 #5 CAN		261564
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 1/2 #5 CAN		695513
STARCH CORN 24-1 ARGO	1 1/2 Pound		108413
BASE CHIX 12-1 KE	1 1/2 Pound		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon		225061

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<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: 576.00

Serving Size: 1.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	11.54		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.93mg		
<b>Sodium</b>	85.82mg		
<b>Carbohydrates</b>	2.15g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.17g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	9.25IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.99mg	<b>Iron</b>	0.00mg

# Ham & Cheese Sandwich (Mentone)

<b>Servings:</b>	1.00	<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-15118

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 11/50 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	197.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.50mg		
<b>Sodium</b>	522.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	8.00mg

# Hamburger on Bun (Mentone)

<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-15119

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	9.80mg

# Black Bean Salsa (Mentone)

<b>Servings:</b>	354.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15120

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA TOMATO FIRE RSTD 6-10	5 #10 CAN		863564
CORN CUT SWT 6-4 GCHC	18 Cup		610782
BEANS BLACK LO SOD 6-10 BUSH	5 #10 CAN		231981

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 354.00

Serving Size: 3.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	58.27		
<b>Fat</b>	0.23g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	219.21mg		
<b>Carbohydrates</b>	11.49g		
<b>Fiber</b>	2.40g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	2.76g		
<b>Vitamin A</b>	20.34IU	<b>Vitamin C</b>	0.24mg
<b>Calcium</b>	27.04mg	<b>Iron</b>	0.69mg

# Hot Dog on Bun (Mentone)

<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-15121

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	770.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.47mg	<b>Iron</b>	10.59mg

# Baked Beans (Mentone)

<b>Servings:</b>	220.00	<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-15122

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	12 #10 CAN		570710
SUGAR BROWN MED 25 GFS	6 Cup	UNSPECIFIED	108626
KETCHUP CAN 6-10 HNZ	3 #10 CAN		100188
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	18 Ounce		860221
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/2 Cup		223255

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 220.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	260.81		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1234.70mg		
<b>Carbohydrates</b>	60.60g		
<b>Fiber</b>	7.10g		
<b>Sugar</b>	30.67g		
<b>Protein</b>	9.91g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.95mg	<b>Iron</b>	2.55mg



# Macaroni & Cheese (Mentone)

<b>Servings:</b>	257.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15123

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	15 Pound		229941
MILK PWD FF INST 6-5 P/L	1 37/167 Gallon	3 1/3 gallon reconstituted milk	311065
SAUCE MIX CHS INST 8-32Z TRIO	2 1/2 Package		290319
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 33/100 Pound		299405
STARCH CORN 24-1 ARGO	1 33/100 Pound		108413
Black Pepper	33/50 Teaspoon		24108

## Preparation Instructions

Makes 8 pans

### SLE Components

Amount Per Serving

<b>Meat</b>	0.25
<b>Grain</b>	0.75
<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: 257.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	212.62		
<b>Fat</b>	5.90g		
<b>SaturatedFat</b>	2.86g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.66mg		
<b>Sodium</b>	400.20mg		
<b>Carbohydrates</b>	31.71g		
<b>Fiber</b>	1.87g		
<b>Sugar</b>	5.17g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	154.68mg	<b>Iron</b>	0.84mg

# Jello with Whipped Topping (Mentone)

<b>Servings:</b>	300.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15124

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX ASST RED 12-24Z GCHC	8 1/2 Package		500135
TOPPING WHIP 12-32Z RICH	3 Package		307092
FLAVORING VANILLA IMIT 1-QT KE	1 Tablespoon		110736
SUGAR CANE GRANUL 25 GFS	1 Cup		108642

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<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: 300.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	98.69		
<b>Fat</b>	2.02g		
<b>SaturatedFat</b>	2.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	86.28mg		
<b>Carbohydrates</b>	19.91g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	19.91g		
<b>Protein</b>	1.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	15.22mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# BBQ Chicken on Sub Bun (Mentone)

<b>Servings:</b>	480.00	<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-15125

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	60 Pound		570533
SAUCE BBQ 4-1GAL SWTBRAY	3 1/2 Gallon		655937
BASE CHIX 12-1 KE	5 Tablespoon		160790
SUGAR BROWN MED 25 GFS	12 Cup		108626
Aunt Millie's Whole Grain Mini Sub 2oz	480 bun		5113

## Preparation Instructions

Serve 1/4 cup chicken mixture on each sub bun.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.25
<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: 480.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	330.24		
<b>Fat</b>	5.83g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.67mg		
<b>Sodium</b>	544.22mg		
<b>Carbohydrates</b>	52.26g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	24.65g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.67mg	<b>Iron</b>	0.67mg

# Chicken Patty on Bun (Mentone)

<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-15126

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each		558061
3.5 WG Hamburger Bun	1 Each		3354

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	600.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.00mg	<b>Iron</b>	10.00mg

# Taco Salad (Mentone)

<b>Servings:</b>	369.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15127

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	45 Pound		722330
Cheese, Cheddar Reduced fat, Shredded	18 Pound		100012
LETTUCE ROMAINE CHOP 6-2 RSS	20 Pound		735787
BEAN REFRD 6-10 GRSZ	5 #10 CAN		293962
CHIP NACHO CHS 6-15Z DORITOS	9 Package		842241

