

# **Cookbook for FINDLAY-HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Diced Pear Cup

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

## Ingredients

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

## Preparation Instructions

Wash Hands and put on proper gloves

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

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

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	72.43		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.35mg		
<b>Carbohydrates</b>	17.59g		
<b>Fiber</b>	1.03g		
<b>Sugar</b>	15.52g		
<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

# Green Beans

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5912

## Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	1 #10 CAN	221990
SEASONING VEGETABLE NO SALT 21Z TRDE	1/2 Teaspoon	647230

## Preparation Instructions

Wash Hands and put on proper gloves

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

Pour beans into a steam table pan.

Place in pan and add seasoning.

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

Serve in 4 oz. spoodle

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>			40.41
<b>Fat</b>			0.00g
<b>SaturatedFat</b>			0.00g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			0.00mg
<b>Sodium</b>			219.98mg
<b>Carbohydrates</b>			8.08g
<b>Fiber</b>			4.00g
<b>Sugar</b>			4.00g
<b>Protein</b>			2.00g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	0.80mg

# Diced Peaches

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

## Ingredients

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

## Preparation Instructions

Wash Hands and put on proper gloves

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

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

Hold for cold service at 41 degrees or below

Cup up using a 4 oz spoodle

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 62.08

**Fat** 0.00g

**Saturated Fat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 10.35mg

**Carbohydrates** 14.49g

**Fiber** 0.00g

**Sugar** 11.38g

**Protein** 0.00g

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

**Calcium** 0.00mg **Iron** 0.00mg

# Emoji Potatoes

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5972

## Ingredients

Description	Measurement	DistPart #
POTATO MASH SHPD EMOTICON 6-4 MCC	200 Piece	538872

## Preparation Instructions

Hold for hot service at 145 degrees

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Piece

#### Amount Per Serving

**Calories** 72.00

**Fat** 2.40g

**Saturated Fat** 0.30g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 48.00mg

**Carbohydrates** 10.80g

**Fiber** 1.20g

**Sugar** 0.00g

**Protein** 1.20g

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

**Calcium** 0.00mg **Iron** 0.00mg

# Applesauce Cup

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

## Ingredients

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

## Preparation Instructions

Wash Hands and put on proper gloves

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

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

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish out fruit.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	6.90		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.15mg		
<b>Carbohydrates</b>	1.49g		
<b>Fiber</b>	0.23g		
<b>Sugar</b>	1.38g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.57mg	<b>Iron</b>	0.00mg



# Pepperoni Pizza

<b>Servings:</b>	16.00	<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-5990

## Ingredients

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

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: MILK, WHEAT, SOY\*\*

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Pancake Wrap

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

## Ingredients

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

## Preparation Instructions

PREFERRED METHOD FOR COOKING IS THAWED.

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

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

Hold for hot service at 145 degrees

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.90mg

# BBQ Beef Rib Sandwich

<b>Servings:</b>	25.00	<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-6284

## Ingredients

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

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, SOY, WHEAT\*\* (BEEF RIB)

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>			200.00
<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

# Flavored Craisins

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6454

## Ingredients

Description	Measurement	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	25 Each	765981

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

**Calories** 110.00

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.00mg

**Carbohydrates** 28.00g

**Fiber** 3.00g

**Sugar** 24.00g

**Protein** 0.00g

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

**Calcium** 0.00mg **Iron** 0.00mg

# Ham Cheese Slider

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

## Ingredients

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

## Preparation Instructions

Thaw overnight.

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

\*\*ALLERGENS: WHEAT, MILK, SOY, GLUTEN\*\*

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

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

# Goldfish Crackers

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

## Ingredients

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

## Preparation Instructions

\*\*ALLERGENS: WHEAT, MILK\*\*

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

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

# Sweet Southern BBQ Pork Sandwich

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6556

## Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	5 Pound	498702

## Preparation Instructions

Preheat:

Convection: 350°

Conventional: 375°

Steamer 212°

Heat product until internal temperature reaches 165°

Place in heated warmer until service.

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: SOY\*\*

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	230.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	250.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Breakfast in a Bag

