

# **Cookbook for North Judson San Pierre High School**

**Created by HPS Menu Planner**

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# Oatmeal

<b>Servings:</b>	16.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9491

## Ingredients

Description	Measurement	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	8 Cup	240869
Tap Water for Recipes	16 Cup	000001WTR

## 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: 16.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

# Spicy Chicken Bowl

<b>Servings:</b>	94.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10840

## Ingredients

Description	Measurement	DistPart #
Asian Base Sauce	3 Package	776247
CHICKEN FAJITA STRIPS, COOKED, FROZEN	20 Pound	100117
RICE PILAF CHIX FLVR 12-25Z UBEN	4 Package	246824

## Preparation Instructions

Pour 1 1/2 bags of sauce over 10 lbs. (2 bags) of meat. Bake until it reaches temperature. Make rice according to box. Serve 1/2 cup rice and 2/3 cup meat in a bowl with a slice of bread for additional grain.

### 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: 94.00

Serving Size: 1.00 Bowl

#### Amount Per Serving

<b>Calories</b>	333.00		
<b>Fat</b>	4.54g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	74.09mg		
<b>Sodium</b>	1587.18mg		
<b>Carbohydrates</b>	52.43g		
<b>Fiber</b>	0.53g		
<b>Sugar</b>	20.41g		
<b>Protein</b>	20.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.28mg	<b>Iron</b>	0.77mg

# Macaroni & Cheese

<b>Servings:</b>	90.00	<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-15047

## Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR 2-10 KE	7 Pound	654550
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	2 Cup	840860
SALT IODIZED 24-26Z GFS	2 Teaspoon	108308
Black Pepper	1 Teaspoon	24108
1 % White Milk	1 1/2 Gallon	
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound	100036
Cheese, Cheddar Reduced fat, Shredded	1 1/2 Pound	100012

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.27
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.33
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	279.11		
<b>Fat</b>	11.24g		
<b>SaturatedFat</b>	5.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.67mg		
<b>Sodium</b>	443.21mg		
<b>Carbohydrates</b>	31.11g		
<b>Fiber</b>	1.24g		
<b>Sugar</b>	5.96g		
<b>Protein</b>	13.69g		
<b>Vitamin A</b>	2.67IU	<b>Vitamin C</b>	0.54mg
<b>Calcium</b>	14.67mg	<b>Iron</b>	1.24mg



# Green Beans

<b>Servings:</b>	88.00	<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-15048

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	4 #10 CAN	100307
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup	840860

## 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: 88.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	23.36		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	169.61mg		
<b>Carbohydrates</b>	3.53g		
<b>Fiber</b>	2.35g		
<b>Sugar</b>	1.18g		
<b>Protein</b>	1.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.05mg	<b>Iron</b>	0.00mg

# Chef Salad w/ roll & goldfish

<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-15049

## Ingredients

Description	Measurement	DistPart #
LETTUCE ICEBERG FS 4-6CT MRKN	2 Cup	307769
TOMATO 5X6 XL 5 MRKN	1/8 Cup	438197
CARROT JUMBO 50 P/L	1/4 Cup	198501
Ham, Cubed Frozen	3 Ounce	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup	100012
DINNER ROLL, W GRAIN, AM	1 roll	4372
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280
MARGARINE CUP SPRD WHPD 900-5GM	1 Each	880981

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.98
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.63
<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>		380.45	
<b>Fat</b>		13.18g	
<b>SaturatedFat</b>		6.05g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		54.66mg	
<b>Sodium</b>		1013.26mg	
<b>Carbohydrates</b>		44.35g	
<b>Fiber</b>		6.44g	
<b>Sugar</b>		8.61g	
<b>Protein</b>		23.44g	
<b>Vitamin A</b>	7337.79IU	<b>Vitamin C</b>	4.61mg
<b>Calcium</b>	148.04mg	<b>Iron</b>	9.20mg

# PBJ Sandwich w/ string cheese

<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-15050

## Ingredients

Description	Measurement	DistPart #
USDA Commodity Smooth Peanut Butter	2 TBSP.	100396
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	100927
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	336
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

## 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>	490.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	365.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	198.00mg	<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-15051

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
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>	400.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	5.00g		
<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>	39.00mg	<b>Iron</b>	12.00mg

# 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-15052

## Ingredients

Description	Measurement	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each	205030
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

## 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>	290.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	440.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.00mg	<b>Iron</b>	11.80mg

# Cereal Choice

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15056

## Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782

## 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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	2.13g		
<b>SaturatedFat</b>	0.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	22.75g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	7.75g		
<b>Protein</b>	1.25g		
<b>Vitamin A</b>	425.00IU	<b>Vitamin C</b>	5.10mg
<b>Calcium</b>	115.00mg	<b>Iron</b>	4.05mg

# Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15057

## Ingredients

Description	Measurement	DistPart #
Aunt Millie's Homestyle 100% Whole Wheat Bread	1 Slice	336
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Teaspoon	840860

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	123.33		
<b>Fat</b>	3.67g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	36.67mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.38mg	<b>Iron</b>	0.00mg

# Bread & Butter

<b>Servings:</b>	1.00	<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-15058

## Ingredients

Description	Measurement	DistPart #
Aunt Millie's Homestyle 100% Whole Wheat Bread	1 Slice	336
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Teaspoon	840860

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	123.33		
<b>Fat</b>	3.67g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	36.67mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.38mg	<b>Iron</b>	0.00mg



# Broccoli

<b>Servings:</b>	67.00	<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-15061

## Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF 30 GFS	14 Pound	285590
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Cup	840860

## 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: 67.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	40.60		
<b>Fat</b>	2.63g		
<b>SaturatedFat</b>	1.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	36.30mg		
<b>Carbohydrates</b>	3.34g		
<b>Fiber</b>	2.01g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	2.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.68mg	<b>Iron</b>	0.67mg

# Pasta Salad

<b>Servings:</b>	90.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15063

## Ingredients

Description	Measurement	DistPart #
PASTA ROTINI RAINBOW 4-5 GCHC	6 Pound	413340
PEPPERS GREEN LRG 5 MRKN	1 1/2 Each	592315
CARROT JUMBO 50 P/L	2 Cup	198501
CUCUMBER SELECT 24CT MRKN	3 Each	418439
TOMATO 5X6 XL 5 MRKN	3 Each	438197
DRESSING ITAL 4-1GAL KE	3/4 Gallon	631420

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.07
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.08
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	131.29		
<b>Fat</b>	1.63g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	615.20mg		
<b>Carbohydrates</b>	25.28g		
<b>Fiber</b>	1.30g		
<b>Sugar</b>	3.63g		
<b>Protein</b>	3.86g		
<b>Vitamin A</b>	653.29IU	<b>Vitamin C</b>	3.04mg
<b>Calcium</b>	13.11mg	<b>Iron</b>	1.06mg

