

Cookbook for HPTS ELE

Created by HPS Menu Planner

Table of Contents

Pizza - Breakfast Turkey Bacon and Egg

Eggo Blueberry Whole Grain Mini Pancake

Strawberry Smoothie with Doughnut Holes Ele Breakfast

WG Waffles

Finnish Pancakes

Philly Steak and Cheese Panini

Jiffy Pancake Wrap with Syrup Cup

Chicken Fajita MS/HS

Beef & Cheese Taco

Grilled Cheese

Turkey and Cheese Sub MS/HS

Fruit Parfait with Boiled Egg, Pretzels, and WG Muffin ELE

Chicken Tender Wrap MS/HS

Rice Brown MTG

Potatoes Mashed MTG

Garden Salad

Chef Salad

Trix Yogurt Meal

Beef Hamburger

Cereal Grab and Go Lunch Box

Cavatappi Mostaccioli with Beef Italian Meatballs

Chicken Patty on a Bun

BBQ Boneless Chicken Breast Sandwich

French Toast Sticks with Egg Patty ELE

Homemade Beef and Bean Chilli

Homemade Beef Spaghetti Sauce over Cavatappi Pasta

Penne Pasta

WG Cheese Ravioli HS

Homemade Beef and Bean Taco Salad

Turkey Frank Hot Dog on WG Bun

Diced Turkey Ham with Baked Potato and Cheese

Popcorn Chicken w/ WG Honey Roll

WG Chicken Tenders W/ WG Garlic Bread ELE

WG Pollack Fish Patty on WG Bun

Beef Sloppy Joe on WG Bun

Beef Meatball Sub

Mashed Potatoes with Chicken Gravy

BBQ Baked Chicken Drumstick W/ Roll

Beef Teriyaki Dippers over Brown Rice

Minh Teriyaki Chicken bowl W/ WG Brown Rice

Roasted Garbanzo Beans

Coleslaw

Popcorn Chicken Salad W/ Goldfish (HS/MS) (more cheese 2.5 meat)

WG Chicken Tenders W/ Garlic Bread HS

Cheese Burger on WG Bun

Egg Salad Sandwich (not compliant)

Egg Salad Sandwich

Beef for Fiesta Nachos/ Tacos

Chicken Sandwich

Popcorn Chicken with Rice Krispies Treat

Teriyaki Chicken and Brown Rice

Stir Fry Veggies

Romaine Spinach Mix

Macaroni and Cheese with WG Dinner Roll

Yogurt with Granola

frosted flakes with scooby snacks

Variety Oatmeal with Scooby Snacks

Greek Yogurt Meal

Deli Sub

Ham & Cheese Sub

Chicken Salad Sandwich

Roast Beef Sandwich

Popcorn Chicken Salad W/ Goldfish (Elementary)

Fruit Parfait with Boiled Egg, Pretzels, and WG Muffin HS/MS

Chicken Caesar Salad

Pretzel and Cheese

Sriracha Chicken Tender Meal with Fries

Walking Taco (Regular Tortilla Chips)

Walking Taco (Dorito Nacho Chips)

Mashed Potato Chicken Bowl w/ Goldfish Crackers

Chicken and Cheese Crisпитos with Cheese Cup

Bosco Stick MS/HS

Pepperoni WG Breadsticks

Sriracha Chicken Chunk Meal with Fries

Pizza Calzone

Spicy Chicken Sandwich

Beef Pasty with String Cheese

Strawberry Spinach Salad

Poppy Seed Dressing for Strawberry Spinach Salad

Subway

Macaroni and Cheese with Shrimp Poppers

French Toast Sticks with Egg Patty MS/HS

Eggs Scrambled with Bacon and Cheese, served with 1/2 bagel and jelly (optional condiment)

Breakfast Sandwich

Yogurt served with Funnel Cake

Scrambled eggs served on two tortillas; offer onion, pepper, and cheese on the side

Blueberry Smoothie

Mango Smoothie

Mixed Berry Smoothie

Strawberry Smoothie

Strawberry-Blueberry Smoothie

Onion and Pepper (Burrito Topping)

Chicken Salad Sandwich

Fruit Parfait Ala Carte

Dannon Yogurt Meal

Chicken Tender Wrap K-5

Cheese Nachos

Fiesta Nachos

PB& Grape Jelly Grab and Go

PB& Strawberry Jelly Grab and Go

Soy Butter Sandwich Grab and Go

Chicken Tenders and Waffles

Meatloaf with Corn Bread

WG Chicken Tenders W/ Garlic Bread MS

French Toast Sticks with Cheese Omelet HS/MS

French Toast Sticks with Cheese Omelet ELE

Yogurt with WW Toast

Pop Tart with String Cheese

Bagel with Cream Cheese

Tangerine Chicken and Brown Rice

Two Cereals

Cereal and Poptart

Cereal and Oatmeal

Cereal and WG Muffin

Cereal and WG Graham Crackers

Cereal with Mango Smoothie

Two Poptarts

Poptart with Oatmeal

Poptart with Muffin

Poptart with WG Graham Cracker

Poptart with Mango Smoothie

Two Oatmeals

Oatmeal with Muffin

Oatmeal with Graham Crackers

Oatmeal with Mango Smoothie

Two WG Muffins

WG Muffin with WG Graham Crackers

WG Graham Crackers with Mango Smoothie

WG Muffin with Mango Smoothie

Two WG Graham Crackers

Bagel with Cream Cheese and/or Jelly

Mango Smoothie with Glazed donut (ELE Breakfast)

Macaroni and Cheese double portion

Macaroni and Cheese with WG Chicken Nuggets

Popcorn Chicken w/ biscuit

Baked Potato Bar

Philly Steak and Cheese Panini (less favorite meat)

Pizza Lunchable

Turkey and Cheese Lunchable

Macaroni and Cheese with Chicken Tenders

Garden Salad with Croutons

Chef Salad with Croutons

Honey BBQ Beef Rib Sandwich

Tuna Macaroni Salad 6-12

Vegetable Lasagna

Meat and Cheese Lasagna

Refried Beans and Cheese

Turkey Ham with goldfish and dinner roll Prek-ele

Macaroni and Cheese with a Turkey Frank Hot dog on WG Bun

Super Sack Lunch! MS/HS

Bosco Stick ELE

BBQ Pulled Pork Sandwich

Broccoli and Cheese

Seasoned Black Beans

BBQ Baked Chicken Drumstick W/ Alfredo Pasta

WG Popcorn Chicken with Alfredo Pasta

Cheese Quesadilla

Stromboli MS/HS

Stromboli Ele

Chicken Nuggets 8ct

Chicken Nuggets and Onion Rings

Chicken Nuggets and Dinner Roll Ele

Hammie Sammie

Spicy Black Bean Veggie Burger

Yogurt Lunch

French Bread Pizza

Little Caesars Cheese Pizza

Little Caesars Pepperoni Pizza

Corn Dog

Two Turkey Frank Hot dogs on WG Bun (MS/HS Only)

