

Cookbook for Newport Intermediate

Created by HPS Menu Planner

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Cobb Salad

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Scrambled Eggs with Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17247

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	25 Cup		481492
BREAD WHEAT WHL SLCD 1/2 6-32Z GCHC	100 Slice		436820

Preparation Instructions

Pour eggs into steamtable pans (12" x 20" x 2 ½") that have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Heat in oven: 300° F for 15 minutes. Check and stir once after 10 minutes. DO NOT OVERCOOK. CCP: Heat to 145° F for 3 minutes. Eggs should have a slightly moist appearance. CCP: Hold for hot service 135° F or higher. Portion 1/4 cup and serve within 15 minutes.

SLE Components

Amount Per Serving

Meat	1.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	193.80		
Fat	8.60g		
SaturatedFat	1.80g		
Trans Fat	0.01g		
Cholesterol	155.00mg		
Sodium	411.80mg		
Carbohydrates	21.00g		
Fiber	2.90g		
Sugar	3.00g		
Protein	9.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.74mg	Iron	2.03mg

Belgian Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17248

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL WHLWHE 48-3.5 GINNYS	1 Slice		243572
STRAWBERRY 8 MRKN	1/2 Cup		212768

Preparation Instructions

Warm in oven at 350 for 5 minutes and serve immediately.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.50
Fruit	0.45
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	326.72		
Fat	14.36g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	161.17mg		
Carbohydrates	46.00g		
Fiber	4.34g		
Sugar	23.40g		
Protein	4.81g		
Vitamin A	513.78IU	Vitamin C	67.51mg
Calcium	18.37mg	Iron	1.91mg

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17249

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202
SYRUP PANCK DIET CUP 100-1Z SMUCK	1/100 Each		666785

Preparation Instructions

Thaw in cooler overnight. PLACE SINGLE LAYER ON PARCHMENT LINED BAKING SHEET.

CONVECTION OVEN: 350 DEGREES Bake for 20 minutes. Best when flipped halfway through baking.

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE AT 135 DEGREES OR HIGHER FOR NO MORE THAN 4 HOURS

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	240.10		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.80mg		
Carbohydrates	18.04g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17250

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	6 Each		839520

Preparation Instructions

Thaw, warm and serve immediately.

If served with a smoothie, as indicated on menu, all students receive three donuts to meet the 1oz Grain/1 oz Meat requirement.

If served alone, six donut holes are equivalent to 2oz grain requirement.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	11.48IU	Vitamin C	0.00mg
Calcium	13.78mg	Iron	0.80mg

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17256

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Serving		237390
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Serving		138941

Preparation Instructions

BAKE Biscuits

1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1

4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Cook frozen chicken at 350 for 9-11 minutes (conventional); at 325 for 5-7 (convection)

Assemble breakfast sandwich and serve immediately.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	270.00		
Fat	14.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	630.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.08mg

Breakfast Burrito

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17297

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	75 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying).	690141
EGG SCRMBD CKD FZ 4-5 GFS	10 Pound		584584
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	10.54
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	258.45
Fat	9.56g
SaturatedFat	3.24g
Trans Fat	0.00g
Cholesterol	135.65mg
Sodium	452.40mg
Carbohydrates	30.11g
Fiber	3.00g
Sugar	3.08g
Protein	11.66g
Vitamin A 8.00IU	Vitamin C 0.00mg

Calcium 166.30mg **Iron** 2.70mg

Cinnamon Glazed Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17298

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	1 Each		646262

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	2.00		
Fat	0.08g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	1.00mg		
Sodium	2.80mg		
Carbohydrates	0.26g		
Fiber	0.02g		
Sugar	0.10g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.58mg	Iron	0.01mg

Very Berry Parfait

Servings:	75.00	Category:	Entree
Serving Size:	1.00 1 serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17299

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	75 Ounce	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
YOGURT VAN L/F PARFPR 6-4 YOPL	6 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE- FLOW IQF 30 GFS	1/4 Cup		119873
STRAWBERRY 8 MRKN	1/4 Cup		212768

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.03
Grain	1.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 1 serving

Amount Per Serving			
Calories	122.69		
Fat	3.52g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.07mg		
Sodium	76.20mg		
Carbohydrates	20.56g		
Fiber	2.02g		
Sugar	6.40g		
Protein	3.08g		
Vitamin A	0.07IU	Vitamin C	0.35mg
Calcium	2.78mg	Iron	0.72mg

Chunky Monkey Parfait

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17300

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Cup		197769
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	1 Teaspoon		283610
CEREAL GRANOLA HNY OATS 4-44Z	2 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	818961

Preparation Instructions

Slice banana and put 1 cup into a 9oz cup. Add 4oz of yogurt and 2oz of granola. Top with chocolate chips. Refrigerate until ready to serve.

SLE Components

Amount Per Serving

Meat	1.49
Grain	0.75
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	438.86
Fat	5.49g
SaturatedFat	2.06g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	80.94mg
Carbohydrates	96.51g
Fiber	7.84g
Sugar	51.94g
Protein	8.60g
Vitamin A 151.04IU	Vitamin C 20.54mg
Calcium 153.59mg	Iron 1.46mg

Pancakes W/ Syrup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17301

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269220
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each		666785

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	220.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17302

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving			
Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	145.00mg	Iron	1.80mg

Ham and Egg Cheese Muffin

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17303

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	1/2		202150
EGG WHL LIQ W/CITRIC 20 EZEGGS	1 Tablespoon		533165
CHEESE CHED SHRD 6-5 COMM	1/2 Ounce		199720

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.91		
Fat	0.06g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.78mg		
Sodium	1.75mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.01mg

Cinnamon Twist Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17304

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CINN BLUEB TWST 96-2.3Z	1 Each		480431

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Biscuits & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17305

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup		464694
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Hold each until service.

Place 1 biscuit on the tray and ladle 1/4 cup of gravy over biscuit.