# 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-15064

## Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each	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>	582.60mg		
<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

# Rice Krispie Treat

<b>Servings:</b>	12.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15069

## Ingredients

Description	Measurement	DistPart #
CEREAL RICE KRISPIES 4-27Z KELL	6 Cup	732427
MARSHMALLOW MINI 12-1 GCHC	10 Ounce	191736
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	3 Tablespoon	840860

## 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: 12.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	191.62		
<b>Fat</b>	2.75g		
<b>SaturatedFat</b>	1.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.00mg		
<b>Sodium</b>	151.29mg		
<b>Carbohydrates</b>	36.87g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.18g		
<b>Protein</b>	4.39g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	89.86mg	<b>Iron</b>	4.48mg

# Mashed Potato Bowl

<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-15070

## Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	327120
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	613738
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 33/100 Tablespoon	552061

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	366.81		
<b>Fat</b>	16.03g		
<b>SaturatedFat</b>	2.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	26.82mg		
<b>Sodium</b>	857.60mg		
<b>Carbohydrates</b>	35.61g		
<b>Fiber</b>	4.12g		
<b>Sugar</b>	2.09g		
<b>Protein</b>	17.96g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	44.43mg	<b>Iron</b>	2.43mg

# Corn

<b>Servings:</b>	76.00	<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-15072

## Ingredients

Description	Measurement	DistPart #
CORN WHL KERNEL FCY GRADE 6-10 GFS	4 #10 CAN	118966
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup	840860

## 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: 76.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	114.17		
<b>Fat</b>	1.94g		
<b>SaturatedFat</b>	0.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	196.38mg		
<b>Carbohydrates</b>	23.14g		
<b>Fiber</b>	2.72g		
<b>Sugar</b>	6.81g		
<b>Protein</b>	2.72g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.06mg	<b>Iron</b>	0.54mg

# Mixed Vegetables

<b>Servings:</b>	93.00	<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-15073

## Ingredients

Description	Measurement	DistPart #
VEG MIXED 30 GFS	14 Pound	285690
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup	840860

## 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>	0.35
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	35.31		
<b>Fat</b>	0.47g		
<b>SaturatedFat</b>	0.19g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.07mg		
<b>Carbohydrates</b>	6.20g		
<b>Fiber</b>	1.55g		
<b>Sugar</b>	2.07g		
<b>Protein</b>	1.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.05mg	<b>Iron</b>	0.31mg

# Taco Meat

<b>Servings:</b>	42.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15076

## Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
SEASONING TACO 21Z TRDE	2 1/2 Cup	413429

## 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>	0.00

### Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	261.70		
<b>Fat</b>	17.06g		
<b>SaturatedFat</b>	5.69g		
<b>Trans Fat</b>	2.84g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	756.90mg		
<b>Carbohydrates</b>	5.72g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.43g		
<b>Protein</b>	21.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.86mg



# Carrots

<b>Servings:</b>	56.00	<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-15077

## Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, low sodium, canned	3 #10 CAN	100309
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/2 Cup	840860

## 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: 56.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	40.81		
<b>Fat</b>	1.57g		
<b>SaturatedFat</b>	0.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	221.98mg		
<b>Carbohydrates</b>	5.89g		
<b>Fiber</b>	1.47g		
<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>	0.16mg	<b>Iron</b>	0.00mg

# 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-15078

## Ingredients

Description	Measurement	DistPart #
TURKEY, DELI BREAST, SLICED	2 Ounce	110554
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
Mini Sub Bun, WG	1 Each	5157

## 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>	280.47		
<b>Fat</b>	7.54g		
<b>SaturatedFat</b>	2.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.43mg		
<b>Sodium</b>	919.46mg		
<b>Carbohydrates</b>	33.04g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.82g		
<b>Protein</b>	24.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Powdered Sugar Icing

<b>Servings:</b>	220.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Tablespoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15079

## Ingredients

Description	Measurement	DistPart #
SUGAR POWDERED 6X 25 GFS	10 Cup	108693
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Cup	840860
1 % White Milk	1 Cup	
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon	110744

## 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: 220.00

Serving Size: 1.00 Tablespoon

#### Amount Per Serving

<b>Calories</b>	29.55		
<b>Fat</b>	0.81g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.07mg		
<b>Sodium</b>	8.56mg		
<b>Carbohydrates</b>	5.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	5.32g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.05IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.22mg	<b>Iron</b>	0.00mg

# Winter Blend

<b>Servings:</b>	76.00	<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-15080

## Ingredients

Description	Measurement	DistPart #
VEG BLND WINTER 30 GFS	14 Pound	285770
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/2 Cup	840860

## 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: 76.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	33.69		
<b>Fat</b>	1.16g		
<b>SaturatedFat</b>	0.47g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	30.11mg		
<b>Carbohydrates</b>	4.63g		
<b>Fiber</b>	1.85g		
<b>Sugar</b>	1.85g		
<b>Protein</b>	1.85g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.92mg	<b>Iron</b>	0.93mg

# Creamed Chicken

<b>Servings:</b>	65.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15082

## Ingredients

Description	Measurement	DistPart #
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Pound	840860
FLOUR H&R A/P 2-25 GCHC	2 Pound	227528
Tap Water for Recipes	1/2 Gallon	000001WTR
1 % White Milk	2 Gallon	
BASE CHIX LO SOD 12-1 LEGO	1/2 Pound	130869
Chicken, Diced, Cooked, Frozen	12 Pound	100101

## 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>	0.00

### Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	261.50		
<b>Fat</b>	9.98g		
<b>SaturatedFat</b>	2.95g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.26mg		
<b>Sodium</b>	264.31mg		
<b>Carbohydrates</b>	16.79g		
<b>Fiber</b>	0.37g		
<b>Sugar</b>	5.99g		
<b>Protein</b>	23.86g		
<b>Vitamin A</b>	4.92IU	<b>Vitamin C</b>	0.98mg
<b>Calcium</b>	17.42mg	<b>Iron</b>	0.61mg

# Peas

<b>Servings:</b>	93.00	<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-15083

## Ingredients

Description	Measurement	DistPart #
PEAS GREEN IQF 30 GFS	14 Pound	285660
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup	840860

## 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>	0.36

### Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	42.05		
<b>Fat</b>	0.47g		
<b>SaturatedFat</b>	0.19g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.73mg		
<b>Carbohydrates</b>	6.47g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	2.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.05mg	<b>Iron</b>	0.59mg

# Mostaccioli

<b>Servings:</b>	65.00	<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-15084

## Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
Diced Tomatoes cnd	2 #10 CAN	100329
SAUCE MARINARA A/P 6-10 REDPK	4 #10 CAN	592714
PASTA MOSTACC RIG W/LINES 4-5 GCHC	4 3/4 Pound	413350