Chicken Nuggets and Dinner Roll BHK (Pre K)

Chicken Nuggets and Dinner Roll MS

Chicken Nuggets and Dinner Roll HS

WG Cheese Ravioli Pre K/ELE

WG Cheese Ravioli MS

The Max Cheese Quesadilla

WG Popcorn Chicken with Alfredo Pasta

Smaller Turkey and Cheese Sub Prek-5

Tangerine Chicken and Brown Rice BHK

Smaller Deli Sub for Prek-5

Chicken Fajita BHK/ELE

Turkey Ham with goldfish and dinner roll MS/HS

Super Sack Lunch Prek-5

Tuna Macaroni Salad Pre K-5

Macaroni and Cheese with a Vollwerth's Hot dog on WG Bun

Vollwerth's Hot Dog on WG Bun

Two Vollwerth's Hot dogs on WG Bun (MS/HS Only)

Pizza - Breakfast Turkey Bacon and Egg

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-913

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	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 prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660

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	9.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	340.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	1.50mg

Eggo Blueberry Whole Grain Mini Pancake

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-914

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841

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	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	310.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.70mg

Strawberry Smoothie with Doughnut Holes Ele Breakfast

Servings:	5.00	Category:	Entree
Serving Size:	10.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-1465

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	32 Ounce		541966
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	32 Cup		621420
Fat Free Skim Milk	1 Half Pint- 236mL		
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	20 Each		839520

Preparation Instructions

One batch makes 5 smoothies: Blend a full tub (32 oz) yogurt with 32oz strawberries (preferably thawed), blend, adding a carton of milk, give or take, as necessary for desired consistency. Divide between five 12 ounce cups (almost full), then lid. Serve with one doughnut hole square (4 doughnut holes) skewered on a straw.

SLE Components

Amount Per Serving

Meat	1.60
Grain	0.80
Fruit	6.40
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 10.00 Ounce

Amount Per Serving	
Calories	810.67
Fat	13.07g
SaturatedFat	6.27g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	520.00mg
Carbohydrates	151.20g
Fiber	20.53g
Sugar	88.00g
Protein	29.87g
Vitamin A 103.65IU	Vitamin C 6.40mg
Calcium 337.19mg	Iron 12.05mg

WG Waffles

Servings:	20.00	Category:	Entree
Serving Size:	1.00 waffle	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-1467

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MIX MULTI GRAIN 6-5 GCHC	9 3/4 Cup	BAKE See Package Instructions	413210
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	2 1/2 Fluid Ounce		292702
Tap Water for Recipes	6 Cup	UNPREPARED	000001WTR

Preparation Instructions

Read Package Instructions and prepare accordingly.

The following instructions are for a half batch yielding approximately 20 waffles.

1. Preheat waffle iron
2. Whip ingredients together, don't over mix
3. Spray iron with food release
3. Pour 4.2 ounces of batter into waffle iron, close lid, and flip.
4. Wait approximately 3 minutes or until the waffle is golden brown.

Offer Whip Topping, a syrup cup, and 1/2 cup strawberries as optional toppings.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 waffle

Amount Per Serving

Calories	237.25		
Fat	6.91g		
SaturatedFat	0.99g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	380.25mg		
Carbohydrates	39.00g		
Fiber	4.88g		
Sugar	7.80g		
Protein	5.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 224.25mg **Iron** 1.95mg

Finnish Pancakes

Servings:	12.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1468

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD 6-30CT GCHC	8 Each		206539
SYRUP PANCK CUP 200-1.5Z GFS	1 Each		160090
FLOUR H&R A/P 2-25 GCHC	2 Cup		227528
SUGAR CANE GRANUL 50 GFS	1/4 Cup		425311
FLAVORING VANILLA IMIT 1-1GAL KE	1/4 Cup		110744
White Fat-Free Milk	4 Cup	BAKE	51753
SALT SHAKER 12-8CT GFS	1/2 Teaspoon		517887

Preparation Instructions

1. Mix 8 eggs, 2 c. flour, 4 cups milk, 1/2 tsp. salt, 1/4 cup vanilla, 1/4 cup sugar until blended
2. Heat pan add 1/4 lb. melted butter
3. Pour mixture into pan
4. Bake at 375 degrees for 15 minutes
5. Serve with syrup

SLE Components

Amount Per Serving

Meat	1.33
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: 12.00

Serving Size: 1.00

Amount Per Serving	
Calories	124.07
Fat	2.06g
SaturatedFat	0.59g
Trans Fat	0.00g
Cholesterol	77.99mg
Sodium	128.00mg
Carbohydrates	21.79g
Fiber	0.53g
Sugar	6.08g
Protein	5.00g

Vitamin A	0.63IU	Vitamin C	0.00mg
Calcium	11.51mg	Iron	1.21mg

Philly Steak and Cheese Panini

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1470

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GFS	4 Each		462519
CHEESE AMER 160CT SLCD 6- 5 COMM	4 Slice		150260
BREAD ULTRA LOCO SQUARED 12-12CT TFT	4 Each	READY_TO_EAT HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen THAW HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	220462
BEEF STK SRLN PHL BRKAPRT 48-4Z GSIG	4		415733

Preparation Instructions

Heat Eggs and Meat according to manufacturer instructions, then assemble the sandwich. On a flat bread, put an egg on each quarter/corner, steak on each egg, then a slice of cheese over top. Put the second flat bread on top. Grill to melt the cheese. Cut into 4 sandwiches.

SLE Components

Amount Per Serving

Meat	1.25
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: 4.00
Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	245.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	87.50mg
Sodium	450.00mg
Carbohydrates	27.50g
Fiber	3.00g
Sugar	1.50g
Protein	9.50g

Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	170.00mg	Iron	1.44mg

Jiffy Pancake Wrap with Syrup Cup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1471

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK CUP 200-1.5Z GFS	1 Each		160090
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202

Preparation Instructions

1. Bake wrap according to package instructions
2. Serve with syrup cup

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 meal

Amount Per Serving

Calories	360.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.00mg		
Carbohydrates	49.00g		
Fiber	1.00g		
Sugar	24.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Chicken Fajita MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1805

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	3 2/5 Ounce		154900
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690

Preparation Instructions

No Preparation Instructions available.