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.22
<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.18
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 369.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	235.69		
<b>Fat</b>	11.33g		
<b>SaturatedFat</b>	4.77g		
<b>Trans Fat</b>	0.18g		
<b>Cholesterol</b>	37.15mg		
<b>Sodium</b>	598.36mg		
<b>Carbohydrates</b>	18.65g		
<b>Fiber</b>	4.14g		
<b>Sugar</b>	2.02g		
<b>Protein</b>	17.32g		
<b>Vitamin A</b>	397.01IU	<b>Vitamin C</b>	3.08mg
<b>Calcium</b>	48.04mg	<b>Iron</b>	2.09mg

# Chili Beans

<b>Servings:</b>	72.00	<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-15128

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN CHILI MEX STYLE 6-10 GCHC	3 #10 CAN		192015
SEASONING TACO MIX 6-9Z LAWR	1 Tablespoon		159204

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	119.18		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	570.02mg		
<b>Carbohydrates</b>	21.64g		
<b>Fiber</b>	5.39g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	7.54g		
<b>Vitamin A</b>	8.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.57mg	<b>Iron</b>	2.16mg

# Garlic Broccoli

<b>Servings:</b>	50.00	<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-15129

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	10 1/2 Pound		IN110473
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon		513881

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	63.06		
<b>Fat</b>	3.52g		
<b>SaturatedFat</b>	2.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.60mg		
<b>Sodium</b>	25.47mg		
<b>Carbohydrates</b>	6.21g		
<b>Fiber</b>	3.49g		
<b>Sugar</b>	1.15g		
<b>Protein</b>	3.49g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.30mg	<b>Iron</b>	0.02mg

# Creamed Turkey (Mentone)

<b>Servings:</b>	444.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15130

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	50 Pound		100125
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	128 Ounce		552061
SOUP CRM OF CHIX 12-5 HLTHYREQ	4 #5 CAN		695513
BROTH CHIX NO MSG 12-5 HRTHSTN	24 #5 CAN		261564
BASE CHIX 12-1 KE	1 Pound		160790
STARCH CORN 24-1 ARGO	4 Pound		108413
SPICE PEPR BLK REST GRIND 16Z TRDE	4 Teaspoon		225061

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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: 444.00

Serving Size: 6.00 Fluid Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	126.03		
<b>Fat</b>	4.61g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.89mg		
<b>Sodium</b>	601.94mg		
<b>Carbohydrates</b>	10.19g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.04g		
<b>Protein</b>	10.56g		
<b>Vitamin A</b>	31.99IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.84mg	<b>Iron</b>	0.00mg



# Chicken & Noodles (Mentone)

<b>Servings:</b>	533.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	4.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15131

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	50 Pound		570533
BROTH CHIX NO MSG 12-5 HRTHSTN	27 #5 CAN		261564
BASE CHIX 12-1 KE	3 Pound		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	5 Teaspoon		225061
PASTA NOODL EGG FZ 4-3 REAMES	11 Package		245046

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.25
<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: 533.00

Serving Size: 4.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	146.48		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.24mg		
<b>Sodium</b>	280.41mg		
<b>Carbohydrates</b>	15.75g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	11.48g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.10mg	<b>Iron</b>	1.49mg

# Turkey & Cheese Sandwich (Mentone)

<b>Servings:</b>	1.00	<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-15132

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
3.5 WG Hamburger Bun	1 Each		3354

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	255.00		
<b>Fat</b>	8.75g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.50mg		
<b>Sodium</b>	625.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	8.18mg

# Tenderloin on Bun (Mentone)

<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-15133

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950
3.5 WG Hamburger Bun	1 Each		3354

## 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: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.00mg	<b>Iron</b>	9.62mg

# Broccoli & Cheese (Mentone)

<b>Servings:</b>	192.00	<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-15134

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	60 Pound		IN110473
SAUCE MIX CHS INST 8-32Z TRIO	1 Package		290319
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package		135261

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<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: 192.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	87.32		
<b>Fat</b>	2.16g		
<b>SaturatedFat</b>	1.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.05mg		
<b>Sodium</b>	256.60mg		
<b>Carbohydrates</b>	12.83g		
<b>Fiber</b>	5.12g		
<b>Sugar</b>	2.49g		
<b>Protein</b>	6.38g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	52.75mg	<b>Iron</b>	0.00mg

# Beef Gravy (Mentone)

<b>Servings:</b>	384.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15135

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH BF NO MSG 12-49Z HRTHSTN	5 #5 CAN		504599
SOUP FRENCH ONION 3-4# CAMP	1 #5 CAN		692580
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	1 #5 CAN		488259
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Package		552050
BASE BEEF 12-1 KE	33/100 Pound		160810
STARCH CORN 24-1 ARGO	1 Pound		108413

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<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: 384.00

Serving Size: 1.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	28.34		
<b>Fat</b>	0.69g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.09mg		
<b>Sodium</b>	254.45mg		
<b>Carbohydrates</b>	5.01g		
<b>Fiber</b>	0.09g		
<b>Sugar</b>	0.28g		
<b>Protein</b>	0.39g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.61mg	<b>Iron</b>	0.00mg

# Cooked Carrots (Mentone)

<b>Servings:</b>	400.00	<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-15136