## 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>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	388.27		
<b>Fat</b>	16.65g		
<b>SaturatedFat</b>	3.67g		
<b>Trans Fat</b>	1.84g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	864.40mg		
<b>Carbohydrates</b>	43.66g		
<b>Fiber</b>	7.01g		
<b>Sugar</b>	13.64g		
<b>Protein</b>	22.79g		
<b>Vitamin A</b>	977.92IU	<b>Vitamin C</b>	15.12mg
<b>Calcium</b>	46.17mg	<b>Iron</b>	1.05mg

# Garlic Bread

<b>Servings:</b>	1.00	<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-15085

## Ingredients

Description	Measurement	DistPart #
Bread, Whole Grain Texas Toast 22 oz/16 sl	1 Slice	6369
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Teaspoon	840860

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	133.33		
<b>Fat</b>	5.17g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	38.07mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.38mg	<b>Iron</b>	6.00mg



# Caesar Salad

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15086

## Ingredients

Description	Measurement	DistPart #
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	5 Pound	702595
CHEESE PARM GRTD 4-5 PG	1/2 Pound	445401
DRESSING CAESAR 4-1 GAL GFS	2 Cup	818201
CROUTON LRG SEAS 10-2 GCHC	1/2 Pound	748520

## 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: 40.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	69.15		
<b>Fat</b>	5.64g		
<b>SaturatedFat</b>	0.81g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.06mg		
<b>Sodium</b>	166.64mg		
<b>Carbohydrates</b>	4.96g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.40g		
<b>Protein</b>	0.89g		
<b>Vitamin A</b>	333.23IU	<b>Vitamin C</b>	0.41mg
<b>Calcium</b>	2.22mg	<b>Iron</b>	0.33mg

# Apple Crisp

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15087

## Ingredients

Description	Measurement	DistPart #
FLOUR H&R A/P 2-25 GCHC	14 Ounce	227528
OATS QUICK HOT CEREAL 12-42Z GCHC	9 Ounce	240869
SUGAR BROWN MED 25 GFS	15 Ounce	108626
SPICE CINNAMON GRND 5 TRDE	2 Tablespoon	224731
SALT IODIZED 24-26Z GFS	1/2 Teaspoon	108308
APPLE SLCD W/P 6-10 GFS	1 #10 CAN	117773
SUGAR CANE GRANUL 25 GFS	10 1/2 Ounce	108642
LEMON JUICE 100 12-32FLZ GCHC	1/4 Cup	311227

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.75
<b>Fruit</b>	0.25
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	127.30		
<b>Fat</b>	0.37g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	28.62mg		
<b>Carbohydrates</b>	30.18g		
<b>Fiber</b>	1.76g		
<b>Sugar</b>	19.23g		
<b>Protein</b>	1.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.29mg
<b>Calcium</b>	1.21mg	<b>Iron</b>	0.58mg

# Cheesy Potatoes

<b>Servings:</b>	90.00	<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-15095

## Ingredients

Description	Measurement	DistPart #
HASHBROWN SHRD IQF 6-3 GCHC	15 Pound	316334
1 % White Milk	4 Cup	
Cheese, Cheddar Reduced fat, Shredded	3 Pound	100012
SOUR CREAM 4-5 GCHC	2 Pound	285218
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 1/2 Cup	840860
SOUP CRM OF CHIX 12-5 CAMP	3 #5 CAN	101125

## 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: 90.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	181.57		
<b>Fat</b>	9.53g		
<b>SaturatedFat</b>	4.89g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.21mg		
<b>Sodium</b>	368.33mg		
<b>Carbohydrates</b>	20.63g		
<b>Fiber</b>	2.25g		
<b>Sugar</b>	1.94g		
<b>Protein</b>	6.67g		
<b>Vitamin A</b>	47.79IU	<b>Vitamin C</b>	0.09mg
<b>Calcium</b>	32.44mg	<b>Iron</b>	0.64mg

# Chicken & Noodles

<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-15096

## Ingredients

Description	Measurement	DistPart #
BASE CHIX LO SOD 12-1 LEGO	2 Cup	130869
PASTA NOODL KLUSKI 1/8 2-5 GCHC	2 1/2 Pound	270385
ONION SPANISH JUMBO 10 MRKN	14 Ounce	109620
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	4 Ounce	840860
FLOUR H&R A/P 2-25 GCHC	4 Ounce	227528
1 % White Milk	6 Cup	
Black Pepper	1 1/2 Teaspoon	24108
Chicken, Diced, Cooked, Frozen	6 3/8 Pound	100101

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.06
<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: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	221.30		
<b>Fat</b>	5.20g		
<b>SaturatedFat</b>	0.74g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.28mg		
<b>Sodium</b>	315.12mg		
<b>Carbohydrates</b>	23.54g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.36g		
<b>Protein</b>	18.68g		
<b>Vitamin A</b>	1.36IU	<b>Vitamin C</b>	0.83mg
<b>Calcium</b>	13.85mg	<b>Iron</b>	0.88mg

# Sloppy Joe on Bun

<b>Servings:</b>	50.00	<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-15097

## Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	8 5/8 Pound	100158
ONION SPANISH JUMBO 10 MRKN	10 Ounce	109620
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon	224839
TOMATO PASTE CALIF 26 6-10 GCHC	1/4 #10 CAN	100196
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/4 #10 CAN	100129
Tap Water for Recipes	2 Cup	000001WTR
VINEGAR APPLE CIDER 5% 4-1GAL HNZ	1 1/8 Cup	201812
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon	860221
Black Pepper	1 Teaspoon	24108
SUGAR BROWN MED 25 GFS	2 3/4 Ounce	108626
4" WG HAMBURGER BUN, AUNT MILLIES	50 bun	3159

## Preparation Instructions

Serve 1/3 cup meat mixture on each bun.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.76
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.26
<b>OtherVeg</b>	0.03
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	431.23
<b>Fat</b>	18.58g
<b>SaturatedFat</b>	5.52g
<b>Trans Fat</b>	2.76g
<b>Cholesterol</b>	71.80mg
<b>Sodium</b>	445.01mg
<b>Carbohydrates</b>	40.33g
<b>Fiber</b>	2.75g

<b>Sugar</b>	12.37g
<b>Protein</b>	25.94g
<b>Vitamin A</b> 0.11IU	<b>Vitamin C</b> 0.59mg
<b>Calcium</b> 11.93mg	<b>Iron</b> 10.55mg

# 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-15098

## Ingredients

Description	Measurement	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each	205030
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<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>	330.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.00mg	<b>Iron</b>	11.80mg

# Grilled 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-15099

## Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	100036
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	2 Teaspoon	840860
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	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>	326.67		
<b>Fat</b>	12.33g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	373.33mg		
<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>	0.76mg	<b>Iron</b>	0.00mg



# Hot Ham & Cheese 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-15100

## Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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>	260.66		
<b>Fat</b>	7.78g		
<b>SaturatedFat</b>	3.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.01mg		
<b>Sodium</b>	720.33mg		
<b>Carbohydrates</b>	33.28g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.64g		
<b>Protein</b>	17.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	10.00mg