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 meal

Amount Per Serving

Calories	357.00		
Fat	13.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	89.00mg		
Sodium	851.00mg		
Carbohydrates	32.50g		
Fiber	4.00g		
Sugar	4.00g		
Protein	25.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	139.50mg	Iron	1.44mg

Beef & Cheese Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1806

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	300 Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	25 Cup		150250
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each		882690

Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top Tortilla shell with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	305.43		
Fat	16.14g		
SaturatedFat	9.20g		
Trans Fat	0.27g		
Cholesterol	63.12mg		
Sodium	541.25mg		
Carbohydrates	20.73g		
Fiber	3.89g		
Sugar	2.89g		
Protein	21.11g		
Vitamin A	910.41IU	Vitamin C	4.73mg
Calcium	257.80mg	Iron	2.61mg

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1807

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Piece		204822
MARGARINE SLD 30-1 GCHC	1 Tablespoon		733061

Preparation Instructions

1. Place parchment paper on 13x24 cookie sheet.
2. Butter one side on bread, place buttered side down on cookie sheet.
3. Top with 4 slices of cheese.
4. Butter one side of second piece of bread, place buttered side up on top of cheese.
5. Place 20 sandwiches on pan.
6. Place sandwiches into preheated 325 degree oven.
7. Cook until temperature reaches 165 degrees for at least 15 seconds.

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 sandwich

Amount Per Serving

Calories	500.00		
Fat	31.00g		
SaturatedFat	14.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	1240.00mg		
Carbohydrates	38.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	16.00g		
Vitamin A	1350.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	2.00mg

Turkey and Cheese Sub MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1810

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

Preparation Instructions

1. Place turkey and cheese on the bottom of the sub bun.
2. Place top of sub bun on the sandwich.
3. Put parchment paper on a 13x24 cookie sheet. place sandwiches on top.

SLE Components

Amount Per Serving

Meat	3.08
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	388.70
Fat	16.06g
SaturatedFat	6.02g
Trans Fat	0.00g
Cholesterol	66.64mg
Sodium	1188.49mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	5.00g
Protein	28.74g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 206.00mg	Iron 2.00mg

Fruit Parfait with Boiled Egg, Pretzels, and WG Muffin ELE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1812

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	2 Ounce		541966
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	13/20 Ounce		621420
STRAWBERRY SLCD 4+1 6-6.5 GFS	1 7/20 Ounce		293393
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Each	READY_TO_EAT Ready to Eat	893711
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800

Preparation Instructions

1. Scoop 2 ounces of Vanilla Yogurt into clear plastic cup.
2. Put 2 ounces of strawberries on top of yogurt (combination of 2:1 frozen diced strawberries and tub of sliced strawberries in sugar)
3. Label and date mark.
4. Serve with hard boiled egg , muffin, and a bag of pretzels.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.25
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	411.84
Fat	11.75g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	193.75mg
Sodium	390.00mg
Carbohydrates	65.13g
Fiber	3.75g
Sugar	34.05g

Protein		13.58g	
Vitamin A	25.00IU	Vitamin C	12.09mg
Calcium	155.50mg	Iron	3.13mg

Chicken Tender Wrap MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Salad Meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1813

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	6 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
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
LETTUCE ROMN HRTS CHPD 6-2 TAYLR FRM	1 1/2 Cup		688853
SPINACH BABY CLND 2-2 RSS	1/2 Cup		560545
Grape Tomatoes	1/4 Cup		749041
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Package		554693

Preparation Instructions

1. Place chicken tenders on 13x24 parchment lined cookie sheet.
2. Place in preheated 325 degree oven.
3. Bake for 20 minutes until internal temperature reaches 165 degrees for at least 15 seconds.
4. Cool to 70 degrees within 2 hrs and then to 41 degrees within 6 hrs.
5. Place tortilla in container, top with lettuce, and spinach, cheese, tomatoes, and chicken.
6. Serve with 1 pkg. of ranch dressing.
7. Label and date mark. Place in cooler until serving time.

SLE Components

Amount Per Serving

Meat	4.00
Grain	4.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.13

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Salad Meal

Amount Per Serving

Calories	855.00
Fat	49.00g
SaturatedFat	10.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1170.00mg
Carbohydrates	68.00g
Fiber	13.50g
Sugar	5.50g
Protein	36.00g

Vitamin A	11250.00IU	Vitamin C	31.50mg
Calcium	157.00mg	Iron	7.02mg

Rice Brown MTG

Servings:	100.00	Category:	Grain
Serving Size:	1.00 #8 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1814

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	4 31/71 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

Directions:

WASH HANDS.

1. Bring water to a boil, add rice. Cover tightly and simmer for 20 minutes or until liquid is absorbed.
2. Fluff with fork.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: #8 scoop (1/2 cup) provides= 1 oz eq grain

Updated October 2013

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.71
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 #8 Scoop

Amount Per Serving

Calories	484.00		
Fat	4.27g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	102.49g		
Fiber	2.85g		
Sugar	0.00g		
Protein	11.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Potatoes Mashed MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 #8 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1815

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	4 1/16 Pound	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581

Preparation Instructions

Directions:

WASH HANDS.