CCP: Heat to 165 degrees F or higher for at least 15 seconds

CCP: Hold for hot service at 135 degrees F or higher

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00
Fat	16.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	620.00mg
Carbohydrates	24.00g
Fiber	3.00g

Sugar			2.00g
Protein			6.00g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Banana Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17307

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	3.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Blueberry Muffin

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17308

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17310

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00		
Fat	12.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	470.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Egg and Cheese Sliders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17312

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SLIDER SAUS EGG & CHS IW 72-2CT	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE EATING. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. ROTATE PANS ONE HALF TURN HALF WAY THROUGH COOKING TO PREVENT CHEESE FROM BURNING. DUE TO VARIANCES IN OVEN REGULATORS AND NUMBER OF PIZZAS IN AN OVEN, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN (BASED ON FULL OVEN): 1. PREHEAT OVEN TO 350°F. 2. PLACE 48 WRAPPED PIZZAS (2 PIZZAS PER WRAPPER) IN 18" x 26" PAN. 3. BAKE 17-20 MINUTES.	523710

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.75
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	80.00		
Fat	2.50g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	145.00mg		
Carbohydrates	10.00g		
Fiber	2.50g		
Sugar	2.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.50mg	Iron	0.80mg

Bagel W/ Cream Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17313

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each		217911
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each		863106

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	2.30		
Fat	0.08g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.20mg		
Sodium	2.70mg		
Carbohydrates	0.33g		
Fiber	0.04g		
Sugar	0.07g		
Protein	0.07g		
Vitamin A	3.00IU	Vitamin C	0.01mg
Calcium	0.60mg	Iron	0.02mg

Banana Cream Pie Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17314

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BANANA TURNING 40 P/L	1/2 Cup		200999
CRACKER GRHM HNY L/F 200-2CT NAB	1 Package		256137

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.49
Grain	0.50
Fruit	0.37
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	250.69		
Fat	2.55g		
SaturatedFat	0.82g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	130.60mg		
Carbohydrates	54.38g		
Fiber	2.32g		
Sugar	30.92g		
Protein	4.71g		
Vitamin A	56.64IU	Vitamin C	7.70mg
Calcium	148.75mg	Iron	0.63mg

Strawberry Shortcake Parfait

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17787

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	6 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY 8 MRKN	1/2 Cup		212768
CRACKER GRHM HNY L/F 200-2CT NAB	1 Package		256137

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	2.55		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.06mg		
Sodium	1.60mg		
Carbohydrates	0.52g		
Fiber	0.02g		
Sugar	0.33g		
Protein	0.06g		
Vitamin A	0.10IU	Vitamin C	0.50mg
Calcium	2.25mg	Iron	0.01mg

Fruit Smoothie

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17790

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	1/2 Cup	Freeze and use frozen when blending.	244630
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
JUICE APPLE 100 8-64FLZ HV	1/2 Cup		175470

Preparation Instructions

Place all ingredients into a blender.

Mixes can be made with any FROZEN fruit, but quantity should equal 1/2 cup per person.

Pour into 12 oz clear plastic cup with lid and straw. Offer additional fruit and milk.

SLE Components

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	144.44
Fat	0.75g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	61.26mg
Carbohydrates	31.51g
Fiber	1.50g
Sugar	22.54g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 27.00mg
Calcium 144.33mg	Iron 0.36mg

Oatmeal Cup

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17793

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	0.00		
Fat	0.00g		
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

Sausage W/ French Toast Stick

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17794

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	1 Each		646222
SAUSAGE TKY LNK BKFST CKD 160- 1.025Z	1 Each	GRILL Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.	352740

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	1.13		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.65mg		
Sodium	1.80mg		
Carbohydrates	0.08g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.19mg	Iron	0.01mg

Frozen Fruit Juice Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17800

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	35.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Frozen Fruit Juice Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17802

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHERBET CUP RASPBERRY 96-4FLZ LUIGI	1 Each		702440

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	110.00		
Fat	1.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	20.00mg		
Carbohydrates	23.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	20.00mg	Iron	0.36mg

Birthday Treat

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17803

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHERBET CUP ORNG 48-4FLZ BLBNY	1 Each		519920

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	21.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

Watermelon Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17805

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE WILD WTRMLN 96-4.5Z COMM	1 Each		136701

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

Blue Raspberry Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17807

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE BLUE RASPB CUP 96-4.5Z	1 Each		753881

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	71.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	1.00mg
Calcium	0.00mg	Iron	0.00mg

Grilled Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17809

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/2 Cup		191205
380 - Aunt Millie's WG Honey White Bread	200 Slice		380
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260

Preparation Instructions

Directions:

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
3. Top each slice of bread with 4 slices (2 oz) of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

SLE Components

Amount Per Serving

Meat	0.02
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	206.00
Fat	4.82g
SaturatedFat	1.78g
Trans Fat	0.00g
Cholesterol	7.70mg
Sodium	350.60mg
Carbohydrates	34.02g
Fiber	4.00g
Sugar	6.02g

Protein	6.10g		
Vitamin A	6.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	12.00mg

Tomato Soup

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17810

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	11 #5 CAN		101427
MILK WHT 2 4-1GAL RGNLBRND	2 Gallon		504602

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.75
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	121.47		
Fat	1.07g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	4.27mg		
Sodium	527.66mg		
Carbohydrates	23.39g		
Fiber	1.04g		
Sugar	15.06g		
Protein	3.79g		
Vitamin A	106.67IU	Vitamin C	0.51mg
Calcium	84.83mg	Iron	0.62mg

Celery sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17811

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Celery Sticks	1/2 Cup	serve chilled w/ ranch dip	02493

Preparation Instructions

serve chilled

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	37.50mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Beef Taco Salad

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18093

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup		735787
CHEESE AMER SHRP SHRD 4-5 LOL	25 Cup		861960
TACO FILLING BEEF REDC FAT 6-5 COMM	150 Ounce		722330
CHIP TORTL RND YEL 5-1.5 KE	100 Ounce		163020

Preparation Instructions

1. Prepare Taco meat according to directions
CCP: Hold beef for hot service at 135F or higher.
3. Meanwhile, clean and chop (if needed) romaine lettuce.
4. At service, portion 1 cup salad and top with 1.5 oz beef, 1/2 cup corn and 1 oz cheese.
5. Serve with Tortilla chips.

SLE Components

Amount Per Serving

Meat	1.95
Grain	1.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.06
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	302.71		
Fat	15.82g		
SaturatedFat	7.35g		
Trans Fat	0.14g		
Cholesterol	41.56mg		
Sodium	638.12mg		
Carbohydrates	25.37g		
Fiber	3.95g		
Sugar	2.95g		
Protein	15.06g		
Vitamin A	305.21IU	Vitamin C	2.37mg
Calcium	225.40mg	Iron	1.67mg

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18094

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
PORK SHRDD BBQ 6-5 JTM	2 Ounce		366320

Preparation Instructions

1. Cook Pork according to manufacturer's instructions. Be sure to heat to proper internal temperature.
2. Scoop 2 oz meat onto bun.
3. Wrap with foil and hold for hot service.