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	79 3/5 Pound		100352
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 10/41 Pound		299405

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<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: 400.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	36.46		
<b>Fat</b>	2.07g		
<b>SaturatedFat</b>	0.69g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	26.57mg		
<b>Sodium</b>	42.27mg		
<b>Carbohydrates</b>	5.90g		
<b>Fiber</b>	1.97g		
<b>Sugar</b>	2.95g		
<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

# Lasagna with Egg Noodles

<b>Servings:</b>	512.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15137

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	50 Pound		100158
Cheese, Mozzarella, Part Skim, Shredded	35 Pound		100021
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
SPICE PEPR BLK REST GRIND 16Z TRDE	5 Tablespoon		225061
SAUCE SPAGHETTI TRAD 6-10 RAGU	10 #10 CAN		437972
SOUP TOMATO 12-5 CAMP	4 #5 CAN		101427
PASTA NOODL EGG FZ 4-3 REAMES	18 Package		245046
SUGAR CANE GRANUL 25 GFS	5 Cup		108642
SALT SEA 36Z TRDE	5 Tablespoon		748590

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.50
<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: 512.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	387.25		
<b>Fat</b>	17.35g		
<b>SaturatedFat</b>	8.22g		
<b>Trans Fat</b>	1.17g		
<b>Cholesterol</b>	108.29mg		
<b>Sodium</b>	583.99mg		
<b>Carbohydrates</b>	37.26g		
<b>Fiber</b>	1.14g		
<b>Sugar</b>	8.36g		
<b>Protein</b>	20.20g		
<b>Vitamin A</b>	378.90IU	<b>Vitamin C</b>	3.03mg

**Calcium** 12.62mg    **Iron** 2.30mg



# Nacho Meat

<b>Servings:</b>	230.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15138

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	50 Pound		100158
SAUCE SLOPPY JOE 4-10 MANWICH	4 #10 CAN		860166

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	244.34		
<b>Fat</b>	15.57g		
<b>SaturatedFat</b>	5.19g		
<b>Trans Fat</b>	2.60g		
<b>Cholesterol</b>	67.49mg		
<b>Sodium</b>	343.80mg		
<b>Carbohydrates</b>	7.20g		
<b>Fiber</b>	1.80g		
<b>Sugar</b>	5.40g		
<b>Protein</b>	19.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.32mg

# Cheese Sauce (Mentone)

<b>Servings:</b>	341.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15139

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MIX CHS INST 8-32Z TRIO	2 Package		290319
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<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: 341.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	48.37		
<b>Fat</b>	2.43g		
<b>SaturatedFat</b>	1.28g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.68mg		
<b>Sodium</b>	246.69mg		
<b>Carbohydrates</b>	4.84g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.89g		
<b>Protein</b>	1.42g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	59.40mg	<b>Iron</b>	0.00mg

# Grilled Cheese Sandwich (Mentone)

<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-15141

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Each	READY_TO_EAT	100036
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	BAKE	336

## 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: 1.00 Each

Amount Per Serving			
<b>Calories</b>	260.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Taco Meat (Mentone)

<b>Servings:</b>	420.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15142

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	60 Pound		722330
BEAN REFRD 6-10 GRSZ	5 #10 CAN		293962
SEASONING TACO MIX 6-9Z LAWR	2 Package		159204

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.13
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 420.00

Serving Size: 3.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	127.99		
<b>Fat</b>	4.15g		
<b>SaturatedFat</b>	1.45g		
<b>Trans Fat</b>	0.21g		
<b>Cholesterol</b>	25.24mg		
<b>Sodium</b>	443.53mg		
<b>Carbohydrates</b>	11.30g		
<b>Fiber</b>	3.29g		
<b>Sugar</b>	1.75g		
<b>Protein</b>	11.69g		
<b>Vitamin A</b>	525.81IU	<b>Vitamin C</b>	3.61mg
<b>Calcium</b>	43.42mg	<b>Iron</b>	2.06mg

# Chili (Mentone)

<b>Servings:</b>	379.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15143

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	40 Pound	UNPREPARED	100158
BEAN KIDNY RD DK LO SOD 6-10 P/L	4 #10 CAN		598002
Diced Tomatoes cnd	4 #10 CAN	BAKE	100329
JUICE VEG 100 12-46FLZ V8	8 #5 CAN		100889
SALT IODIZED 24-26Z GFS	4 Tablespoon		108308
ONION DEHY SUPER TOPPER 6-2 P/L	4 Cup		223255
SEASONING CHILI MIX 6-5.7Z LAWR	3 Package		521183
Black Pepper	1 Teaspoon	BAKE	24108

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	0.00
<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: 379.00

Serving Size: 6.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	146.67		
<b>Fat</b>	7.70g		
<b>SaturatedFat</b>	2.52g		
<b>Trans Fat</b>	1.26g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	404.56mg		
<b>Carbohydrates</b>	8.23g		
<b>Fiber</b>	1.85g		
<b>Sugar</b>	2.18g		
<b>Protein</b>	11.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.27mg	<b>Iron</b>	0.50mg