Pour boiling water into a large mixing bowl and add potato granules while stirring constantly with a wire whisk.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1/2 cup provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

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	0.33

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 #8 Scoop

Amount Per Serving			
Calories	78.74		
Fat	0.49g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	113.19mg		
Carbohydrates	16.73g		
Fiber	1.97g		
Sugar	0.00g		
Protein	1.97g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.84mg	Iron	0.30mg

Garden Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Salad Meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1818

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 1/2 Cup		735787
SPINACH LEAF FLAT CLND 4-2.5 RSS	1/2 Cup		329401
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
PEPPERS RED DOMESTIC 23 MRKN	1/4 Cup		560715
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

Preparation Instructions

1. Place romaine and spinach into container. Top with cheese, tomatoes, cucumbers, carrots, and broccoli.
2. Serve with muffin, string cheese, and crouton.
3. Label and date, place in cooler until serving time.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	1.25
RedVeg	1.03
OtherVeg	0.25
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Salad Meal

Amount Per Serving

Calories 557.74

Fat 24.63g

SaturatedFat 10.60g

Trans Fat 0.00g

Cholesterol 65.00mg

Sodium 850.06mg

Carbohydrates 63.73g

Fiber 9.56g

Sugar 26.88g

Protein 23.84g

Vitamin A 9105.08IU **Vitamin C** 103.97mg

Calcium 319.00mg **Iron** 5.29mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1819

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 1/2 Cup		735787
SPINACH LEAF FLAT CLND 4-2.5 RSS	1/2 Cup		329401
Grape Tomatoes	1/4 Cup		749041
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
TURKEY HAM DCD 2-5 JENNO	3/4 Ounce		202150
TURKEY BRST DCD 2-5	3/4 Ounce		451300
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
EGG SHL LRG A GRD PAST 6-30CT GFS	1 Each		265454
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Each		736280

Preparation Instructions

1. The morning before place raw eggs into a perforated steam table pan. Place in steamer and cook for 12 minutes.
2. Place on metal cart and place in cooler to cool overnight. Label and date mark.
3. The afternoon before pull diced chicken and ham, label and date mark and place into cooler to thaw.
4. Place lettuce and spinach into salad container, top with cheese, tomatoes, ham, turkey, egg, cucumber, broccoli.
5. Label and date mark and place into cooler until serving time.
6. Serve with muffin and goldfish crackers.

SLE Components

Amount Per Serving

Meat	3.63
Grain	2.00

Fruit	0.00
GreenVeg	1.25
RedVeg	1.33
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 1 meal

Amount Per Serving

Calories	481.31
Fat	18.99g
SaturatedFat	6.97g
Trans Fat	0.00g
Cholesterol	242.65mg
Sodium	714.49mg
Carbohydrates	53.31g
Fiber	5.96g
Sugar	19.38g
Protein	25.26g

Vitamin A	7055.74IU	Vitamin C	21.62mg
Calcium	318.44mg	Iron	4.98mg

Trix Yogurt Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1825

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
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Each		736280
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681

Preparation Instructions

At service time offer yogurt, and other protein choices including: cheese stick, cheese cubes, hard boiled egg. Also offer enough grains for students to take 2oz equivalent, for example: muffins, crackers, cereal, granola and any combination to add up to two oz of grain.

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 1 meal

Amount Per Serving			
Calories	430.00		
Fat	15.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	515.00mg		
Carbohydrates	59.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	16.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	465.00mg	Iron	2.00mg

Beef Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1826

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bimbo Bakeries WG Hamburger Buns	1 1 bun	BAKE	78700-80198 RI1
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

Cheese, optional condiment. Offer on Salad Bar.

SLE Components

Amount Per Serving

Meat	3.25
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 1 sandwich

Amount Per Serving

Calories	410.00		
Fat	20.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	555.00mg		
Carbohydrates	31.50g		
Fiber	3.00g		
Sugar	4.50g		
Protein	27.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	95.00mg	Iron	11.80mg

Cereal Grab and Go Lunch Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1827

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
YOGURT STRAWB L/F FOTB 12-5.3Z DANN	1 Each		827402
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

Prepare ahead in grab and go box: cereal (any bowlpack), cooks choice grain, and cooks choice protein. (usually goldfish for grain and dannon yogurt and cheese stick for protein)

Offer Fruit and Veg on the salad bar, or place in box for convenience. Students are required to take a half cup equivalent.

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 1 meal

Amount Per Serving

Calories	430.00		
Fat	13.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	625.00mg		
Carbohydrates	62.00g		
Fiber	3.00g		
Sugar	32.00g		
Protein	17.00g		
Vitamin A	1000.00IU	Vitamin C	6.00mg
Calcium	614.00mg	Iron	5.50mg

Cavatappi Mostaccioli with Beef Italian Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1832

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1/2 Cup		315494
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SEASONING ITAL HRB 6Z TRDE	1/4 Teaspoon		428574
PASTA CAVATAPPI 8-2.5 PG	2 Ounce		102938

Preparation Instructions

Prepare Pasta Separately

1. Put meatballs in steam table pan.
2. Mix sauce and Italian herbs together.
3. Cover meatballs with sauce.
4. Cook in steamer for 40 minutes.
5. At service time, place 4 meatballs and 1/2 cup sauce over 1 cup cooked pasta.

USDA Whole Grain-Rich Ounce Equivalency (OZ EQ) Requirements for School Meal Programs Group H 1oz equivalent = 1/2 cup cooked, or 1 ounce (28g) dry

1 Serving:

1 cup pasta

4 meatballs

1/2 cup sauce

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
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	411.00
Fat	10.00g
SaturatedFat	3.50g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	736.00mg
Carbohydrates	59.00g
Fiber	6.00g
Sugar	12.00g
Protein	21.00g
Vitamin A 5.00IU	Vitamin C 1.00mg
Calcium 94.00mg	Iron 4.88mg

Chicken Patty on a Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1836

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	Barb's baking notes: 325 degrees for 20 mins. Manufacturer's 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.	281622
White Buns	1 Each	READY_TO_EAT	78700-80021-32R11

Preparation Instructions

1. Place chicken patties onto a parchment lined 13x24 cookie sheet.
2. Place cookie sheet into a reheated 325 degree oven.
3. Bake for 20 minutes to 165 degrees for at least 15 seconds.
4. At service time place chicken patty onto hamburger bun and serve.

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 1 sandwich

Amount Per Serving	
Calories	430.00
Fat	17.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	690.00mg
Carbohydrates	45.00g
Fiber	4.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.00mg	Iron 3.70mg

BBQ Boneless Chicken Breast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1837

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET 4-1GAL GCHC	2 Tablespoon	Brush with sauce, bake a few minutes.	435170
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	Barb's Baking notes: 325 degrees for 20mins	185033
R&I made Bimbo Bakeries whole grain hamburger buns 12ct 26oz	1 bun	READY_TO_EAT	78700-80021 RI 1

Preparation Instructions

1. Place 20 patties on a parchment lined 13x24 cookie sheet.
2. Place cookie sheet into a preheated 325 degree oven.
3. Bake for 20 minutes until internal temperature reaches 165 degrees for at least 15 seconds.
4. Brush with 1 Tbsp. BBQ sauce and return to oven for a few minutes.
5. At service time place one patty onto bun and serve.