**Allergens: Wheat, Soy

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	239.00		
Fat	5.10g		
SaturatedFat	1.55g		
Trans Fat	0.02g		
Cholesterol	22.00mg		
Sodium	269.95mg		
Carbohydrates	35.00g		
Fiber	4.70g		
Sugar	12.00g		
Protein	13.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.00mg	Iron	1.00mg

Sweet n' Sour Chicken and Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18095

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	1 Serving	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup		676463
SAUCE SWEET & SOUR DIP CUP 100-1Z GFS	1 Each		714510

Preparation Instructions

Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher

Serve chicken over top 1 cup cooked brown rice with a sweet and sour dip cup.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.06
OtherVeg	0.00
Legumes	0.00
Starch	0.06

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	442.50		
Fat	16.25g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	740.00mg		
Carbohydrates	54.25g		
Fiber	4.50g		
Sugar	12.75g		
Protein	19.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.50mg	Iron	4.50mg

Apple Cinnamon Cheerios

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18141

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	266052

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	110.00
Fat	2.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	110.00mg
Carbohydrates	22.00g
Fiber	2.00g
Sugar	9.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 4.50mg

Cocoa Puffs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18142

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	270401

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	110.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	8.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 4.50mg

Lucky Charms

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18143

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	110.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	10.00g
Protein	2.00g
Vitamin A 500.00IU	Vitamin C 6.00mg
Calcium 100.00mg	Iron 4.50mg

Smart Start Meal (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18144

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
GRANOLA BAG IW 144- 1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare-- nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

Place yogurt, granola and fruit of the day in a small, hinged-lid clear container.

Offer a milk and allow students to take a juice if requested.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00		
Fat	4.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	140.00mg		
Carbohydrates	35.00g		
Fiber	2.00g		
Sugar	15.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	0.72mg

Smart Start Meal GF

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18145

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	266052

Preparation Instructions

In a hinged-lid clear container, arrange cheese stick, cereal and fruit of the day.

Gluten Free Options:

Hard boiled egg in place of cheese stick.

Lucky Charms Pouch-235240 is preferred over the bowl cereal in the Smart Start meal. It is not always available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00		
Fat	8.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	310.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	8.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	4.50mg

Grab and Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18146

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	1 Each	READY_TO_EAT Ready to serve- no preparation needed	707193
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each		282431

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	250.00
Fat	6.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	210.00mg
Carbohydrates	45.00g
Fiber	3.00g
Sugar	22.00g
Protein	6.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 0.72mg

Grab and Go Bag (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18147

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	1 Each	READY_TO_EAT Ready to serve- no preparation needed	707193
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars Ready to eat cereal bars	265931

Preparation Instructions

Grab and Go bags are late arrivals.

Place yogurt, cereal bar and fruit of the day into a bag. Offer students a milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	250.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	155.00mg		
Carbohydrates	48.00g		
Fiber	3.00g		
Sugar	21.00g		
Protein	6.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	200.00mg	Iron	3.75mg

Orange Slices

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18153

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup		117897

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	400.00IU	Vitamin C	18.00mg
Calcium	20.00mg	Iron	0.36mg

Mixed Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18154

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL IN JCE 6-10 GFS	1/2 Cup		610232

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Seedless Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18155

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES GREEN SEEDLESS 17AVG	1/2 Cup		197858

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	56.27		
Fat	0.27g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.67mg		
Carbohydrates	14.67g		
Fiber	0.73g		
Sugar	13.33g		
Protein	0.53g		
Vitamin A	84.00IU	Vitamin C	3.36mg
Calcium	11.76mg	Iron	0.25mg

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18156

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1 Each		200999

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

Pear Slices

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18157

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD XL/S 6-10 GFS	1/2 Cup		290203

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18158

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	3/4 Cup		212768

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	36.72		
Fat	0.36g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.17mg		
Carbohydrates	9.00g		
Fiber	2.34g		
Sugar	5.40g		
Protein	0.81g		
Vitamin A	13.78IU	Vitamin C	67.51mg
Calcium	18.37mg	Iron	0.47mg

Farm Fresh Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18160

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	1 Serving	READY_TO_EAT Rinse under cool water and let dry	310

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	98.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	23.53g		
Fiber	4.00g		
Sugar	17.84g		
Protein	0.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	0.21mg

Diced Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18161

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GFS	1/2 Cup		268348

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Pineapple

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18162

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Cup		189979

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	0.00mg	Iron	0.36mg

Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18163

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup		117897

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	400.00IU	Vitamin C	18.00mg
Calcium	20.00mg	Iron	0.36mg

Meal Deal (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18169

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each		142411

Preparation Instructions

In a hinged lid clear container, arrange all components: grain, meat, vegetable of the day and fruit of the day. Offer students pack with a milk.

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00		
Fat	10.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	720.00mg		
Carbohydrates	44.00g		
Fiber	3.00g		
Sugar	11.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	353.00mg	Iron	1.80mg

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18171

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
PORK SHRDD BBQ 6-5 JTM	4 Ounce		366320

Preparation Instructions

1. Cook Pork according to manufacturer's instructions. Be sure to heat to proper internal temperature.
2. Scoop 4 oz meat onto bun.
3. Wrap with foil and hold for hot service.

**Allergens: Wheat, Soy

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	338.00		
Fat	8.20g		
SaturatedFat	2.60g		
Trans Fat	0.04g		
Cholesterol	44.00mg		
Sodium	389.90mg		
Carbohydrates	44.00g		
Fiber	5.40g		
Sugar	20.00g		
Protein	21.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	93.00mg	Iron	1.00mg

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18173

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED FCY 6-10 ALLEN	1/2 Cup		583375

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	150.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	590.00mg		
Carbohydrates	29.00g		
Fiber	5.00g		
Sugar	11.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Creamy Cole Slaw

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18175

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 1/2 Gallon		198226
DRESSING SALAD LT 4-1GAL GCHC	1 3/4 Cup		429422
SUGAR CANE GRANUL XFINE 50# P/L	1/8 Cup		563191
SPICE MUSTARD DRY 1 COLMANS	1 Teaspoon		400018

Preparation Instructions

Directions:

Place cabbage and carrots in large bowl and toss lightly to mix.

Combine reduced calorie mayonnaise, sugar, and dry mustard.

Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt 1/2 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide.

2: Special Tips:

3: 1) For best results, shred cabbage and store overnight; add dressing just before serving.