# Chef Salad (Mentone)

<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-15152

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1 Cup		560545
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
TOMATO CHERRY 11 MRKN	1/4 Cup		569551
EGG SHL XL A GRD 6-30CT GCHC	1/2 Each		273899
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
DRESSING RNCH 4-1GAL HVALL	1 Tablespoon	READY_TO_EAT Ready to use.	759082
DRESSING FREN RYL RED 4-1GAL PMLL	1 Tablespoon		726001
Whole Grain Garlic Butter Croutons	1 Package		111212
CRACKER RITZ 300-2CT NAB	2 Package		426962

## 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>	1.00
<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 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	427.77
<b>Fat</b>	26.21g
<b>SaturatedFat</b>	7.58g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	131.65mg
<b>Sodium</b>	757.97mg
<b>Carbohydrates</b>	34.25g
<b>Fiber</b>	4.22g
<b>Sugar</b>	10.25g

<b>Protein</b>	15.72g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	93.72mg	<b>Iron</b>	2.64mg

# Ham & Cheese Salad

<b>Servings:</b>	1.00	<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-15575

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	Weight	202150
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012
380 - Aunt Millie's WG Honey White Bread	2 Each		380

## Preparation Instructions

Add additional vegetables as desired.

Serve with dressing packet.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<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>	342.50		
<b>Fat</b>	10.25g		
<b>SaturatedFat</b>	4.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	582.50mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	21.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.90mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	13.26mg



# Turkey & Cheese Salad

<b>Servings:</b>	1.00	<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-15576

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TURKEY BRST DCD 2-5	2 Ounce	Weigh	451300
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012
380 - Aunt Millie's WG Honey White Bread	2 Each		380

## Preparation Instructions

Add additional vegetables as desired.

Serve with dressing packet.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.02
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<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>	335.92		
<b>Fat</b>	8.51g		
<b>SaturatedFat</b>	4.26g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.41mg		
<b>Sodium</b>	621.02mg		
<b>Carbohydrates</b>	40.53g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	24.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	12.90mg

# Chicken Fajita Salad

<b>Servings:</b>	1.00	<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-15578

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 7/10 Ounce	Weigh	100117
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Each		818222
Salsa, Low-Sodium, Canned	1/4 Cup		100330
Corn, Whole Kernel, Frozen, No Salt added	1/4 Cup		100348

## Preparation Instructions

Add additional vegetables as desired.

Serve with dressing packet.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.25

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	414.50		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.00mg		
<b>Sodium</b>	533.50mg		
<b>Carbohydrates</b>	46.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.00mg	<b>Iron</b>	0.72mg

# Ham & Cheese Wrap

<b>Servings:</b>	1.00	<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-15579

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
TORTILLA FLOUR 10 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).	690141

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<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>	330.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	870.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	21.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	2.34mg

# Turkey & Cheese Wrap

<b>Servings:</b>	1.00	<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-15580

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each		690141

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<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>	333.33		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	5.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	756.67mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.86mg

# Chicken Bacon Wrap

<b>Servings:</b>	1.00	<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-15581

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 7/10 Ounce		100117
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each		690141

## Preparation Instructions

Serve with ranch packet.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.36
<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>	361.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	62.00mg		
<b>Sodium</b>	1033.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.62mg

# Buffalo Chicken Wrap

<b>Servings:</b>	20.00	<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-15583

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	5 Pound		100117
CELERY STALK 24 SZ 6CT MRKN	3 Cup		170895
SAUCE HOT REDHOT 12-23FLZ FRNKS	1 1/2 Cup		557609
CHEESE CHED MLD SHRD 4-5 LOL	5 Cup		150250
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM 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). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

## Preparation Instructions

Combine: 5# diced chicken, 3 c. diced celery, and 1 ½ c. buffalo sauce

Layer on each tortilla:

3 ½ oz chicken mixture (1/2 c.)

¼ c. shr. cheese

### SLE Components

Amount Per Serving

<b>Meat</b>	3.25
<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: 20.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	436.50
<b>Fat</b>	18.74g
<b>SaturatedFat</b>	10.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	117.06mg
<b>Sodium</b>	1811.93mg
<b>Carbohydrates</b>	32.95g
<b>Fiber</b>	3.30g
<b>Sugar</b>	4.65g
<b>Protein</b>	33.31g

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<b>Vitamin A</b>	1103.63IU	<b>Vitamin C</b>	0.58mg
<b>Calcium</b>	326.44mg	<b>Iron</b>	1.66mg



# Ham Grab 'n Go

<b>Servings:</b>	1.00	<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-15584

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<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>	330.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	990.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.16mg

# Turkey Grab 'n Go

<b>Servings:</b>	1.00	<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-15585

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<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>	333.33		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	4.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	876.67mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	23.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.68mg

# Spicy Chicken Sandwich

<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-15588

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each		525490
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	520.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	11.00mg

# Muffin Variety

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15590

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

## 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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	193.33		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	130.00mg		
<b>Carbohydrates</b>	30.67g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	16.67g		
<b>Protein</b>	3.33g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.67mg	<b>Iron</b>	1.08mg

# 2 ct. Poptart Variety

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15592

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
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: 4.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	365.00		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	380.00mg		
<b>Carbohydrates</b>	76.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	30.25g		
<b>Protein</b>	4.50g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	3.60mg

# Hot Dog on 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-15593

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TURKEY CN 8/ 4-5 KE	1 Each		143545
Aunt Millie's Whole Grain Hot Dog Buns	1 bun		2918