SLE Components

Amount Per Serving

Meat	2.25
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 Sandwich

Amount Per Serving

Calories	353.80		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	900.00mg		
Carbohydrates	52.00g		
Fiber	3.40g		
Sugar	23.00g		
Protein	30.20g		
Vitamin A	142.54IU	Vitamin C	1.06mg
Calcium	14.14mg	Iron	1.11mg

French Toast Sticks with Egg Patty ELE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1839

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	3 Each		646222
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
SYRUP PANCK CUP 200-1.5Z GFS	1 Each		160090

Preparation Instructions

1. Place french toast sticks (65 per pan) on parchment lined 13x24 cookie sheet.
2. Place cookie sheet into a preheated 325 degree oven.
3. Bake for 8 - 10 minutes to 165 degrees for at least 15 seconds.
4. Place egg patties in 2 inch steam table pan. Steam for 20 minutes to 145 degrees for at least 15 seconds.
5. At service place 3 french toast sticks, 1 egg patty, and 1 syrup cup on tray.

SLE Components

Amount Per Serving

Meat	2.00
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	330.00
Fat	7.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	205.00mg
Sodium	390.00mg
Carbohydrates	55.00g
Fiber	2.00g
Sugar	27.00g

Protein	11.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	1.36mg

Homemade Beef and Bean Chili

Servings:	64.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1841

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	10 Pound		110520
ONION SPANISH JUMBO 10 MRKN	1 Cup	chopped	109620
CELERY STALK 24 SZ 6CT MRKN	1 1/2 Cup	chopped	170895
TOMATO DCD IN JCE 6-10 ANGM	1 #10 CAN		360710
SAUCE TOMATO MW 6-10 GCHC	1 1/2 #10 CAN		306347
SPICE PEPR BLK COARSE GRND 16Z TRDE	1 Teaspoon		518322
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	2 1/2 Tablespoon		224839
SPICE CHILI POWDER MILD 16Z TRDE	3/4 Cup		331473
PEPPERS GREEN DEHY DCD 25Z TRDE	1/2 Cup		513598
BASE BF NO ADDED MSG 12-1 MINR	3 Tablespoon		106208
BEAN CHILI HOT 6-10 BROOKS	1 #10 CAN		785024
BEAN KIDNEY RED DARK 6-10 GCHC	2 #10 CAN		118761
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	90 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

1. Cook beef in a 6 inch steam table pan until browned and reaches CCP of 155 degrees for at least 15 seconds
2. Drain off all of the grease.
3. Add rest of ingredients and stir until combined.
4. Reheat to CCP of 180 degrees.

For Crediting Purposes:

This commodity gound beef 1.34oz raw = 1oz meat eq

Kidney Beans 1/4 cup drained =1oz meat alternate eq

PFS for tortilla chips 1oz=1.25eqG and 1.4oz=2eqG

2oz G =1.4oz= approx 18 chips= approx 2 cups according to PFS

SLE Components

Amount Per Serving

Meat	3.89
Grain	2.11
Fruit	0.00
GreenVeg	0.00
RedVeg	0.61
OtherVeg	0.03
Legumes	0.40
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	535.59
Fat	19.84g
SaturatedFat	5.14g
Trans Fat	1.87g
Cholesterol	48.51mg
Sodium	1198.96mg
Carbohydrates	64.33g
Fiber	16.26g
Sugar	6.13g
Protein	26.65g
Vitamin A 296.25IU	Vitamin C 10.14mg
Calcium 105.89mg	Iron 5.22mg

Homemade Beef Spaghetti Sauce over Cavatappi Pasta

Servings:	272.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1842

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	70 Pound		110520
PEPPERS GREEN DEHY DCD 25Z TRDE	3/4 Cup		513598
SPICE PARSLEY FLAKES 11Z TRDE	3/4 Cup		513989
CELERY STIX 4-3 RSS	4 Cup	Diced (may be substituted for 4 tsp celery seed, but fresh celery is preferred)	781592
SEASONING SALT 2-5 LAWR	3 Tablespoon		266566
ONION SPANISH JUMBO 10 MRKN	8 Cup		109620
TOMATO DCD IN JCE 6-10 ANGM	3 #10 CAN		360710
TOMATO PASTE CALIF 26 6-10 GCHC	3 #10 CAN		100196
SAUCE SPAGHETTI W/BITS 6-10 ANGM	7 #10 CAN		315494
SPICE OREGANO LEAF 5Z TRDE	2 Tablespoon		513733
Spatini Seasoning Mix	2 Package		900276804
SUGAR BROWN MED 25 GFS	2 1/2 Cup	UNSPECIFIED	108626
SPICE GARLIC POWDER 21Z TRDE	3 Tablespoon		224839
SEASONING ITAL HRB 6Z TRDE	3/4 Cup		428574
PASTA CAVATAPPI 8-2.5 PG	272 Cup		102938

Preparation Instructions

1. Brown meat and drain grease.
2. Add remaining ingredients.
3. Cook to 165 degrees for at least 10 seconds.
4. Serve over Prepared Cavatappi Pasta

USDA Whole Grain-Rich Ounce Equivalency (OZ EQ) Requirements for School Meal Programs Group H 1oz equivalent = 1/2 cup cooked, or 1 ounce (28g) dry

SLE Components

Amount Per Serving

Meat	3.07
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.90
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 272.00

Serving Size: 1.00 meal

Amount Per Serving

Calories	536.51		
Fat	19.44g		
SaturatedFat	6.15g		
Trans Fat	3.07g		
Cholesterol	79.89mg		
Sodium	604.70mg		
Carbohydrates	60.57g		
Fiber	5.77g		
Sugar	14.58g		
Protein	31.29g		
Vitamin A	133.71IU	Vitamin C	4.65mg
Calcium	50.77mg	Iron	3.88mg

Penne Pasta

Servings:	40.00	Category:	Grain
Serving Size:	1.00 4 ounces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2171

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE PLUS 2-10 BARILLA	160 Ounce	BOIL Cooking Time: 10 Minutes Pre-cooking time: 7 Minutes	551321

Preparation Instructions

1. Bring 10 gallons of water to a boil.
2. Add pasta, stirring occasionally.
3. Cook for 10 - 12 minutes.
4. Drain, cool with cold water if storing for later use.
5. Toss with oil to prevent sticking.