4: 2) If recipe is prepared in advance, the yield will be reduced.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.32
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	58.94
Fat	2.80g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	11.20mg
Sodium	113.60mg
Carbohydrates	7.56g

Fiber	1.28g		
Sugar	5.16g		
Protein	0.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.40mg	Iron	0.00mg

Sauteed Pepper Mix

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18177

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS & ONION FLME RSTD 6-2.5	1/2 Cup		847208

Preparation Instructions

Coat kettle with a thin layer of olive oil.

Sauté pepper and onion mix until they are slightly softened.

Prepare just before service. If held for too long, mix will lose color and become mushy.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	24.17		
Fat	0.45g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	66.48mg		
Carbohydrates	4.23g		
Fiber	0.91g		
Sugar	2.12g		
Protein	0.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.07mg	Iron	0.21mg

Garden Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18179

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup		600504

Preparation Instructions

PREPARATION: RINSE THOROUGHLY. READY TO USE

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.06
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	3.76		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.51mg		
Carbohydrates	0.75g		
Fiber	0.25g		
Sugar	0.25g		
Protein	0.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.51mg	Iron	0.25mg

Frozen Fruit Juice Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18181

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	35.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1750.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Salisbury Steak w/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18183

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD 72-2.67Z GFS	1 Each	BAKE Conventional oven: preheat oven to 350 degrees f. Bake frozen product for 15-17 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 7-9 minutes. Microwave: heat frozen product on high power for 75-85 seconds.	512606
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Tablespoon		552050

Preparation Instructions

Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher

Serve chicken over top 1 cup cooked brown rice with a sweet and sour dip cup.

SLE Components

Amount Per Serving

Meat	0.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	225.00		
Fat	17.50g		
SaturatedFat	7.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	430.00mg		
Carbohydrates	8.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Seasoned Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 #8 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18184

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBU DS	0 Package	Add	209810
SPICE ONION POWDER 19Z TRDE	1/17 Teaspoon	Add	126993
SPICE GARLIC POWDER 6 TRDE	1/17 Teaspoon	Add	513857
BEAN GREEN CUT MXD SV 6-10 GCHC	1/20 #10 CAN		273856

Preparation Instructions

Stir all ingredients together and heat.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.65
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 #8 Scoop

Amount Per Serving

Calories	26.56		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	181.79mg		
Carbohydrates	5.67g		
Fiber	2.61g		
Sugar	2.59g		
Protein	1.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.95mg	Iron	0.53mg

Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18185

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon		209810

Preparation Instructions

Prepare water to boiling.

Add potato pearls and butter buds.

Whisk to desired texture. Hold in warmer 145 degrees or higher.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	436.07		
Fat	4.82g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1995.90mg		
Carbohydrates	82.59g		
Fiber	4.82g		
Sugar	0.00g		
Protein	9.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.19mg	Iron	1.45mg

Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18186

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	153650

Preparation Instructions

1. Prepare Taco meat according to directions
CCP: Hold beef for hot service at 135F or higher.
3. Meanwhile, clean and chop (if needed) romaine lettuce.
4. At service, portion 1 cup salad and top with 1.5 oz beef, 1/2 cup corn and 1 oz cheese.
5. Serve with Tortilla chips.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	300.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	440.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	8.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 263.00mg	Iron 2.30mg

Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18187

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96-4.5Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in a 18" x 26" x 1 2" sheets pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustment.	152111

Preparation Instructions

1. Prepare Taco meat according to directions
CCP: Hold beef for hot service at 135F or higher.
3. Meanwhile, clean and chop (if needed) romaine lettuce.
4. At service, portion 1 cup salad and top with 1.5 oz beef, 1/2 cup corn and 1 oz cheese.
5. Serve with Tortilla chips.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Hot Dog or Cheese Coney

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18197

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053
CHILI CINCINNATI STYLE 6-5 COMM	1 Ounce		343990
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250

Preparation Instructions

Prepare chili as directed on package.

Serve: 1 hotdog in 1 bun with the option to add 1oz of chili and/or .25 cup of cheese on top.

SLE Components

Amount Per Serving

Meat	3.36
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	409.78		
Fat	23.87g		
SaturatedFat	10.06g		
Trans Fat	0.18g		
Cholesterol	89.68mg		
Sodium	637.01mg		
Carbohydrates	28.08g		
Fiber	5.18g		
Sugar	3.18g		
Protein	21.51g		
Vitamin A	300.00IU	Vitamin C	9.00mg
Calcium	284.73mg	Iron	2.16mg

Chili Cheese Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18198

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 2 TO 4 MINUTES.	509661
CHILI CINCINNATI STYLE 6-5 COMM	3 Ounce		343990
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
BREADSTICK WGRAIN 1Z 12-20CT	1 Each		406321

Preparation Instructions

Chili: Keep frozen. Place in a sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. Portion no more than 3oz into a serving bowl.

Fries: PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Cheese: Portion 1oz in soufflé cup to serve on the side. Additional option: 1 ounce of cheese may be put directly on top of chili.

SLE Components

Amount Per Serving

Meat	2.08
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.07
Legumes	0.00
Starch	0.56

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	399.73
Fat	21.39g
SaturatedFat	9.17g
Trans Fat	0.54g
Cholesterol	59.03mg
Sodium	504.48mg
Carbohydrates	34.95g
Fiber	3.77g

Sugar	2.54g
Protein	18.76g
Vitamin A 300.00IU	Vitamin C 4.01mg
Calcium 242.20mg	Iron 2.88mg

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each		722301

Preparation Instructions

TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS

350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES.

Serving Size: 1 ea

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	267.00
Fat	11.00g
SaturatedFat	1.90g
Trans Fat	0.00g
Cholesterol	34.00mg
Sodium	365.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	12.00g
Protein	9.00g
Vitamin A 114.00IU	Vitamin C 51.00mg
Calcium 66.00mg	Iron 1.00mg

Spaghetti with Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18200

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce		221460
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	4 Ounce	READY_TO_EAT None	592714

Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes. Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer.

Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.71
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	418.14		
Fat	13.36g		
SaturatedFat	3.50g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	673.14mg		
Carbohydrates	54.57g		
Fiber	7.86g		
Sugar	9.71g		
Protein	21.86g		
Vitamin A	559.29IU	Vitamin C	9.57mg
Calcium	106.86mg	Iron	3.80mg

Chicken Tenders w/ Funyuns

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18201

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
SNACK ONIO WGRAIN 104-.75Z FUNYUN	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	865601

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Serving Size: 3 each

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Serving

Amount Per Serving

Calories 360.00

Fat 18.50g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 515.00mg

Carbohydrates 30.00g

Fiber 4.00g

Sugar 2.00g

Protein 17.00g

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

Calcium 36.00mg **Iron** 2.70mg

Fish Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18202

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	4 Each	BAKE CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.	523291
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup		119122

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Serving Size: 3 each

SLE Components

Amount Per Serving

Meat	3.49
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

Amount Per Serving	
Calories	436.42
Fat	18.21g
SaturatedFat	5.98g
Trans Fat	0.00g
Cholesterol	47.39mg
Sodium	1501.34mg
Carbohydrates	44.13g
Fiber	3.49g
Sugar	5.48g
Protein	25.69g
Vitamin A	559.70IU
Vitamin C	0.00mg

Calcium 59.85mg **Iron** 2.61mg

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18203

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup		135261
CHIP TORTL RND R/F 104- .88Z TOSTIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751

Preparation Instructions

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater

Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater

Hold ingredients at 135 degrees F or greater until service

Serving: Place 3oz of taco meat into 1 bag of Reduced Fat Doritos. Place .25 cup of cheese sauce in bag or in soufflé cup on side and serve.

SLE Components

Amount Per Serving

Meat	2.89
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	325.43		
Fat	16.14g		
SaturatedFat	6.70g		
Trans Fat	0.27g		
Cholesterol	53.12mg		
Sodium	776.25mg		
Carbohydrates	25.73g		
Fiber	3.89g		
Sugar	1.89g		
Protein	19.11g		
Vitamin A	610.41IU	Vitamin C	4.73mg

Calcium 270.80mg **Iron** 1.89mg

Fiestada

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18204

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	360.00
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	710.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	8.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	Iron 3.10mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18205

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
CHEESE SLCD YEL 6- 5 COMM	1 Slice		334450
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. Once assembled line on sheet pan, cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	325.00
Fat	16.50g
SaturatedFat	6.50g
Trans Fat	0.50g
Cholesterol	52.50mg
Sodium	550.00mg
Carbohydrates	28.00g
Fiber	6.00g
Sugar	3.50g
Protein	19.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.52mg

Cheesy Bread Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18206

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	330.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	700.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	9.00g		
Protein	21.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	374.00mg	Iron	1.90mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18207

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

Place chicken patties on paper lined cookie sheets.

Bake @350* approx. 8-10 minutes.

Layer chicken patties upright in 4B pans.

Place hamburger buns in 4B pans.

Assemble on serving line.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	550.00mg		
Carbohydrates	42.00g		
Fiber	7.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	101.00mg	Iron	3.00mg

Brunch For Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18208

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN FAST 2.5Z 6-3.5 LAMB	2 Each		242241
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
BACON TKY CKD 12- 50CT JENNO	1 Slice		834770
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822
JELLY ASST 1 200- .5Z SMUCK	1 Each		284912

Preparation Instructions

Cook sausage, bacon and hash browns according to instructions on the box.

Offer students two sausage patties but pre tray one.

Students may also have two hash browns.

Serve with toast and offer jelly assortment.

SLE Components

Amount Per Serving

Meat	1.18
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	485.00
Fat	20.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	980.00mg
Carbohydrates	56.00g
Fiber	6.00g

Sugar	11.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 66.00mg	Iron 2.36mg

Beef Rotini

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18209

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	7 Ounce		728590
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

1. Prepare Taco meat according to directions
CCP: Hold beef for hot service at 135F or higher.
3. Meanwhile, clean and chop (if needed) romaine lettuce.
4. At service, portion 1 cup salad and top with 1.5 oz beef, 1/2 cup corn and 1 oz cheese.
5. Serve with Tortilla chips.

SLE Components

Amount Per Serving

Meat	1.88
Grain	2.47
Fruit	0.00
GreenVeg	0.00
RedVeg	0.47
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	445.43		
Fat	18.05g		
SaturatedFat	6.83g		
Trans Fat	0.94g		
Cholesterol	50.81mg		
Sodium	750.16mg		
Carbohydrates	48.58g		
Fiber	3.76g		
Sugar	9.53g		
Protein	21.94g		
Vitamin A	576.75IU	Vitamin C	21.64mg
Calcium	67.75mg	Iron	3.82mg

Marco's Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18210

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	0.00		
Fat	0.00g		
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

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18212

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROUTON CHS GARL WGRAIN 250-.5Z	1 Ounce		661022
EGG HARD CKD PLD 25 GFS	2 Tablespoon		711160
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup		600504
CUCUMBER SLCD 1/4 2-3 RSS	1/2 Cup		329517
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
TURKEY BRST DCD 2-5	1 Ounce		451300
CHEESE AMER SHRD R/F 4-5 LOL	1/2 Ounce		861950
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.76
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.78
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	512.79
Fat	18.23g
SaturatedFat	5.45g
Trans Fat	0.00g
Cholesterol	413.95mg
Sodium	896.52mg
Carbohydrates	55.44g
Fiber	8.94g
Sugar	22.58g

Protein	32.92g
Vitamin A 7803.91IU	Vitamin C 52.38mg
Calcium 177.02mg	Iron 6.01mg

Southwest Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18213

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	Weigh	150160
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
TOMATO GRAPE SWT 10 MRKN	6 Each	Sliced in half.	129631
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.	163760
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/2 Cup		712131

Preparation Instructions

Assemble all ingredients in this order:

Lettuce

Tomatoes

corn and black bean

Bag of Tortilla Chips

Cheese (Bag)

Chicken

in clear container and label accordingly. Seal.

Serve with Breadsticks.

SLE Components

Amount Per Serving

Meat	2.33
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	515.27
Fat	26.27g
SaturatedFat	13.48g
Trans Fat	0.00g
Cholesterol	103.33mg
Sodium	843.50mg
Carbohydrates	41.83g
Fiber	11.30g
Sugar	15.50g
Protein	35.07g
Vitamin A 2897.47IU	Vitamin C 49.91mg
Calcium 483.36mg	Iron 2.58mg

Smart Start Meal (2)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18238

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800

Preparation Instructions

Egg and oatmeal bar is precooked and ready to eat.

Place hard boiled egg, oatmeal bar and fruit of the day in a hinged lid, clear container.

Offer a milk and allow students to take a juice if requested.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	210.00		
Fat	9.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	175.00mg		
Sodium	145.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	10.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	2.00mg

Smart Start Meal (3)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18240

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package		770960
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

In a hinged-lid clear container, arrange yogurt, grahams and fruit of the day.

Offer students a milk and allow them to take a juice if requested.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	180.00mg		
Carbohydrates	34.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	4.40mg

Smart Start Meal (4)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18241

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each		262362

Preparation Instructions

In a hinged-lid clear container, arrange cheese stick and muffin.