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	850.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	11.07IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	79.83mg	<b>Iron</b>	10.88mg

# Taco Salad- HS

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18611

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	6 17/25 Pound		768230
CHEESE CHED MLD SHRD 4-5 LOL	8 Cup		150250
CHIP TORTL CRN YEL RND 10-16Z SHEAR	2 1/4 Pound		133288
LETTUCE ROMAINE CHOP 6-2 RSS	5 Pound		735787
DRESSING FREN RYL RED 4-1GAL PMLL	6 Cup		726001

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.32
<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

#### Amount Per Serving

<b>Calories</b>	389.48		
<b>Fat</b>	24.17g		
<b>SaturatedFat</b>	6.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	58.00mg		
<b>Sodium</b>	671.64mg		
<b>Carbohydrates</b>	26.38g		
<b>Fiber</b>	2.08g		
<b>Sugar</b>	9.28g		
<b>Protein</b>	17.85g		
<b>Vitamin A</b>	262.55IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	153.67mg	<b>Iron</b>	0.99mg

# BBQ Rib on Sub Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Rib	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19056

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 Each	<b>GRILL</b> Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	1 bun	<b>BAKE</b>	4339

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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 Rib

<b>Amount Per Serving</b>			
<b>Calories</b>	340.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.08mg



# Hot Dog on 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-19057

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
HOT DOG BUN, W GRAIN, AM	1 bun	READY_TO_EAT No baking necessary.	4040

## 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: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	840.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.11mg	<b>Iron</b>	10.76mg

# Chili for Hot Dog

<b>Servings:</b>	448.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 TBSP.	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19058

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	40 Pound		764720
SALT IODIZED 25 CARG	5 Tablespoon		108286
Black Pepper	1 Tablespoon	BAKE	24108
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
STARCH CORN 24-1 ARGO	8 Ounce		108413
SUGAR BEET GRANUL 50 GFS	2 1/2 Cup		224413
SAUCE TOMATO MW 6-10 GCHC	1 Gallon		306347
SAUCE BBQ STHRN STYL 6-.5GAL GCHC	3 Quart		547871

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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: 448.00

Serving Size: 2.00 TBSP.

#### Amount Per Serving

<b>Calories</b>	120.33		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	3.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	26.79mg		
<b>Sodium</b>	191.68mg		
<b>Carbohydrates</b>	4.87g		
<b>Fiber</b>	0.17g		
<b>Sugar</b>	3.73g		
<b>Protein</b>	7.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.51mg	<b>Iron</b>	0.75mg

# Baked Beans- HS

<b>Servings:</b>	192.00	<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-19064

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	8 #10 CAN	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098
SUGAR BROWN LT 12-2 GFS	3 3/4 Pound		314641
SUGAR CANE GRANUL 25 GFS	2 Pound		108642
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup		223255
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup		860221
KETCHUP CAN NAT LO SOD 6-10 REDG	2 Cup		200621

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	206.08
<b>Fat</b>	1.08g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	684.70mg
<b>Carbohydrates</b>	45.74g
<b>Fiber</b>	5.42g
<b>Sugar</b>	27.19g
<b>Protein</b>	6.49g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 43.56mg **Iron** 1.95mg

# Cole Slaw

<b>Servings:</b>	270.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19065

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	20 Pound		198226
MAYONNAISE 4-1GAL KE	1 Gallon		631411
SUGAR BEET GRANUL 50 GFS	5 Cup		224413
SALT IODIZED 25 CARG	2 Tablespoon		108286

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 270.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	116.39		
<b>Fat</b>	10.42g		
<b>SaturatedFat</b>	1.89g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.47mg		
<b>Sodium</b>	106.40mg		
<b>Carbohydrates</b>	6.17g		
<b>Fiber</b>	0.67g		
<b>Sugar</b>	4.56g		
<b>Protein</b>	0.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.21mg	<b>Iron</b>	0.02mg

# Spicy Chicken Sandwich- HS

<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-19066

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each		327080
Hamburger Buns	1 Each		1632

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	420.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.00mg

# Red Applesauce

<b>Servings:</b>	405.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19067

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GFS	15 #10 CAN		271497
GELATIN MIX ASST RED 12-24Z GCHC	2 Package		500135

## 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: 405.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	65.71		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	23.92mg		
<b>Carbohydrates</b>	14.56g		
<b>Fiber</b>	1.78g		
<b>Sugar</b>	13.67g		
<b>Protein</b>	0.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.65mg
<b>Calcium</b>	4.44mg	<b>Iron</b>	0.00mg

# Chicken Parmesan-HS

<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-19123

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY HOAG 3.75Z 60CT TYS	1 Each		167040
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1/4 Cup		315494

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	0.00
<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

<b>Amount Per Serving</b>			
<b>Calories</b>	370.00		
<b>Fat</b>	21.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	1120.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	3.50g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	226.00mg	<b>Iron</b>	0.54mg



# Turkey Club

<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-19125

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce	Weigh	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	1 bun	BAKE	4339

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<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 Each

#### Amount Per Serving

<b>Calories</b>	365.66		
<b>Fat</b>	11.27g		
<b>SaturatedFat</b>	3.39g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.33mg		
<b>Sodium</b>	1157.55mg		
<b>Carbohydrates</b>	33.89g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	28.98g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# BBQ Chicken on Bun- HS