SLE Components

Amount Per Serving

Meat	0.00
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 4 ounces

Amount Per Serving

Calories	380.00		
Fat	4.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	50.00mg		
Carbohydrates	76.00g		
Fiber	8.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.60mg

WG Cheese Ravioli HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2174

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1 Cup		315494
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	5 Each	<p>BOIL Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.</p>	553982
BREAD GARL TX TST SLC 12-12CT GFS	1 Slice	<p>BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through. GRIDDLE_FRY Place directly in skillet on medium heat. Heat each side 2 minutes. GRILL Place directly on grill. Heat each side for 15 seconds or until butter is melted or until heated through.</p>	611910

Preparation Instructions

Place ravioli in a steamtable with spaghetti sauce.

- Place cover on pan and put in steamer for 60 minutes to a minimum temp. of 135 degrees for at least 15 seconds.
- At serving time place 5 ravioli and 1 cup of sauce on serving tray.

SLE Components

Amount Per Serving

Meat	3.33
Grain	3.42
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 meal

Amount Per Serving			
Calories	580.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	83.33mg		
Sodium	2103.33mg		
Carbohydrates	79.33g		
Fiber	7.67g		
Sugar	18.67g		
Protein	32.00g		
Vitamin A	333.33IU	Vitamin C	0.00mg
Calcium	296.00mg	Iron	4.96mg

Homemade Beef and Bean Taco Salad

Servings:	352.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2176

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	50 Pound		110520
PEPPERS GREEN DEHY DCD 25Z TRDE	3/4 Cup		513598
SPICE PARSLEY FLAKES 11Z TRDE	1 Cup		513989
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SPICE PEPR BLK COARSE GRND 16Z TRDE	2 Teaspoon		518322
SEASONING SALT 2-5 LAWR	2 Teaspoon		266566
Taco Seasoning Mix	3 Package	BAKE	5935879
Spatini Seasoning Mix	2 Package	BAKE	900276804
BEAN CHILI HOT 6-10 BROOKS	3 #10 CAN		785024
KETCHUP CAN NAT LO SOD 6-10 REDG	2 #10 CAN	READY_TO_EAT None	200621
TOMATO DCD IN JCE 6-10 ANGM	3 #10 CAN		360710
ONION SPANISH JUMBO 10 MRKN	8 Cup	diced	109620
SPICE CELERY SEED WHOLE 16Z TRDE	4 Tablespoon		224677
SAUCE CHS NACHO MILD 6- 10 CHEFMATE	4 #10 CAN		599751
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	493 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

1. Brown meat and drain off grease.
2. Add all other ingredients.
3. Simmer for 2 hrs.
4. Cook to 165 degrees for at least 15 seconds.
5. Pour cheese into pan, place in steamer until temperature reaches 135 degrees for at least 15 seconds.

At service time, serve 1/8 cup of cheese with 1/2 cup taco salad over 1.66 oz tortilla chips.

1.34oz raw meat credits as 1oz meat eq

.25 cup red beans counts as 1oz meat eq

PFS for tortilla chips 1oz=1.25eqG and 1.4oz=2eqG

2oz G =1.4oz= approx 18 chips= approx 2 cups according to PFS

SLE Components

Amount Per Serving

Meat	1.92
Grain	2.10
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 352.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	453.40		
Fat	22.81g		
SaturatedFat	5.97g		
Trans Fat	1.70g		
Cholesterol	47.04mg		
Sodium	704.38mg		
Carbohydrates	43.30g		
Fiber	5.47g		
Sugar	6.38g		
Protein	16.82g		
Vitamin A	154.98IU	Vitamin C	4.03mg
Calcium	57.78mg	Iron	1.27mg

Turkey Frank Hot Dog on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2183

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bimbo Bakeries WG Hot Dog Buns	1 Each	BAKE	78700-80070-31 RI1
FRANKS TURKEY CN 8/ 4-5 KE	1 Each		143545

Preparation Instructions

1. Put parchment paper on baking sheet.
2. Preheat oven to 300 degrees.
3. Place hot dogs on pan and put in the oven for 20 minutes to a minimum temperature of 135 degrees held for 15 seconds.
4. At service time place hot dog on bun and serve.

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 1 meal

Amount Per Serving

Calories	280.00		
Fat	11.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	860.00mg		
Carbohydrates	34.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	14.00g		
Vitamin A	11.07IU	Vitamin C	0.04mg
Calcium	95.83mg	Iron	10.88mg

Diced Turkey Ham with Baked Potato and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2184

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	3 1/100 Ounce		202150
POTATO BAKER FOIL WRPD 100CT P/L	1 Each		246859
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup		135261

Preparation Instructions

1. Place turkey in steamer and cook for 30-35 minutes to minimum temperature of 135 degrees held for 15 seconds.
2. Place potatoes in preheated 325 degree oven for 1 hour until temperature reaches 135 degrees for at least 15 seconds.
3. Place cheese in pan, cook in steamer for 20 minutes until temperature reaches 135 degrees for at least 15 seconds.
4. At service time place turkey and cheese over potato and serve.

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	0.75

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

Amount Per Serving

Calories	616.55
Fat	13.52g
SaturatedFat	6.01g
Trans Fat	0.00g
Cholesterol	80.20mg
Sodium	1179.15mg
Carbohydrates	87.00g
Fiber	8.80g
Sugar	6.00g
Protein	30.15g
Vitamin A 22.72IU	Vitamin C 23.57mg

Calcium 303.00mg **Iron** 5.56mg

Popcorn Chicken w/ WG Honey Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2185

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

1. Place parchment paper on a 13X24 baking sheet.
2. Place pan into a preheated 325 degree oven and bake for 17 minutes until temperature reaches 135 degrees and held for at least 15 seconds.
3. At service time serve 10 pieces of popcorn chicken, and 1 dinner roll,.

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 meal

Amount Per Serving

Calories	340.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	640.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.52mg

WG Chicken Tenders W/ WG Garlic Bread ELE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2187

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR 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
BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

Preparation Instructions

1. Place chicken on parchment lined 13X24 cookie sheet.
2. Place pan in a preheated 375 degree oven.
3. Bake for 6-8 minutes until temperature reaches 135 degrees and held for at least 15 seconds.
4. Place garlic bread on parchment lined 13X24 cookie sheet
5. Bake in preheated 450 degree oven for 4-5 minutes to 135 degrees for at least 15 seconds.
6. At service time serve 3 chicken tenders and 1 slice of garlic bread.