Offer a milk to students and allow them to take a juice if requested.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00
Fat	14.00g
SaturatedFat	5.50g
Trans Fat	0.10g
Cholesterol	25.00mg
Sodium	310.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	16.00g
Protein	8.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 208.26mg	Iron 0.81mg

Raisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18418

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Cup		544426

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	2.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	504.00		
Fat	1.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	31.20mg		
Carbohydrates	124.00g		
Fiber	9.20g		
Sugar	116.00g		
Protein	4.80g		
Vitamin A	14.80IU	Vitamin C	0.40mg
Calcium	63.60mg	Iron	4.68mg

Fresh Pear

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18531

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR 40	1 Ounce		762560

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
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

Meal Deal (2)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18532

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1 Each		630302
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

In a hinged lid clear container, arrange all components: grains, meat, vegetable of the day and fruit of the day. Offer students pack with a milk.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	470.00		
Fat	25.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	570.00mg		
Carbohydrates	43.00g		
Fiber	5.00g		
Sugar	11.00g		
Protein	18.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	390.00mg	Iron	3.70mg

Meal Deal (3)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18533

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Package		736280
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
GRANOLA BAG IW 144- 1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

In a hinged lid clear container, arrange all components: grains, meat, vegetable of the day and fruit of the day. Offer students pack with a milk.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	380.00		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	490.00mg		
Carbohydrates	50.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	16.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg

Calcium 450.00mg **Iron** 1.72mg

Assorted Cereal

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18534

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052

Preparation Instructions

These cereals credit as a 1 ounce grain. Students may take an additional grain (toast, grahams) or meat alternate (cheese, yogurt, egg) to meet the 2 ounce grain requirement.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00		
Fat	6.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	390.00mg		
Carbohydrates	69.00g		
Fiber	7.00g		
Sugar	23.00g		
Protein	5.00g		
Vitamin A	400.00IU	Vitamin C	4.80mg
Calcium	400.00mg	Iron	12.60mg

Fruit Smoothie (Blenderless)

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18535

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
JUICE APPLE 100 8-64FLZ HV	1/2 Cup		175470
BANANA TURNING 40 P/L	1/2 Cup		200999

Preparation Instructions

Yogurt-8 cups

Juice- 4 cups

Bananas (ripe, mashed smooth and chilled)- 4 cups

Combine yogurt (can be vanilla or strawberry) and juice (apple or unsweetened juice from canned fruit) in 8 quart or larger container and mix until well combined.

Add mashed bananas 2 cups at a time stirring until smooth.

Pour into 8 oz of mixture into 9 oz clear plastic cup with lid and straw. Serve chilled.

Offer students a 1 ounce grain (3 donut holes) and a milk.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	198.19		
Fat	1.05g		
SaturatedFat	0.82g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	62.16mg		
Carbohydrates	45.26g		
Fiber	2.32g		
Sugar	28.54g		
Protein	4.71g		
Vitamin A	56.64IU	Vitamin C	7.70mg
Calcium	138.75mg	Iron	0.23mg

Meal Deal (4)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18536

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

In a hinged lid clear container, arrange deli sandwich of the day, vegetable of the day and fruit of the day.

Deli Sandwich may be leftover from the previous day's menu. Other grain options for this MD includes: bagel, breadsticks or tortilla.

Meat options could include lunchmeat or cheese.

Offer students MD pack with a milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
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

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18641

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202
SYRUP PANCK DIET CUP 100-1Z SMUCK	1/100 Each		666785

Preparation Instructions

Thaw in cooler overnight. PLACE SINGLE LAYER ON PARCHMENT LINED BAKING SHEET.

CONVECTION OVEN: 350 DEGREES Bake for 20 minutes. Best when flipped halfway through baking.

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE AT 135 DEGREES OR HIGHER FOR NO MORE THAN 4 HOURS

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	240.10		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.80mg		
Carbohydrates	18.04g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18642

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202
SYRUP PANCK DIET CUP 100-1Z SMUCK	1/100 Each		666785

Preparation Instructions

Thaw in cooler overnight. PLACE SINGLE LAYER ON PARCHMENT LINED BAKING SHEET.

CONVECTION OVEN: 350 DEGREES Bake for 20 minutes. Best when flipped halfway through baking.

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE AT 135 DEGREES OR HIGHER FOR NO MORE THAN 4 HOURS

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	240.10		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.80mg		
Carbohydrates	18.04g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18800

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 5X6 XL 5 MRKN	1/4 Cup		438197
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup		600504

Preparation Instructions

Arrange lettuce in attractive salad container with carrots layered on top.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.53
OtherVeg	0.06
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	22.97		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	24.76mg		
Carbohydrates	5.17g		
Fiber	1.69g		
Sugar	2.83g		
Protein	0.87g		
Vitamin A	5130.41IU	Vitamin C	7.90mg
Calcium	19.35mg	Iron	0.37mg

Lo Mein

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18808

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	6 Pound		221460

Preparation Instructions

1 pint- olive oil

1 pint- diced onions

1 quart- diced celery

1 quart- shredded carrots

Prepare spaghetti al dente; drain and keep warm.

Heat oil in a tilt skillet or kettle; add diced onion, diced celery and shredded carrots. Sauté until vegetables are tender but crisp.

Add spaghetti, soy sauce to the vegetable mixture. Toss gently to mix all ingredients well.

Heat thoroughly until the temperature reaches 135° F for 15 seconds.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.92
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	201.60		
Fat	1.44g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	39.36g		
Fiber	3.84g		
Sugar	1.92g		
Protein	6.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.20mg	Iron	1.73mg

Bacon Ranch Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18975

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
CORN WHL KERNEL FCY GRADE 6- 10 GFS	1/4 Cup	BAKE	118966
DRESSING RNCH LT 4-1GAL LTHSE	2 Ounce	READY_TO_EAT Open, pour and enjoy!	861850
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
LETTUCE BLND ICEBERG/ROMN 4- 5 RSS	2 Cup		600504

Preparation Instructions

Thaw precooked chicken strips, turkey bacon and breadsticks. (Use commodity chicken strips when available or 150160, 860390). Heat chicken, bacon, corn and breadsticks according to directions. Chop 1/4 inch bits and store in walk-in until salad assembly. Assemble each salad into an 8 inch 3 compartment container.