<b>Servings:</b>	320.00	<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-19126

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	40 Pound		100101
SAUCE BBQ STHRN STYL 6-.5GAL GCHC	2 Gallon		547871
BASE CHIX 12-1 KE	3 Tablespoon		160790
SUGAR BEET GRANUL 50 GFS	1 1/2 Quart		224413
Hamburger Buns	320 Each		1632

## Preparation Instructions

1. Place 1/4 cup of BBQ Chicken mixture on each bun.

### 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: 320.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	275.47		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.00mg		
<b>Sodium</b>	480.26mg		
<b>Carbohydrates</b>	41.19g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.39g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Cheeseburger on Bun- HS

<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-19127

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	3 Ounce		764720
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
Hamburger Buns	1 Each		1632

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<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>	400.00		
<b>Fat</b>	20.25g		
<b>SaturatedFat</b>	8.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	63.75mg		
<b>Sodium</b>	438.75mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.35mg

# Tenderloin Sandwich

<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-19128

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	DEEP_FRY Deep fryer: deep fry at 350 degrees f for 2-3 minutes conventional oven: from the frozen state, bake at 350 degrees f inconventional oven for 14 minutes. Convection oven: from thefrozen state, bake at 350 degrees f in convection oven for 10 minutes. Microwave: on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	849014
Hamburger Buns	1 Each		1632

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.75
<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>	420.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	620.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Philly Steak & Cheese

<b>Servings:</b>	357.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19129

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	10 Package		720861
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	60 Pound		722110
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	357 bun		4339

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<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: 357.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	450.22		
<b>Fat</b>	20.65g		
<b>SaturatedFat</b>	9.78g		
<b>Trans Fat</b>	0.41g		
<b>Cholesterol</b>	71.52mg		
<b>Sodium</b>	1165.06mg		
<b>Carbohydrates</b>	36.03g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.56g		
<b>Protein</b>	24.47g		
<b>Vitamin A</b>	537.82IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	279.39mg	<b>Iron</b>	1.12mg

# Chicken & Noodles- HS

<b>Servings:</b>	225.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19130

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	50 Pound		100101
BASE CHIX 12-1 KE	6 Pound		160790
GRAVY MIX CHIX 12-15Z GCHC	4 Package	<b>BAKE</b> Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	242390
PASTA NOODL EGG 1/8 MED 2-5 GCHC	40 Pound		270393

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	2.75
<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: 225.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	454.41		
<b>Fat</b>	8.24g		
<b>SaturatedFat</b>	0.71g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	138.67mg		
<b>Sodium</b>	582.84mg		
<b>Carbohydrates</b>	61.31g		
<b>Fiber</b>	2.84g		
<b>Sugar</b>	2.84g		
<b>Protein</b>	32.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.44mg	<b>Iron</b>	2.70mg

# Tater Tot Casserole

<b>Servings:</b>	400.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19131

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	80 Pound		135081
ONION DEHY SUPER TOPPER 6-2 P/L	3 Cup		223255
CHEESE CHED MLD SHRD 4-5 LOL	25 Pound		150250
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	10 #5 CAN		488259
SPICE PEPR BLK REG GRIND 16Z TRDE	10 Tablespoon		225037
POTATO TATER TOTS 6-5 LMBSUPR	100 Pound		233404

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.75

### Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	499.90		
<b>Fat</b>	27.55g		
<b>SaturatedFat</b>	11.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	119.39mg		
<b>Sodium</b>	794.08mg		
<b>Carbohydrates</b>	28.55g		
<b>Fiber</b>	3.40g		
<b>Sugar</b>	0.39g		
<b>Protein</b>	31.49g		
<b>Vitamin A</b>	305.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	255.74mg	<b>Iron</b>	4.80mg

# Queso Pollo Nachos

<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-19132

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	Weight	722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	Weight	100117
CHIP TORTL CRN YEL RND 10-16Z SHEAR	2 Ounce	Weight	133288

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<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 Each

#### Amount Per Serving

<b>Calories</b>	485.65		
<b>Fat</b>	24.53g		
<b>SaturatedFat</b>	8.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.29mg		
<b>Sodium</b>	1187.71mg		
<b>Carbohydrates</b>	43.76g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	1.76g		
<b>Protein</b>	26.88g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	202.00mg	<b>Iron</b>	0.00mg



# Chicken Patty Sandwich

<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-19133

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	<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.	558061
Hamburger Buns	1 Each		1632

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.00mg	<b>Iron</b>	2.00mg

# Sloppy Joe on Bun- HS

<b>Servings:</b>	224.00	<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-19134

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	40 Pound		764720
SALT IODIZED 24-26Z GFS	5 Tablespoon		108308
SPICE PEPR BLK COARSE GRND 16Z TRDE	1 Tablespoon		518322
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
STARCH CORN 24-1 ARGO	8 Ounce		108413
SUGAR CANE GRANUL 25 GFS	2 1/2 Cup		108642
SAUCE TOMATO MW 6-10 GCHC	1 Gallon		306347
SAUCE BBQ STHRN STYL 6-.5GAL GCHC	3 Quart		547871
Hamburger Buns	224 Each		1632