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 1 meal

Amount Per Serving

Calories	340.00
Fat	18.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	540.00mg
Carbohydrates	26.00g
Fiber	4.00g
Sugar	1.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 3.00mg

WG Pollack Fish Patty on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2188

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each		327162
Bimbo Bakeries WG Hamburger Buns	1 1 bun	BAKE	78700-80198 RI1

Preparation Instructions

1. Place patties on parchment lined 13X24 cookie sheets
2. Place pan in preheated 425 degree oven.
3. Bake for 20-26 minutes until temperature reaches 165 degrees and held for at least 15 seconds.
4. At service time place fish patty on bun and serve.

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 1 sandwich

Amount Per Serving

Calories	360.00
Fat	11.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	500.00mg
Carbohydrates	46.00g
Fiber	5.00g
Sugar	4.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.00mg	Iron 11.00mg

Beef Sloppy Joe on WG Bun

Servings:	59.00	Category:	Entree
Serving Size:	1.00 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2189

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bimbo Bakeries WG Hamburger Buns	59 Each	BAKE	78700-80198 RI1
SAUCE SLOPPY JOE 4-10 MANWICH	1 #10 CAN		860166
BEEF GRND 40 COMM	10 Pound		110520

Preparation Instructions

Prepare this recipe and figure out how many servings actually come out of it so we can update.**

1. Brown hamburger and drain grease.
2. Add Manwich and simmer.
3. Cook to temperature of 165 degrees and held for a least 15 seconds.
4. At service time place 3/4 cup of sloppy joe on bun and serve.

SLE Components

Amount Per Serving

Meat	2.02
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: 59.00

Serving Size: 1.00 sandwich

Amount Per Serving			
Calories		356.64	
Fat		14.14g	
SaturatedFat		4.05g	
Trans Fat		2.02g	
Cholesterol		52.62mg	
Sodium		522.41mg	
Carbohydrates		38.01g	
Fiber		4.75g	
Sugar		9.26g	
Protein		22.04g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	10.32mg

Beef Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1/4 Cup		315494
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
MEATBALL CKD REDC SOD .5Z 2-5 GCHC	4 Each		610790

Preparation Instructions

1. Place meatballs in steamtable with spaghetti sauce.
2. Cover and place in steamer for 60 minutes to temperature of 165 degrees held for at least 15 seconds.
3. At service time place 4 meatballs with 1/4 cup sauce on bun and serve.

SLE Components

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 sandwich

Amount Per Serving			
Calories	370.00		
Fat	15.33g		
SaturatedFat	5.83g		
Trans Fat	0.67g		
Cholesterol	26.67mg		
Sodium	630.00mg		
Carbohydrates	40.33g		
Fiber	4.83g		
Sugar	8.67g		
Protein	15.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	92.67mg	Iron	3.50mg

Mashed Potatoes with Chicken Gravy

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2193

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1/2 Cup	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
Sysco Chicken Gravy Mix	2 Ounce	BAKE	

Preparation Instructions

Prepare according to manufacturer's directions
at service time, offer 1/2 cup mashed potatoes with 1/4 cup gravy.

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: 1.00 1/2 cup

Amount Per Serving

Calories	90.61		
Fat	2.38g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	667.12mg		
Carbohydrates	18.88g		
Fiber	1.52g		
Sugar	2.00g		
Protein	1.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.58mg	Iron	0.23mg

BBQ Baked Chicken Drumstick W/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2197

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BBQ CKD 4.4Z 10 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 35 - 40 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 20 - 25 minutes at 325°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Place drumsticks on a microwave safe plate and heat on HIGH for the following (rotate and turn over drumsticks halfway through total cook time): 1 drumstick = 3 to 4 minutes 2 drumsticks = 5 to 6 minutes 3 drumsticks = 7 to 9 minutes 4 drumsticks = 10 to 11 minutes	209279
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each		751701
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

1. Place drumsticks on parchment lined 13X24 cookie sheets.
2. Place in preheated 350 degree oven.
3. Bake for 35-40 minutes to temperature of 165 degrees and held for at least 15 seconds.
4. At service time serve 1 drumstick, 1 WG roll, and 1 package of goldfish.

SLE Components

Amount Per Serving

Meat	1.75
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 1 meal			
Amount Per Serving			
Calories	320.00		
Fat	12.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	810.00mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	3.08mg

Beef Teriyaki Dippers over Brown Rice

Servings:	1.00	Category:	Entree
Serving Size:	6.00 6 oz.	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF NUGGETS TERYK 48-1Z JKLNKS	2 Ounce		792270
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

1. Place 80 dippers on a 13X24 parchment lined cookie sheet.
2. Place in preheated 200 degree oven and cook for 10 minutes
3. Change oven temperature to 300 degrees, stir and bake for 8-10 minutes more to 145 degrees and held for at least 15 seconds.

Rice:

1. Place 8 cups brown rice in a 4 inch steamtable pan.
2. Cover with 12 cups of water and mix
3. Place in steamer and cook for 45 minutes to 135 degrees and held for at least 15 seconds.
4. At service time place 1/2 cup rice on tray and top with 4 dippers and serve.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.50
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: 6.00 6 oz.

Amount Per Serving

Calories	480.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	960.00mg		
Carbohydrates	82.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	28.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 2.16mg

Minh Teriyaki Chicken bowl W/ WG Brown Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2205

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY KIT CHIX TERYK 6-7 MINH	2 17/20 Ounce	BAKE Sauce - Stove Top BRING A LARGE POT OF WATER TO BOIL. SUBMERGE ONE BAG IN BOILING WATER AND BOIL FOR 15 MINUTES IF FROZEN OR 10 MINUTES IF REFRIGERATED. Sauce - Steam PLACE FROZEN SAUCE IN A 2-INCH STEAMABLE PAN. STEAM SAUCE FOR APPROXIMATELY 5 MINUTES IN COMBI OVEN. CHICKEN: PLACE 1 BAG OF FROZEN CHICKEN IN A LARGE STEAM TABLE PAN. MIX: ADD THAWED SAUCE TO FROZEN CHICKEN. COAT CHICKEN WITH SAUCE. COVER WITH FOIL. PLACE INTO A PREHEATED CONVECTION OVEN AT 350°F WITH FANS ON HIGH; COOK FOR 30-35 MINUTES OR UNTIL TEMPERATURE REACHES 165°F. USE 1 BAG OF SAUCE PER 1 BAG OF CHICKEN.	523722
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

1. Put chicken on parchment lined 13X24 cookie sheet
2. Place in preheated 325 degree oven
3. Bake for 30 minutes to 165 degrees and held for at least 15 seconds, stirring occasionally.