# Tomato Soup

<b>Servings:</b>	50.00	<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-15101

## Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	5 #5 CAN	101427
1 % White Milk	1 Gallon	

## 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: 50.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	159.82		
<b>Fat</b>	0.80g		
<b>SaturatedFat</b>	0.48g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.80mg		
<b>Sodium</b>	720.12mg		
<b>Carbohydrates</b>	31.93g		
<b>Fiber</b>	1.42g		
<b>Sugar</b>	20.56g		
<b>Protein</b>	5.40g		
<b>Vitamin A</b>	3.20IU	<b>Vitamin C</b>	0.64mg
<b>Calcium</b>	38.01mg	<b>Iron</b>	0.85mg

# Chili

<b>Servings:</b>	70.00	<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-15103

## Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
SEASONING CHILI MIX 6-5.7Z LAWR	3 Package	521183
Diced Tomatoes cnd	3 #10 CAN	100329
BEAN RED 6-10 GCHC	3 #10 CAN	190209
JUICE TOMATO 100 12-46FLZ SACRM	2 Quart	302414

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.71
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.67
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	312.56		
<b>Fat</b>	10.23g		
<b>SaturatedFat</b>	3.41g		
<b>Trans Fat</b>	1.71g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1152.27mg		
<b>Carbohydrates</b>	32.32g		
<b>Fiber</b>	6.88g		
<b>Sugar</b>	5.23g		
<b>Protein</b>	21.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.65mg	<b>Iron</b>	2.26mg

# Spaghetti & Meat Sauce

<b>Servings:</b>	65.00	<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-15104

## Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
Diced Tomatoes cnd	2 #10 CAN	100329
SAUCE MARINARA A/P 6-10 REDPK	4 #10 CAN	592714
PASTA SPAGHETTI 10 2-10 KE	4 3/4 Pound	654560

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.84
<b>Grain</b>	0.58
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.66
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	388.27		
<b>Fat</b>	16.65g		
<b>SaturatedFat</b>	3.67g		
<b>Trans Fat</b>	1.84g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	864.40mg		
<b>Carbohydrates</b>	43.66g		
<b>Fiber</b>	7.01g		
<b>Sugar</b>	13.64g		
<b>Protein</b>	22.79g		
<b>Vitamin A</b>	977.92IU	<b>Vitamin C</b>	15.12mg
<b>Calcium</b>	46.17mg	<b>Iron</b>	1.17mg

# PBJ 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-15109

## Ingredients

Description	Measurement	DistPart #
USDA Commodity Smooth Peanut Butter	2 TBSP.	100396
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	100927
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	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>	430.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	165.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Mashed Potatoes

<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-18069

## Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	10 Package	613738

## 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: 400.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	75.91		
<b>Fat</b>	0.84g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	345.82mg		
<b>Carbohydrates</b>	14.34g		
<b>Fiber</b>	0.84g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.69g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.43mg	<b>Iron</b>	0.25mg

# Chicken Gravy

<b>Servings:</b>	2560.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Tablespoon	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18070

## Ingredients

Description	Measurement	DistPart #
MARGARINE SLD 30-1 GCHC	1 Pound	733061
SEASONING LIQ 12-1QT KITCHEN BOUQUET	1/2 Cup	442704
STARCH CORN 24-1 ARGO	5 Pound	108413
BASE CHIX 12-1 KE	2 Pound	160790

## 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: 2560.00

Serving Size: 1.00 Tablespoon

#### Amount Per Serving

<b>Calories</b>	5.72		
<b>Fat</b>	0.21g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	53.84mg		
<b>Carbohydrates</b>	0.94g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	9.38IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# SPAGHETTI W/ MEAT SAUCE-Liberty Elem

<b>Servings:</b>	450.00	<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-18074

## Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	24 Package	573201
PASTA SPAGHETTI 10 4-5 GCHC	30 Pound	413370
SAUCE MARINARA 6-10 REDPK	2 #10 CAN	502181
TOMATO DCD NSA 6-10 ANGELA MIA	2 #10 CAN	827614
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Pound	840860
SPICE GARLIC GRANULATED 24Z TRDE	12 Ounce	513881

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	1.00
<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: 450.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	255.03		
<b>Fat</b>	6.82g		
<b>SaturatedFat</b>	2.45g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	41.90mg		
<b>Sodium</b>	246.50mg		
<b>Carbohydrates</b>	32.18g		
<b>Fiber</b>	3.15g		
<b>Sugar</b>	7.66g		
<b>Protein</b>	15.60g		
<b>Vitamin A</b>	550.43IU	<b>Vitamin C</b>	15.52mg
<b>Calcium</b>	44.61mg	<b>Iron</b>	2.73mg



# Pork and Beans-Liberty Elem

<b>Servings:</b>	288.00	<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-18075

## Ingredients

Description	Measurement	DistPart #
BEAN PORK & NAVY 6-10 GCHC	18 #10 CAN	118826
KETCHUP CAN NAT LO SOD 6-10 REDG	114 Ounce	200621
ONION DEHY CHPD 15 P/L	2 Cup	263036
SUGAR BROWN LT 12-2 P/L	2 Pound	860311

## 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>	0.75
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	234.94		
<b>Fat</b>	1.62g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	647.38mg		
<b>Carbohydrates</b>	46.14g		
<b>Fiber</b>	8.12g		
<b>Sugar</b>	16.73g		
<b>Protein</b>	11.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	81.36mg	<b>Iron</b>	3.24mg

# Corn-Liberty Elem

<b>Servings:</b>	108.00	<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-18077

## Ingredients

Description	Measurement	DistPart #
Corn fzn	54 Cup	100348
BUTTER SUB 24-4Z BTRBU DS	1 1/8 Cup	209810

## 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: 108.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	68.17		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.04mg		
<b>Carbohydrates</b>	16.33g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Peach Crisp-Liberty Elem

<b>Servings:</b>	845.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18079

## Ingredients

Description	Measurement	DistPart #
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	16 Pound	840860
SUGAR BROWN LT 12-2 P/L	21 Pound	860311
SUGAR CANE GRANUL 25 GFS	13 Pound	108642
SALT IODIZED 25 CARG	4 Tablespoon	108286
SPICE CINNAMON GRND 15Z TRDE	8 Tablespoon	224723
OATS QUICK HOT CEREAL 50 GILST	16 Pound	286070
FLOUR H&R A/P 2-25 GCHC	14 Pound	227528
PEACH DCD XL/S 6-10 GFS	39 #10 CAN	268348

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<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: 845.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	255.92		
<b>Fat</b>	7.38g		
<b>SaturatedFat</b>	2.82g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	112.06mg		
<b>Carbohydrates</b>	45.05g		
<b>Fiber</b>	0.96g		
<b>Sugar</b>	30.04g		
<b>Protein</b>	2.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.71mg	<b>Iron</b>	0.62mg