## 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>	0.14
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 224.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	390.77
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	6.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.57mg
<b>Sodium</b>	622.54mg
<b>Carbohydrates</b>	37.80g
<b>Fiber</b>	1.35g
<b>Sugar</b>	10.46g
<b>Protein</b>	19.34g

<b>Vitamin A</b>	0.23IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.98mg	<b>Iron</b>	1.51mg

# Meatball Sub-HS

<b>Servings:</b>	188.00	<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-19135

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .5Z 4-5 GCHC	752 Each		869929
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1 #10 CAN		315494
SAUCE PIZZA W/BASL 6-10 REDPK	1 Cup		256013
Cheese, Mozzarella, Part Skim, Shredded	35 1/4 Cup		100021
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	188 bun	BAKE	4339

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 188.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	436.39		
<b>Fat</b>	20.58g		
<b>SaturatedFat</b>	9.08g		
<b>Trans Fat</b>	0.67g		
<b>Cholesterol</b>	45.42mg		
<b>Sodium</b>	980.96mg		
<b>Carbohydrates</b>	38.86g		
<b>Fiber</b>	2.79g		
<b>Sugar</b>	6.60g		
<b>Protein</b>	19.13g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.42mg	<b>Iron</b>	1.13mg

# Chili-HS

<b>Servings:</b>	264.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19136

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	40 Pound		764720
SAUCE TOMATO MW 6-10 GCHC	2 Cup		306347
TOMATO DCD PETITE 6-10 GFS	6 #10 CAN		498871
Premium Taco Seasoning Mix- Reduced Sodium	36 Ounce		876805
SUGAR CANE GRANUL 50 GFS	1 1/2 Cup		425311
BEAN CHILI MEX STYLE 6-10 GCHC	8 #10 CAN		192015

## Preparation Instructions

No Preparation Instructions available.

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

### Nutrition Facts

Servings Per Recipe: 264.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	283.04		
<b>Fat</b>	12.73g		
<b>SaturatedFat</b>	5.45g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.45mg		
<b>Sodium</b>	700.46mg		
<b>Carbohydrates</b>	21.37g		
<b>Fiber</b>	5.05g		
<b>Sugar</b>	3.70g		
<b>Protein</b>	18.83g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.62mg	<b>Iron</b>	2.89mg

# Mashed Potatoes

<b>Servings:</b>	770.00	<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-19151

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES NO MILK 6-5.75 GCHC	5 Package		118508
SALT IODIZED 25 CARG	15 Tablespoon		108286
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 1/2 Pound		299405
Tap Water for Recipes	15 Gallon	UNPREPARED	000001WTR

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<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: 770.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	73.78		
<b>Fat</b>	1.14g		
<b>SaturatedFat</b>	0.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.12mg		
<b>Sodium</b>	151.82mg		
<b>Carbohydrates</b>	14.09g		
<b>Fiber</b>	1.41g		
<b>Sugar</b>	0.70g		
<b>Protein</b>	1.41g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	21.13mg
<b>Calcium</b>	14.38mg	<b>Iron</b>	0.25mg

# Southwest Wrap

<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-19167

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY, DELI BREAST, SLICED	4 Slice		110554
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon		150250
Cheese, Mozzarella, Part Skim, Shredded	1 Tablespoon		100021
SPINACH BABY CLND 2-2 RSS	1/4 Cup		560545
DRESSING RNCH BTRMLK REF 6-.5GAL PMLL	2 Tablespoon		451381
Premium Taco Seasoning Mix- Reduced Sodium	1/2 Teaspoon		876805
TORTILLA FLOUR 12 SFST 12-12CT GRSZ	1 Each		713370

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	3.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<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>	562.25		
<b>Fat</b>	27.00g		
<b>SaturatedFat</b>	8.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	59.75mg		
<b>Sodium</b>	1454.25mg		
<b>Carbohydrates</b>	56.75g		
<b>Fiber</b>	2.58g		
<b>Sugar</b>	4.25g		
<b>Protein</b>	27.50g		
<b>Vitamin A</b>	75.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	144.25mg	<b>Iron</b>	3.25mg

# Super Nachos

<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-19171

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce		722330
SAUCE CHS NACHO DLX 6-10 GCHC	1/4 Cup		323616
CHIP TORTL CRN YEL RND 10-16Z SHEAR	1 Ounce		133288

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	311.40		
<b>Fat</b>	15.40g		
<b>SaturatedFat</b>	3.30g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	971.90mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	15.80g		
<b>Vitamin A</b>	645.00IU	<b>Vitamin C</b>	5.00mg
<b>Calcium</b>	93.00mg	<b>Iron</b>	2.00mg



# Ham & Cheese Roll Up

<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-19172

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 11/50 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
TORTILLA FLOUR 12 SFST 12-12CT GRSZ	1 Each		713370

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.50
<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 Each

Amount Per Serving			
<b>Calories</b>	417.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.00mg		
<b>Sodium</b>	1162.00mg		
<b>Carbohydrates</b>	55.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	72.00mg	<b>Iron</b>	3.00mg

# Grilled Chicken Sandwich

<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-19183

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	<p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.</p> <p><b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>	152121
Hamburger Buns	1 Each		1632