• Fill the large compartment of the container with 2 cups of chopped romaine. Starting at top left corner and working clockwise, top romaine with:

- ¼ cup corn
- 1 Tbsp. bacon bits (about 1 strip)
- 1 oz. cheese (using 2 oz. spoodle oar 1/4 cup measure)

Place 3 strips of chicken in center of salad, two ranch cups inside one corner and breadsticks in the other corner.

CCP: Hold and Serve at 41 degrees F. or lower.

SLE Components

Amount Per Serving

Meat	2.33
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		334.19	
Fat		20.17g	
SaturatedFat		8.33g	
Trans Fat		0.00g	
Cholesterol		88.33mg	
Sodium		625.01mg	
Carbohydrates		20.34g	
Fiber		1.50g	
Sugar		6.00g	
Protein		19.17g	
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	225.03mg	Iron	0.70mg

Deli Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19059

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
TURKEY HAM 2-7AVG JENNO	3 Ounce		434663
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	READY_TO_EAT	276142

Preparation Instructions

Assemble sandwich by placing turkey slices on sub bun first, followed by a slice of cheese.

Hold sandwiches for cold service at 41F or lower.

Serve in small, clear hinge lid container.

SLE Components

Amount Per Serving

Meat	3.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	315.00		
Fat	11.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	1165.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	21.00g		
Vitamin A	150.00IU	Vitamin C	1.80mg
Calcium	131.00mg	Iron	3.08mg

Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19062

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup	May use any green leaf lettuce or spinach in place of Romaine	735787
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250

Preparation Instructions

On each tortilla fill bottom half with chicken, shredded cheese and lettuce. Roll in the form of a burrito. Cut seam side down, cut diagonally and server immediately.

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.25
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	355.00
Fat	19.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	110.00mg
Sodium	615.00mg
Carbohydrates	23.00g

Fiber	2.50g		
Sugar	1.50g		
Protein	26.50g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	236.00mg	Iron	1.26mg

Veggie Boat

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19137

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	Rinse carrots under cold water...drain	768146
CUCUMBER SELECT 24CT MRKN	1/4 Cup	Wash cucumbers & slice	418439
TOMATO CHERRY 11 MRKN	1/4 Cup	Wash tomatoes and drain	569551
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486

Preparation Instructions

Wash all fresh vegetables under cold running water. Drain well. Slice or separate as necessary. Place required amounts into container/trays. Refrigerate at 40 degrees until serving time.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.17		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.16mg		
Carbohydrates	0.04g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.01g		
Vitamin A	2.59IU	Vitamin C	0.12mg
Calcium	0.12mg	Iron	0.00mg

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19138

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED 6-5 JTM	1 Ounce		271081
BROCCOLI CUTS 6-4 GFS	1/2 Cup		610871

Preparation Instructions

1. Steam broccoli according to manufacturer's instructions. Be careful not to overcook. Broccoli should be bright green and slightly crisp. CCP: Heat to 135 F or higher.
2. Prepare cheese sauce according to manufacturer's instructions. CCP: Heat to 135 F or higher.
3. Ensure broccoli is fully drained before mixing in cheese sauce.

**Allergens: Milk, Soy

SLE Components

Amount Per Serving

Meat	0.55
Grain	0.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.26		
Fat	4.54g		
SaturatedFat	2.54g		
Trans Fat	0.00g		
Cholesterol	15.38mg		
Sodium	238.31mg		
Carbohydrates	3.55g		
Fiber	1.49g		
Sugar	1.25g		
Protein	5.25g		
Vitamin A	727.09IU	Vitamin C	28.03mg
Calcium	138.82mg	Iron	0.40mg

Chili Cheese Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19195

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 2 TO 4 MINUTES.	509661
CHILI CINCINNATI STYLE 6-5 COMM	5 Ounce		343990
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250
BREADSTICK WGRAIN 1Z 12-20CT	2 Each		406321

Preparation Instructions

Chili: Keep frozen. Place in a sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. Portion no more than 5.5 into a serving bowl.

Fries: PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Cheese: Serve students 2oz on the side in a soufflé cup or directly on chili.

SLE Components

Amount Per Serving

Meat	3.79
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.12
Legumes	0.00
Starch	0.56

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	659.30
Fat	37.13g
SaturatedFat	17.29g
Trans Fat	0.90g
Cholesterol	108.39mg
Sodium	913.49mg
Carbohydrates	52.10g
Fiber	5.13g

Sugar	4.90g
Protein	32.78g
Vitamin A 600.00IU	Vitamin C 4.01mg
Calcium 478.67mg	Iron 4.60mg

Wedge Cut Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19196

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	2 3/4 Ounce	DEEP FRY @ 350° F FOR 3 1 2 TO 4 MINUTES.	509661

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Portion no more than 3 ounces to serve.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.51

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	92.01		
Fat	2.56g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.67mg		
Carbohydrates	15.33g		
Fiber	2.04g		
Sugar	0.00g		
Protein	2.04g		
Vitamin A	0.00IU	Vitamin C	3.68mg
Calcium	0.00mg	Iron	0.74mg

Salad Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19197

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 3/35 Ounce	UNSPECIFIED Not currently available	570533
EGG HRD CKD DCD IQF 4-5 GFS	33/35 Tablespoon		192198
CHEESE AMER SHRD R/F 4-5 LOL	47/3289 Ounce		861950
TOMATO 6X6 LRG 10 MRKN	1/20 Cup		199001
PEPPERS GREEN LRG 5 MRKN	13/140 Cup		592315
CUCUMBER SDLSS 12-1CT P/L	3/28 Cup		532312
ONION DCD 1/4 2-5 RSS	0 Cup		198307
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce		202150
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.08
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.05
OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	141.07
Fat	5.71g
SaturatedFat	1.79g
Trans Fat	0.00g
Cholesterol	108.03mg
Sodium	330.03mg
Carbohydrates	4.07g
Fiber	1.37g
Sugar	2.10g
Protein	16.44g

Vitamin A	131.04IU	Vitamin C	13.08mg
Calcium	30.93mg	Iron	1.67mg

Crispy Garbanzos

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19198

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GCHC	12 Cup		118753
OIL OLV XVGRN 3-1GAL FILIPPO	12 Tablespoon		645142

Preparation Instructions

Preheat oven to 425F. Drain beans using a colander or strainer. Remove all moisture with a paper towel.

Toss in olive oil and dried seasonings- garlic, cumin and paprika. Spread on a parchment lined sheet tray and bake until crispy, checking after 6-8 minutes.

Serve .5 cup in a soufflé cup.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	170.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	18.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.72mg

Smart Start Jammer

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1 Each		630302

Preparation Instructions

In a hinged lid clear container (clear baggie), arrange jammer and fruit of the day.