# Apple Crisp-Liberty Elem

<b>Servings:</b>	845.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18081

## Ingredients

Description	Measurement	DistPart #
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	16 Pound	840860
SUGAR BROWN LT 12-2 P/L	21 Pound	860311
SUGAR CANE GRANUL 25 GFS	13 Pound	108642
SALT IODIZED 25 CARG	4 Tablespoon	108286
SPICE CINNAMON GRND 15Z TRDE	8 Tablespoon	224723
OATS QUICK HOT CEREAL 50 GILST	16 Pound	286070
FLOUR H&R A/P 2-25 GCHC	14 Pound	227528
APPLE SLCD W/P 6-10 GFS	39 #10 CAN	117773

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<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: 845.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	243.98		
<b>Fat</b>	7.38g		
<b>SaturatedFat</b>	2.82g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	112.06mg		
<b>Carbohydrates</b>	42.66g		
<b>Fiber</b>	3.35g		
<b>Sugar</b>	27.65g		
<b>Protein</b>	2.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.71mg	<b>Iron</b>	0.62mg

# Chicken & Noodles-Liberty Elem

<b>Servings:</b>	675.00	<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-18085

## Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	80 Pound	100101
PASTA NOODL KLUSKI AMISH 10 INN MAID	40 Pound	456632
BASE CHIX 12-1 KE	3 Pound	160790
ONION DCD 1/4 2-5 RSS	10 Pound	198307
CELERY JUMBO 16-24CT 40 MARKON	10 Pound	198536

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.07
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 675.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	186.78		
<b>Fat</b>	4.21g		
<b>SaturatedFat</b>	0.72g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	101.45mg		
<b>Sodium</b>	363.44mg		
<b>Carbohydrates</b>	20.22g		
<b>Fiber</b>	0.58g		
<b>Sugar</b>	0.34g		
<b>Protein</b>	15.69g		
<b>Vitamin A</b>	29.89IU	<b>Vitamin C</b>	0.21mg
<b>Calcium</b>	4.32mg	<b>Iron</b>	1.06mg

# Variety of Cereal

<b>Servings:</b>	12.00	<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-18088

## Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each	805630
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	265803
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each	247197
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401

## 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	107.50
<b>Fat</b>	1.46g
<b>SaturatedFat</b>	0.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	132.92mg
<b>Carbohydrates</b>	23.50g
<b>Fiber</b>	2.33g
<b>Sugar</b>	7.42g
<b>Protein</b>	2.08g
<b>Vitamin A</b> 225.00IU	<b>Vitamin C</b> 2.70mg
<b>Calcium</b> 80.83mg	<b>Iron</b> 5.09mg

# Assorted Muffin

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18090

## Ingredients

Description	Measurement	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	557991
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011

## 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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	192.50		
<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>	30.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	16.50g		
<b>Protein</b>	3.25g		
<b>Vitamin A</b>	75.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.75mg	<b>Iron</b>	1.06mg



# Glazed Carrots

<b>Servings:</b>	105.00	<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-18306

## Ingredients

Description	Measurement	DistPart #
CARROT SLCD C/C LRG 30 GFS	15 Pound	285680
SUGAR BROWN LT 12-2 P/L	1 1/2 Cup	860311
MARGARINE SLD 30-1 GCHC	1/2 Pound	733061

## 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: 105.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	35.88		
<b>Fat</b>	1.68g		
<b>SaturatedFat</b>	0.69g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	45.55mg		
<b>Carbohydrates</b>	4.87g		
<b>Fiber</b>	1.92g		
<b>Sugar</b>	2.95g		
<b>Protein</b>	0.64g		
<b>Vitamin A</b>	114.29IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.59mg	<b>Iron</b>	0.23mg

# Green Beans \*

<b>Servings:</b>	96.00	<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-18410

## Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	4 #10 CAN	273856
BUTTER SUB 24-4Z BTRBUDS	3/4 Ounce	209810
BACON BIT REAL FAST N EASY 4-5 HRML	3/4 Cup	437735

## 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: 96.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	76.50		
<b>Fat</b>	3.13g		
<b>SaturatedFat</b>	1.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.63mg		
<b>Sodium</b>	403.10mg		
<b>Carbohydrates</b>	4.38g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	5.77g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.33mg	<b>Iron</b>	0.43mg

# Turkey and American 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-18413

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SMKD DELI SLCD 6-2 GFS	3 Slice	833592
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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>	3.50g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	810.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	0.54mg

# Ham and American 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-18414

## Ingredients

Description	Measurement	DistPart #
HAM BOILED DELI SLCD 10 6-2 GFS	2 Slice	680621
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

## 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>	245.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	27.50mg		
<b>Sodium</b>	610.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	12.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	0.40mg

# BBQ Rib 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-18422

## Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

## 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>	360.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Chicken Chef 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-18426

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup	735787
TOMATO 6X6 LRG 10 MRKN	1/4 Cup	199001
CUCUMBER SDLSS 12-1CT P/L	1/8 Cup	532312
EGG HRD CKD DCD IQF 4-5 GFS	1 1/2 Tablespoon	192198
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	768146
CHEESE AMER SHRD R/F 4-5 LOL	2 Tablespoon	861950
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	570533

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.24
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.50
<b>RedVeg</b>	12.75
<b>OtherVeg</b>	0.13
<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>	345.51		
<b>Fat</b>	8.19g		
<b>SaturatedFat</b>	3.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	136.67mg		
<b>Sodium</b>	595.15mg		
<b>Carbohydrates</b>	43.51g		
<b>Fiber</b>	14.70g		
<b>Sugar</b>	22.05g		
<b>Protein</b>	24.72g		
<b>Vitamin A</b>	426.45IU	<b>Vitamin C</b>	6.35mg
<b>Calcium</b>	278.86mg	<b>Iron</b>	2.39mg

# Chef Salad w/ Cheese

<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-18430

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup	735787
TOMATO 6X6 LRG 10 MRKN	1/4 Cup	199001
CUCUMBER SDLSS 12-1CT P/L	1/8 Cup	532312
EGG HRD CKD DCD IQF 4-5 GFS	1 1/2 Tablespoon	192198
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	768146
CHEESE AMER SHRD R/F 4-5 LOL	4 Tablespoon	861950

## 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>	1.50
<b>RedVeg</b>	12.75
<b>OtherVeg</b>	0.13
<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>	293.56		
<b>Fat</b>	7.11g		
<b>SaturatedFat</b>	3.28g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	107.50mg		
<b>Sodium</b>	746.82mg		
<b>Carbohydrates</b>	43.84g		
<b>Fiber</b>	14.70g		
<b>Sugar</b>	22.55g		
<b>Protein</b>	16.22g		
<b>Vitamin A</b>	470.95IU	<b>Vitamin C</b>	6.35mg
<b>Calcium</b>	371.19mg	<b>Iron</b>	1.72mg