## 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 Each

Amount Per Serving			
<b>Calories</b>	270.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	26.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.00mg	<b>Iron</b>	1.00mg

# Tenderloin on 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-19221

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE 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: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	430.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	44.00mg	<b>Iron</b>	11.80mg

# Sloppy Joe on 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-19222

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 63/100 Ounce	Weight	564790
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

## 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>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	305.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.00mg		
<b>Sodium</b>	607.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	459.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	38.00mg	<b>Iron</b>	12.00mg

# Baked Beans- MS

<b>Servings:</b>	224.00	<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-19223

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	6 #10 CAN		100364
SUGAR BROWN LT 12-2 GFS	4 Cup		314641
KETCHUP CAN NAT LO SOD 6-10 REDG	6 Cup	READY_TO_EAT None	200621
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/2 Cup		223255
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon		860221

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 224.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	105.18		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	128.98mg		
<b>Carbohydrates</b>	20.46g		
<b>Fiber</b>	3.79g		
<b>Sugar</b>	8.92g		
<b>Protein</b>	5.28g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.50mg	<b>Iron</b>	0.01mg

# Grilled Chicken Sandwich

<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-19224

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## 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: 1.00 Each

Amount Per Serving			
<b>Calories</b>	270.00		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	720.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	10.00mg

# Queso Pollo Nachos-MS

<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-19225

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	Weight	722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	Weight	100117
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	13 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	365.65		
<b>Fat</b>	18.53g		
<b>SaturatedFat</b>	8.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.29mg		
<b>Sodium</b>	1082.71mg		
<b>Carbohydrates</b>	23.76g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.76g		
<b>Protein</b>	24.88g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	222.00mg	<b>Iron</b>	0.36mg

# Cheeseburger on Bun- MS

<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-19227

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## 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 Each

#### Amount Per Serving

<b>Calories</b>	348.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	5.10g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	46.50mg		
<b>Sodium</b>	609.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.00mg	<b>Iron</b>	12.00mg



# Chicken Patty Sandwich

<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-19228

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	<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.	281622
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	430.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 42.00mg	<b>Iron</b> 12.00mg

# Chicken Parmesan-MS

<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-19229

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY HOAG 3.75Z 60CT TYS	1 Each	<p><b>BAKE</b> Appliances vary, adjust accordingly. <b>UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.</b> Conventional Oven 20-22 minutes at 350°F from frozen.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. <b>UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.</b> Convection Oven 10-13 minutes at 350°F from frozen.</p> <p><b>DEEP_FRY</b> Appliances vary, adjust accordingly. <b>UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.</b> Deep Fry 3 1 2 - 4 minutes at 350°F from frozen. <b>UNPREPARED</b></p>	167040
Cheese, Mozzarella, Part Skim, Shredded	2 Tablespoon		100021
SAUCE SPAGHETTI FCY 6-10 REDPK	1/4 Cup		852759

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.00
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	309.00
<b>Fat</b>	18.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.50mg
<b>Sodium</b>	898.00mg
<b>Carbohydrates</b>	19.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 196.00IU	<b>Vitamin C</b> 2.00mg
<b>Calcium</b> 17.00mg	<b>Iron</b> 0.00mg

# Breakfast Croissant

<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-19230

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GFS	1 Each		462489
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	<b>BAKE</b> Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	<b>BAKE</b> <b>CONVECTION OVEN:</b> 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. <b>READY_TO_EAT</b> <b>THAWING DIRECTIONS:</b> 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	4.00
<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 Each

Amount Per Serving	
<b>Calories</b>	531.00
<b>Fat</b>	33.00g
<b>SaturatedFat</b>	13.20g
<b>Trans Fat</b>	0.15g
<b>Cholesterol</b>	291.00mg
<b>Sodium</b>	1032.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b>	56.00IU
<b>Vitamin C</b>	0.14mg

**Calcium** 179.14mg **Iron** 2.80mg

# BBQ Rib Sandwich-MS

<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-19231

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 Each	<b>GRILL</b> Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Aunt Millie's WG Sub Bun - Himes	1 Each		5157

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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 Each

Amount Per Serving			
<b>Calories</b>	330.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.08mg

# Philly Steak & Cheese- MS

<b>Servings:</b>	357.00	<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-19232

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	10 Package		720861
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	60 Pound		722110
Aunt Millie's WG Sub Bun - Himes	357 Each		5157

## Preparation Instructions

Place 1/2 cup meat & cheese mixture on each bun.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.90
<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: 357.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	440.22		
<b>Fat</b>	21.15g		
<b>SaturatedFat</b>	10.28g		
<b>Trans Fat</b>	0.41g		
<b>Cholesterol</b>	71.52mg		
<b>Sodium</b>	1165.06mg		
<b>Carbohydrates</b>	33.03g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.56g		
<b>Protein</b>	25.47g		
<b>Vitamin A</b>	537.82IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	279.39mg	<b>Iron</b>	1.12mg

# Walking Taco-MS

<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-19233

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	Weigh	722330
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803

## 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>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	301.40		
<b>Fat</b>	11.90g		
<b>SaturatedFat</b>	2.80g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	571.90mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	15.80g		
<b>Vitamin A</b>	645.00IU	<b>Vitamin C</b>	5.00mg
<b>Calcium</b>	91.00mg	<b>Iron</b>	2.40mg