Offer students Smart Start with a milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	290.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.70mg

Fish Filet w/ Mac and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19205

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Placefrozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
ENTREE MACAR & CHS R/F WGRAIN 6-5	1 Cup		119122

Preparation Instructions

Fish:
FROM FROZEN: TO BAKE: Placefrozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM. Basic Preparation

Mac and Cheese: THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN. HEAT INTERNAL TEMPERATURE TO 165 DEGREES F. WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE Poured INTO SERVING PANS. IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY.

SLE Components

Amount Per Serving

Meat	4.49
Grain	2.49
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	602.84		
Fat	23.42g		
SaturatedFat	9.96g		
Trans Fat	0.00g		
Cholesterol	64.78mg		
Sodium	2042.69mg		
Carbohydrates	62.27g		
Fiber	3.99g		
Sugar	9.96g		
Protein	34.37g		
Vitamin A	1119.40IU	Vitamin C	0.00mg

Calcium 59.70mg **Iron** 2.91mg

Carrot Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19240

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SHRD MED 2-5 RSS	3/4 Cup		313408
PINEAPPLE CHUNKS IN JCE 6-10 GFS	1 Tablespoon		189952

Preparation Instructions

Prepare carrot salad by adding just the juice from the canned pineapple. Students need a minimum of 3/4 cup to meet the red/orange requirement.

Serve pineapple as a second fruit option for the day.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.06
GreenVeg	0.00
RedVeg	0.83
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	43.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	61.25mg		
Carbohydrates	10.25g		
Fiber	2.92g		
Sugar	6.25g		
Protein	0.67g		
Vitamin A	14266.67IU	Vitamin C	6.70mg
Calcium	28.00mg	Iron	0.00mg

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19241

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD 25 GFS	1/2 Each		711160
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup		600504
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce		202150
TURKEY BRST DCD 2-5	1 1/2 Ounce		451300
BACON TKY CKD 12-50CT JENNO	1 Tablespoon		834770
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

SLE Components

Amount Per Serving

Meat	2.44
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	266.86
Fat	8.03g
SaturatedFat	1.79g
Trans Fat	0.00g
Cholesterol	142.81mg
Sodium	732.28mg
Carbohydrates	23.15g
Fiber	3.70g
Sugar	9.00g
Protein	23.74g

Vitamin A	1499.40IU	Vitamin C	25.56mg
Calcium	61.53mg	Iron	3.25mg

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19242

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD 25 GFS	1/2 Each		711160
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Cup		600504
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce		202150
TURKEY BRST DCD 2-5	1 1/2 Ounce		451300
BACON TKY CKD 12-50CT JENNO	1 Tablespoon		834770
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

SLE Components

Amount Per Serving

Meat	2.44
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.19
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	350.62
Fat	9.03g
SaturatedFat	1.79g
Trans Fat	0.00g
Cholesterol	142.81mg
Sodium	824.78mg
Carbohydrates	36.90g
Fiber	4.95g
Sugar	12.25g
Protein	26.99g

Vitamin A	1499.40IU	Vitamin C	25.56mg
Calcium	87.04mg	Iron	4.58mg

Smiley Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19290

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	2 3/4 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Portion no more than 3 ounces to serve.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.57

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	148.34		
Fat	5.13g		
SaturatedFat	0.57g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	205.39mg		
Carbohydrates	22.82g		
Fiber	2.28g		
Sugar	0.00g		
Protein	2.28g		
Vitamin A	0.00IU	Vitamin C	2.74mg
Calcium	0.00mg	Iron	0.41mg

Belgian Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19326

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL WHLWHE 48-3.5 GINNYS	1 Slice		243572
STRAWBERRY 8 MRKN	1/2 Cup		212768
YOGURT VAN L/F PARFPR 6-4 YOPL	2 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500

Preparation Instructions

Warm waffles in oven at 350F for 5 minutes and serve immediately.

Serve: Offer 2 ounces of vanilla yogurt on top of the waffle or on the side in a soufflé cup to meet the grain requirement.

SLE Components

Amount Per Serving

Meat	0.75
Grain	1.50
Fruit	0.45
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	382.69		
Fat	14.73g		
SaturatedFat	6.37g		
Trans Fat	0.00g		
Cholesterol	16.87mg		
Sodium	191.02mg		
Carbohydrates	57.57g		
Fiber	4.34g		
Sugar	31.61g		
Protein	6.68g		
Vitamin A	513.78IU	Vitamin C	67.51mg
Calcium	85.53mg	Iron	1.91mg

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19328

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup		135261
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce		163020

Preparation Instructions

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater

Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater

Hold ingredients at 135 degrees F or greater until service

Serving: Place 2oz of chips (approximately 16 chips) in a large boat. Pour 3oz of taco meat onto chips. Place .25 cup of cheese sauce in bag or in soufflé cup on side and serve.

SLE Components

Amount Per Serving

Meat	2.89
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	465.43		
Fat	20.64g		
SaturatedFat	7.20g		
Trans Fat	0.27g		
Cholesterol	53.12mg		
Sodium	876.25mg		
Carbohydrates	47.73g		
Fiber	5.89g		
Sugar	1.89g		
Protein	21.11g		
Vitamin A	610.41IU	Vitamin C	4.73mg
Calcium	327.80mg	Iron	2.61mg

Fiesta Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19329

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL STD GRADE 6-10 KE	1/4 Cup	rinsed	244805
BEANS BLACK LO SOD 6-10 BUSH	1/4 Cup	drained	231981
SALSA 103Z 6-10 REDG	2 Ounce	READY_TO_EAT None	452841

Preparation Instructions

Drain a #10 can of corn and a #10 can of black beans. Mix together beans and corn.

Add salsa (half of #10 can) to bean and corn mixture and refrigerate at least an hour before service.

Portion 4oz into soufflé cup.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
OtherVeg	0.00
Legumes	0.13
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	120.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	273.67mg		
Carbohydrates	22.50g		
Fiber	3.50g		
Sugar	5.33g		
Protein	4.50g		
Vitamin A	237.33IU	Vitamin C	2.67mg
Calcium	52.67mg	Iron	1.05mg

Crinkle Cut Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19336

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 C/C OVATIONS 6-5 MCC	2 1/2 Ounce		510081

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.61

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	109.22		
Fat	3.64g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	139.56mg		
Carbohydrates	16.99g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.21g		
Vitamin A	0.00IU	Vitamin C	2.91mg
Calcium	0.00mg	Iron	0.44mg