# Chef Salad w/ Ham

<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-18444

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup	735787
TOMATO 6X6 LRG 10 MRKN	1/4 Cup	199001
CUCUMBER SDLSS 12-1CT P/L	1/8 Cup	532312
EGG HRD CKD DCD IQF 4-5 GFS	1 1/2 Tablespoon	192198
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	768146
CHEESE AMER SHRD R/F 4-5 LOL	2 Tablespoon	861950
Ham, Cubed Frozen	3 Ounce	100188-H

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.50
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.13
<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>	349.54		
<b>Fat</b>	7.32g		
<b>SaturatedFat</b>	4.48g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	144.26mg		
<b>Sodium</b>	1082.32mg		
<b>Carbohydrates</b>	47.76g		
<b>Fiber</b>	14.70g		
<b>Sugar</b>	24.51g		
<b>Protein</b>	25.01g		
<b>Vitamin A</b>	426.45IU	<b>Vitamin C</b>	6.35mg
<b>Calcium</b>	274.19mg	<b>Iron</b>	1.72mg



# Chili-Non-Commodity

<b>Servings:</b>	75.00	<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-18452

## Ingredients

Description	Measurement	DistPart #
ONION DCD 1/4 2-5 RSS	2 Pound	198307
CELERY STIX 4-3 RSS	2 Pound	781592
PEPPERS GREEN DCD SWT 12-2 GFS	2 Pound	508632
JUICE TOMATO 100 12-46FLZ SACRM	138 Fluid Ounce	302414
TOMATO DCD NSA 6-10 ANGELA MIA	1 #10 CAN	827614
SPICE CHILI POWDER MILD 16Z TRDE	1 Pound	331473
BEAN KIDNEY RED LT 6-10 GCHC	1 #10 CAN	118788
BEEF GRND 81/19 FINE GRIND 6-10AVG	8 Pound	764720

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.13
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	188.59		
<b>Fat</b>	8.96g		
<b>SaturatedFat</b>	3.84g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.00mg		
<b>Sodium</b>	532.99mg		
<b>Carbohydrates</b>	13.87g		
<b>Fiber</b>	4.45g		
<b>Sugar</b>	4.17g		
<b>Protein</b>	12.52g		
<b>Vitamin A</b>	282.01IU	<b>Vitamin C</b>	3.86mg
<b>Calcium</b>	42.87mg	<b>Iron</b>	2.13mg

# Philly Steak 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-18461

## Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	3 Ounce	593591
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	5113

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	710.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

# Bosco Sticks w/ Marinara Sauce

<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-18468

## Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	235411
SAUCE MARINARA 6-10 REDPK	1/2 Cup	502181

## 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>	0.80
<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>	370.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	575.00mg		
<b>Carbohydrates</b>	46.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	468.00mg	<b>Iron</b>	3.00mg

# Meatball Sub

<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-18471

## Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each	785860
SAUCE MARINARA 6-10 REDPK	1/8 Cup	502181
CHEESE MOZZ SHRD 4-5 LOL	1/3 Cup	645170
HOT DOG BUN, W GRAIN, AM	1 bun	4040

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.13
<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>	428.00
<b>Fat</b>	19.31g
<b>SaturatedFat</b>	8.12g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	55.80mg
<b>Sodium</b>	748.70mg
<b>Carbohydrates</b>	37.44g
<b>Fiber</b>	4.52g
<b>Sugar</b>	9.40g
<b>Protein</b>	27.76g
<b>Vitamin A</b> 5.00IU	<b>Vitamin C</b> 1.00mg
<b>Calcium</b> 346.84mg	<b>Iron</b> 12.26mg

# Grilled Cheese Sandwich\*

<b>Servings:</b>	110.00	<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-18472

## Ingredients

Description	Measurement	DistPart #
380 - Aunt Millie's WG Honey White Bread	220 Each	380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	440 Slice	722360
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	3 Pound	840860

## 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: 110.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	407.27
<b>Fat</b>	19.60g
<b>SaturatedFat</b>	8.93g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1256.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 388.99mg	<b>Iron</b> 12.00mg

# Chicken Alfredo

<b>Servings:</b>	284.00	<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-18490

## Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	35 1/2 Pound	570533
SAUCE ALFREDO FZ 6-5 JTM	2 1/2 Package	155661
DINNER ROLL, W GRAIN, AM	284 roll	4372
PASTA LINGUINE 10 4-5 GCHC	20 Pound	413380

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	4.00
<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: 284.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	497.03		
<b>Fat</b>	16.92g		
<b>SaturatedFat</b>	7.91g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.45mg		
<b>Sodium</b>	1070.18mg		
<b>Carbohydrates</b>	52.85g		
<b>Fiber</b>	3.13g		
<b>Sugar</b>	10.04g		
<b>Protein</b>	33.77g		
<b>Vitamin A</b>	509.27IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	454.44mg	<b>Iron</b>	9.68mg

# Hot Dog w/ Chili Sauce

<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-18492

## Ingredients

Description	Measurement	DistPart #
HOT DOG BUN, W GRAIN, AM	1 bun	4040
CHILI HOT DOG W/MT 6-10 CHEFM	2 Tablespoon	233684
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913

## 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>	340.00		
<b>Fat</b>	19.25g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	1015.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	3.50g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.11mg	<b>Iron</b>	10.94mg

# Soft Taco Bar

<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-18493

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
TACO FILLING BEEF REDC FAT 6-5 COMM	1/3 Cup	722330
CHEESE AMER SHRD R/F 4-5 LOL	3 Tablespoon	861950
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup	242489
RICE SPANISH 6-36Z UBEN	1/3 Cup	555169
SAUCE TACO MILD PKT 200-9GM GFS	1 Each	192007
SOUR CREAM PKT 400-1Z GCHC	1 Each	836750

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.73
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.25
<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>	467.05		
<b>Fat</b>	16.54g		
<b>SaturatedFat</b>	8.16g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	65.90mg		
<b>Sodium</b>	1206.91mg		
<b>Carbohydrates</b>	56.78g		
<b>Fiber</b>	5.72g		
<b>Sugar</b>	7.72g		
<b>Protein</b>	25.03g		
<b>Vitamin A</b>	705.38IU	<b>Vitamin C</b>	7.19mg
<b>Calcium</b>	291.37mg	<b>Iron</b>	4.18mg



# Hamburger

<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-18496

## Ingredients

Description	Measurement	DistPart #
BEEF PTY 4/ 80/20 15 GCHC	1 Each	482770
4 inch whole grain hamburger buns - 30 ct	1 bun	3480

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	450.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	1.50g		
<b>Cholesterol</b>	75.00mg		
<b>Sodium</b>	255.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