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

## Ingredients

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

## Preparation Instructions

\*\*ALLERGENS: CHECK PACKAGING\*\*

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

**Calories** 370.00

**Fat** 9.00g

**SaturatedFat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 490.00mg

**Carbohydrates** 73.00g

**Fiber** 5.00g

**Sugar** 30.00g

**Protein** 3.00g

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

**Calcium** 240.00mg **Iron** 7.20mg



# Dominos Pepperoni Pizza

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

## Ingredients

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

## Preparation Instructions

Hold for service at 145 degrees

\*\*ALLERGENS: WHEAT, MILK, SOY\*\*

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

#### Amount Per Serving

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

# Turkey Deli Wrap

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

## Ingredients

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

## Preparation Instructions

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

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

Hold for cold service at 41 degrees or below

\*Serve with 1 oz. package of salad dressing\*

\*\*ALLERGENS: MILK, WHEAT\*\*

Revised 9/24/18

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 355.00

**Fat** 13.00g

**SaturatedFat** 5.25g

**Trans Fat** 0.00g

**Cholesterol** 57.50mg

**Sodium** 815.00mg

**Carbohydrates** 33.50g

**Fiber** 5.67g

**Sugar** 3.83g

**Protein** 26.67g

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

**Calcium** 259.17mg **Iron** 3.81mg

# Ham Deli Wrap

<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-6744

## Ingredients

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

## Preparation Instructions

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

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

Hold for cold service at 41 degrees or below

\*Serve with 1 oz. package of salad dressing\*

\*\*ALLERGENS: MILK, WHEAT\*\*

Revised 9/24/18

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 350.00

**Fat** 13.00g

**SaturatedFat** 5.75g

**Trans Fat** 0.00g

**Cholesterol** 72.50mg

**Sodium** 985.00mg

**Carbohydrates** 33.50g

**Fiber** 5.67g

**Sugar** 3.83g

**Protein** 24.67g

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

**Calcium** 259.17mg **Iron** 4.53mg

# Fresh Carrot Cup

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

## Ingredients

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

## Preparation Instructions

Wash vegetables and allow to dry.

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

Hold at 41 Degrees until service.

### Nutrition Facts

Servings Per Recipe: 12.90

Serving Size: 2.48 Ounce

#### Amount Per Serving

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

# String Cheese Stick

<b>Servings:</b>	25.00	<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-15330

## Ingredients

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

## Preparation Instructions

Hold at 41 Degrees or Less

\*\*ALLERGENS: MILK\*\*

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Fresh Baby Carrots

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15331

## Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL 200-1.6Z RSS	40 Ounce	786321

## Preparation Instructions

Keep at 41 degrees or below

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	50.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	90.00mg
<b>Carbohydrates</b>	12.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 6500.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 42.00mg	<b>Iron</b> 0.00mg

# Fresh Orange

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15529

## Ingredients

Description	Measurement	DistPart #
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	25 Each	198013

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	80.90
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.70mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	3.60g
<b>Sugar</b>	14.00g
<b>Protein</b>	1.50g
<b>Vitamin A</b> 407.55IU	<b>Vitamin C</b> 97.52mg
<b>Calcium</b> 70.95mg	<b>Iron</b> 0.21mg

# 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-15535

## Ingredients

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

## Preparation Instructions

Hold for cold service at 41 degrees or below

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 170.00

**Fat** 10.50g

**SaturatedFat** 6.50g

**Trans Fat** 0.00g

**Cholesterol** 50.00mg

**Sodium** 381.67mg

**Carbohydrates** 6.00g

**Fiber** 1.67g

**Sugar** 1.67g

**Protein** 13.17g

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

**Calcium** 235.67mg **Iron** 2.03mg



# 4 " Whole Grain Bun

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 160.00

**Fat** 2.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 190.00mg

**Carbohydrates** 29.00g

**Fiber** 2.00g

**Sugar** 4.00g

**Protein** 6.00g

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

**Calcium** 4.00mg **Iron** 10.00mg

# Dinner Roll

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16126

## Ingredients

Description	Measurement	DistPart #
Sliced White Dinner Rolls	25 Each	5212

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 100.00

**Fat** 1.50g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.00mg

**Carbohydrates** 0.00g

**Fiber** 0.00g

**Sugar** 0.00g

**Protein** 0.00g

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

**Calcium** 0.00mg **Iron** 0.00mg

# Cereal

<b>Servings:</b>	25.00	<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-16132

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Orange Juice

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

## Ingredients

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

## Preparation Instructions

Serve at 41 degrees

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 50.00

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 10.00mg

**Carbohydrates** 13.00g

**Fiber** 0.00g

**Sugar** 10.00g

**Protein** 1.00g

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

**Calcium** 0.00mg **Iron** 0.00mg

# Pineapple Tidbits

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

## Ingredients

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

## Preparation Instructions

Wash Hands and put on proper gloves

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

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

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

### Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 78.72

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.00mg

**Carbohydrates** 20.24g

**Fiber** 1.12g

**Sugar** 16.87g

**Protein** 0.00g

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

**Calcium** 0.00mg **Iron** 0.40mg

# Spicy Chicken Tenders

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16214

## Ingredients

Description	Measurement	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	75 Each	281731

## Preparation Instructions

Hold at 145 degrees for hot service

**\*\*ALLERGENS\*\*** WHEAT, SOY

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 3.00 Piece

#### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 39.00mg	<b>Iron</b> 2.00mg

# Cole Slaw

<b>Servings:</b>	50.00	<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-16215

## Ingredients

Description	Measurement	DistPart #
COLE SLAW KIT O/F 2-5 P/L	10 Cup	241814

## Preparation Instructions

Hold for cold service at 41 degrees or below.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	56.00		
<b>Fat</b>	3.60g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.00mg		
<b>Sodium</b>	60.00mg		
<b>Carbohydrates</b>	5.60g		
<b>Fiber</b>	0.80g		
<b>Sugar</b>	4.40g		
<b>Protein</b>	0.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.00mg	<b>Iron</b>	0.14mg

# Fresh Apple

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

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



# Fish Sandwich +

<b>Servings:</b>	12.00	<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-16848

## Ingredients

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

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

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

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

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