# Cheeseburger

<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-18497

## Ingredients

Description	Measurement	DistPart #
BEEF PTY 4/ 80/20 15 GCHC	1 Each	482770
4 inch whole grain hamburger buns - 30 ct	1 bun	3480
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.50
<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>	485.00		
<b>Fat</b>	26.00g		
<b>SaturatedFat</b>	10.25g		
<b>Trans Fat</b>	1.50g		
<b>Cholesterol</b>	82.50mg		
<b>Sodium</b>	465.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	30.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	1.80mg

# Breaded 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-18498

## Ingredients

Description	Measurement	DistPart #
4 inch whole grain hamburger buns - 30 ct	1 bun	3480
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	661950

## 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>	420.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	520.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	4.00g		
<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>	40.00mg	<b>Iron</b>	1.62mg

# Spicy Chicken Wrap

<b>Servings:</b>	80.00	<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-18500

## Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	1/2 Package	150160
CHEESE AMER SHRD R/F 4-5 LOL	20 Cup	861950
TORTILLA FLOUR 10 ULTRGR 12-12CT	80 Each	690141
Asian Base Sauce	240 Ounce	776247

## 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: 80.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	551.51		
<b>Fat</b>	18.79g		
<b>SaturatedFat</b>	7.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	121.16mg		
<b>Sodium</b>	1744.90mg		
<b>Carbohydrates</b>	66.65g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	24.00g		
<b>Protein</b>	33.23g		
<b>Vitamin A</b>	89.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	325.94mg	<b>Iron</b>	1.62mg

# Mostaccioli

<b>Servings:</b>	450.00	<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-18510

## Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	21 Package	573201
PASTA PENNE RIGATE 51 WGRAIN 2-10	30 Pound	221482
SAUCE MARINARA 6-10 REDPK	4 #10 CAN	502181
TOMATO DCD NSA 6-10 ANGELA MIA	4 #10 CAN	827614
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	2 Pound	840860
SPICE GARLIC POWDER 21Z TRDE	37 Ounce	224839

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	1.00
<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: 450.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	261.40
<b>Fat</b>	7.38g
<b>SaturatedFat</b>	2.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.67mg
<b>Sodium</b>	243.63mg
<b>Carbohydrates</b>	32.10g
<b>Fiber</b>	4.42g
<b>Sugar</b>	8.26g
<b>Protein</b>	14.46g
<b>Vitamin A</b> 546.30IU	<b>Vitamin C</b> 14.74mg
<b>Calcium</b> 50.49mg	<b>Iron</b> 2.71mg

# Broccoli and Cheese Sauce

<b>Servings:</b>	25.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18511

## Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS 6-4 GFS	6 Pound	610871
SAUCE CHS CHED BASIC 6-10 CHEFM	1/2 #10 CAN	565695

## 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: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	111.11
<b>Fat</b>	5.48g
<b>SaturatedFat</b>	1.59g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.17mg
<b>Sodium</b>	429.71mg
<b>Carbohydrates</b>	12.62g
<b>Fiber</b>	3.26g
<b>Sugar</b>	1.54g
<b>Protein</b>	4.11g
<b>Vitamin A</b> 1127.64IU	<b>Vitamin C</b> 61.51mg
<b>Calcium</b> 81.76mg	<b>Iron</b> 0.88mg

# Variety of Dressing

<b>Servings:</b>	5.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18516

## Ingredients

Description	Measurement	DistPart #
DRESSING FREN CNTRY PKT60-1.5FLZ KENS	1 Each	195758

## 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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	38.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	60.00mg		
<b>Carbohydrates</b>	2.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.40g		
<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

# Variety of Soup

<b>Servings:</b>	5.00	<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-18517

## Ingredients

Description	Measurement	DistPart #
SOUP GLDN BROCC 3-4# CAMP	1/2 Cup	165500
SOUP TOMATO 12-5 CAMP	1/2 Cup	101427
SOUP CHIX NOODLE HT&SRV 4-8 GFS	1/2 Cup	115900
SOUP CHIX DUMPLING CONC 4-4 CHFRAN	1/2 Cup	492655
SOUP STFD GRN PEPR CONC 4-4 CHFRAN	1/2 Cup	773611

## 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: 5.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	126.00		
<b>Fat</b>	5.45g		
<b>SaturatedFat</b>	1.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	16.50mg		
<b>Sodium</b>	774.00mg		
<b>Carbohydrates</b>	15.60g		
<b>Fiber</b>	0.90g		
<b>Sugar</b>	4.90g		
<b>Protein</b>	4.30g		
<b>Vitamin A</b>	190.00IU	<b>Vitamin C</b>	4.56mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	0.69mg



# Salad Bar

<b>Servings:</b>	70.00	<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-18564

## Ingredients

Description	Measurement	DistPart #
Ham, Cubed Frozen	73 1/4 Ounce	100188-H
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	76 Ounce	570533
EGG HRD CKD DCD IQF 4-5 GFS	66 Tablespoon	192198
CHEESE AMER SHRD R/F 4-5 LOL	1 Ounce	861950
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	70 Each	159791
CRACKER SALTINE 500-2CT GCHC	140 Package	870400
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	50 Cup	242489
SPINACH LEAF FLAT CLND 4-2.5 RSS	76 Cup	329401
TOMATO 6X6 LRG 10 MRKN	3 1/2 Cup	199001
PEPPERS GREEN LRG 5 MRKN	6 1/2 Cup	592315
CUCUMBER SDLSS 12-1CT P/L	7 1/2 Cup	532312
ONION DCD 1/4 2-5 RSS	1/2 Cup	198307
OLIVE RIPE SLCD DOMESTIC 6-10 LNDSY	80 Piece	328391
PEPPERS BAN RING MILD 4-1GAL GFS	6 Ounce	466220
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	200 Gram	544426
CRANBERRY DRD 2-48Z OCSPR	165 Gram	392313
BACON BIT REAL FAST N EASY 4-5 HRML	42 Ounce	437735
SEED SUNFLWR RSTD SLTD 4-4 GFS	60 Tablespoon	337910

## Preparation Instructions

No Preparation Instructions available.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.25
<b>GreenVeg</b>	0.50
<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: 70.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	506.75		
<b>Fat</b>	20.79g		
<b>SaturatedFat</b>	5.23g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	132.60mg		
<b>Sodium</b>	1095.26mg		
<b>Carbohydrates</b>	50.58g		
<b>Fiber</b>	4.24g		
<b>Sugar</b>	21.66g		
<b>Protein</b>	25.63g		
<b>Vitamin A</b>	132.91IU	<b>Vitamin C</b>	12.52mg
<b>Calcium</b>	84.10mg	<b>Iron</b>	3.64mg

# Sub Sandwich Bar

<b>Servings:</b>	75.00	<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-18569

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST DELI SLCD CKD 6-2 GFS	100 Ounce	680613
HAM BOILED DELI SLCD 10 6-2 GFS	88 Piece	680621
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice	722360
Aunt Millie's Whole Grain Mini Sub 2oz	75 bun	5113
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 Cup	329401
LETTUCE ROMAINE CHOP 6-2 RSS	13 Cup	735787
TOMATO 6X6 LRG 10 MRKN	13 Cup	199001
PEPPERS GREEN LRG 5 MRKN	3 1/4 Cup	592315
ONION DCD 1/4 2-5 RSS	1 Cup	198307
OLIVE RIPE SLCD DOMESTIC 6-10 LNDSY	1 1/2 Cup	328391
PEPPERS BAN RING MILD 4-1GAL GFS	18 Ounce	466220
MAYONNAISE PKT 200-12GM GFS	75 Each	700011

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.88
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.09
<b>RedVeg</b>	0.17
<b>OtherVeg</b>	0.17
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	350.71
<b>Fat</b>	14.86g
<b>SaturatedFat</b>	2.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.73mg
<b>Sodium</b>	980.62mg
<b>Carbohydrates</b>	35.10g
<b>Fiber</b>	2.92g
<b>Sugar</b>	6.88g
<b>Protein</b>	20.13g
<b>Vitamin A</b> 283.79IU	<b>Vitamin C</b> 9.47mg
<b>Calcium</b> 76.30mg	<b>Iron</b> 0.66mg

# Beef Gravy

<b>Servings:</b>	2560.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Teaspoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18616

## Ingredients

Description	Measurement	DistPart #
BASE BEEF 12-1 KE	2 Pound	160810
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	2 Pound	840860
SEASONING LIQ 12-1QT KITCHEN BOUQUET	1/2 Cup	442704
STARCH CORN 24-1 ARGO	5 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: 2560.00

Serving Size: 3.00 Teaspoon

#### Amount Per Serving

<b>Calories</b>	6.97		
<b>Fat</b>	0.35g		
<b>SaturatedFat</b>	0.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	55.92mg		
<b>Carbohydrates</b>	0.87g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.03mg	<b>Iron</b>	0.00mg

# Lettuce and Tomato Slice

<b>Servings:</b>	25.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18719

## Ingredients

Description	Measurement	DistPart #
TOMATO SLCD 1/4 5 RSS	50 Slice	786535
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	25 Piece	702595

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	8.78		
<b>Fat</b>	0.11g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.51mg		
<b>Carbohydrates</b>	1.88g		
<b>Fiber</b>	0.61g		
<b>Sugar</b>	1.25g		
<b>Protein</b>	0.46g		
<b>Vitamin A</b>	708.08IU	<b>Vitamin C</b>	6.58mg
<b>Calcium</b>	6.12mg	<b>Iron</b>	0.16mg

# Chili-Commodity

<b>Servings:</b>	75.00	<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-19000

## Ingredients

Description	Measurement	DistPart #
ONION DCD 1/4 2-5 RSS	2 Pound	198307
CELERY STIX 4-3 RSS	2 Pound	781592
PEPPERS GREEN DCD SWT 12-2 GFS	2 Pound	508632
JUICE TOMATO 100 12-46FLZ SACRM	138 Fluid Ounce	302414
TOMATO DCD NSA 6-10 ANGELA MIA	1 #10 CAN	827614
SPICE CHILI POWDER MILD 16Z TRDE	1 Pound	331473
BEAN KIDNEY RED LT 6-10 GCHC	1 #10 CAN	118788
85/15 Ground Beef, Frozen	8 Pound	

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.14
<b>Legumes</b>	0.14
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	173.56		
<b>Fat</b>	7.64g		
<b>SaturatedFat</b>	2.55g		
<b>Trans Fat</b>	1.27g		
<b>Cholesterol</b>	33.11mg		
<b>Sodium</b>	537.10mg		
<b>Carbohydrates</b>	13.87g		
<b>Fiber</b>	4.45g		
<b>Sugar</b>	4.17g		
<b>Protein</b>	12.48g		
<b>Vitamin A</b>	282.01IU	<b>Vitamin C</b>	3.86mg
<b>Calcium</b>	42.87mg	<b>Iron</b>	1.37mg

# Baked Potato Bar

<b>Servings:</b>	100.00	<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-19003

## Ingredients

Description	Measurement	DistPart #
Beef Chili-North Judson	50 Cup	
POTATO BAKER FOIL WRPD 100CT P/L	700 Ounce	246859
Broccoli and Cheese Sauce-North Judson	68 Cup	
BACON BIT REAL FAST N EASY 4-5 HRML	16 1/4 Ounce	437735
SOUR CREAM PKT 400-1Z GCHC	100 Each	836750
CHEESE AMER SHRD R/F 4-5 LOL	7 Pound	861950
MARGARINE CUP SPRD WHPD 900-5GM GCHC	75 Each	772331
CRACKER SALTINE 500-2CT GCHC	200 Package	870400

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.13
<b>Starch</b>	0.75

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	750.65		
<b>Fat</b>	30.50g		
<b>SaturatedFat</b>	12.95g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	82.33mg		
<b>Sodium</b>	2021.15mg		
<b>Carbohydrates</b>	87.27g		
<b>Fiber</b>	13.08g		
<b>Sugar</b>	8.38g		
<b>Protein</b>	33.80g		
<b>Vitamin A</b>	1935.16IU	<b>Vitamin C</b>	106.55mg
<b>Calcium</b>	444.09mg	<b>Iron</b>	5.90mg



# Chicken Alfredo-Liberty Elementary

<b>Servings:</b>	284.00	<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-19176

## Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	35 1/2 Pound	570533
SAUCE ALFREDO FZ 6-5 JTM	2 1/2 Package	155661
PASTA LINGUINE 10 4-5 GCHC	20 Pound	413380

## 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: 284.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	407.03		
<b>Fat</b>	15.42g		
<b>SaturatedFat</b>	7.91g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.45mg		
<b>Sodium</b>	945.18mg		
<b>Carbohydrates</b>	35.85g		
<b>Fiber</b>	1.13g		
<b>Sugar</b>	8.04g		
<b>Protein</b>	29.77g		
<b>Vitamin A</b>	509.27IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	450.44mg	<b>Iron</b>	1.68mg

# Broccoli-Liberty Elem

<b>Servings:</b>	108.00	<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-19275

## Ingredients

Description	Measurement	DistPart #
BUTTER SUB 24-4Z BTRBU DS	3/4 Ounce	209810
BROCCOLI CUTS 6-4 GFS	27 13/21 Pound	610871

## 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: 108.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	30.43		
<b>Fat</b>	0.33g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	29.88mg		
<b>Carbohydrates</b>	5.79g		
<b>Fiber</b>	3.48g		
<b>Sugar</b>	1.64g		
<b>Protein</b>	3.27g		
<b>Vitamin A</b>	1201.60IU	<b>Vitamin C</b>	65.54mg
<b>Calcium</b>	65.08mg	<b>Iron</b>	0.94mg