Rice:

1. Place 8 cups rice in a 4 inch steamtable pan, cover with 12 cups of water and mix.
2. Place in steamer and cook for 45 minutes to 135 degrees and held for at least 15 seconds.
3. At service time place 1 cup rice on tray and top with 2.85 oz. of chicken and serve.

SLE Components

Amount Per Serving

Meat	5.70
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 1 meal

Amount Per Serving

Calories	1050.50
Fat	18.83g
SaturatedFat	2.85g
Trans Fat	0.00g
Cholesterol	242.25mg
Sodium	855.00mg
Carbohydrates	166.80g

Fiber	4.00g		
Sugar	19.95g		
Protein	55.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.57mg

Roasted Garbanzo Beans

Servings:	26.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2208

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GCHC	1 #10 CAN		118753
SPICE GARLIC POWDER 21Z TRDE	1/4 Cup		224839
SPICE ONION POWDER 19Z TRDE	1/4 Cup		126993
SPICE BLND ORIG 3-21Z MDASH	1/4 Cup		265103
SPICE PEPR BLK COARSE GRND 16Z TRDE	1/4 Cup		518322

Preparation Instructions

1. Preheat oven to 325 degrees
2. Spray baking sheets with cooking spray.
3. Properly sanitize lid on bean can and open with can opener, drain completely.
4. Arrange beans in a single layer on the pan.
5. Mix garlic powder, onion powder, Mrs. Dash, and pepper and sprinkle over the beans. (measurements are approximate, apply seasoning literally)
6. Bake beans for 30 minutes then take them out and stir them around. Place back in oven for additional 30 minutes. (Or stir every 15 minutes)
7. Cook to temperature of 135 degrees and held for at least 15 seconds.

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: 26.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	117.93
Fat	1.99g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	299.75mg
Carbohydrates	23.45g
Fiber	5.53g
Sugar	2.98g

Protein		6.34g	
Vitamin A	8.09IU	Vitamin C	0.02mg
Calcium	67.39mg	Iron	0.96mg

Coleslaw

Servings:	222.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2238

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	40 Pound		198226
DRESSING SALAD 4-1GAL MIR WHIP	2 Gallon		251066
SUGAR CANE GRANUL 50 GFS	10 Cup		425311
SPICE CELERY SEED WHOLE 16Z TRDE	1 Tablespoon		224677
SPICE PEPR BLK COARSE GRND 16Z TRDE	1/2 Tablespoon		518322
VINEGAR APPLE CIDER 5 4-1GAL GCHC	4 Cup		430795
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308

Preparation Instructions

1. Mix all ingredients except the cabbage to make the sauce.
2. Divide cabbage in half in two 6 inch pans.
3. Divide the sauce between the two pans and mix well
4. Let chill overnight and serve.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.41
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 222.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	168.63
Fat	11.52g
SaturatedFat	2.30g
Trans Fat	0.00g
Cholesterol	11.52mg
Sodium	321.74mg
Carbohydrates	17.34g
Fiber	1.63g
Sugar	13.39g
Protein	0.81g

Vitamin A	0.14IU	Vitamin C	0.02mg
Calcium	28.74mg	Iron	0.03mg

Popcorn Chicken Salad W/ Goldfish (HS/MS)

(more cheese 2.5 meat)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2685

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
LETTUCE ROMN HRTS CHPD 6-2 TAYLR FRM	1 1/2 Cup		688853
SPINACH BABY CLND 2-2 RSS	1/2 Cup		560545
Grape Tomatoes	1/4 Cup		749041
CHEESE CHED MLD SHRD 4- 5 LOL	1/2 Ounce		150250
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Each		736280

Preparation Instructions

1. Place popcorn chicken on a parchment paper lined 13x24 cookie sheet.
2. Place in preheated 325 degree oven.
3. Bake for 20 minutes until internal temperature reaches 165 degrees for at least 15 seconds.
4. Cool to 70 degrees in 2 hrs. for less and then to 41 degrees in 6 hrs. or less.
5. Place romaine and spinach into container, top with cheese, tomatoes, and chicken.
6. Label and date mark, place into cooler until serving time. Serve with one package of goldfish.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.79
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	440.00
Fat	21.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	815.00mg
Carbohydrates	36.50g
Fiber	7.50g
Sugar	1.50g
Protein	27.50g

Vitamin A	12100.00IU	Vitamin C	31.50mg
Calcium	274.50mg	Iron	4.02mg

WG Chicken Tenders W/ Garlic Bread HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2687

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	6 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
BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

Preparation Instructions

1. Place chicken on parchment lined 13X24 cookie sheet.
2. Place in preheated 350 degrees oven for 20 minutes until temperature reaches 165 degrees for at least 15 seconds
3. At service time place chicken and garlic bread on tray and serve.

SLE Components

Amount Per Serving

Meat	4.00
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 1 meal

Amount Per Serving	
Calories	600.00
Fat	33.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	930.00mg
Carbohydrates	42.00g
Fiber	7.00g
Sugar	2.00g

Protein	32.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	5.00mg

Cheese Burger on WG Bun

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4354

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's 4" Whole Grain Hamburger Bun	1 bun	BAKE	3159
CN Fully Cooked Beef Burger	1	BAKE Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.	

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.02
Grain	0.04
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

Amount Per Serving

Calories	4.40		
Fat	0.08g		
SaturatedFat	0.00g		
Trans Fat	0.01g		
Cholesterol	0.40mg		
Sodium	1.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Egg Salad Sandwich (not compliant)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	1/3 Cup		695210
BREAD 7 GRAIN SLCD 3/4 7-2 GFS	2 Slice		230812

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
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 Each

Amount Per Serving

Calories	640.00		
Fat	33.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	290.00mg		
Sodium	850.00mg		
Carbohydrates	64.00g		
Fiber	4.00g		
Sugar	12.00g		
Protein	20.00g		
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Egg Salad Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10800

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD 6-30CT GCHC	50 Each		206539
ONION SPANISH JUMBO 10 MRKN	8 Ounce		109620
CELERY JUMBO 16-24CT 40 MARKON	3 3/10 Cup		198536
SPICE PEPR BLK REST GRIND 5 TRDE	1 1/2 Teaspoon		242179
SPICE MUSTARD DRY 1 COLMANS	1 1/2 Ounce		400018
MAYONNAISE LT 4-1GAL GFS	1 3/4 Cup		429406
RELISH SWT PICKLE 4-1GAL GFS	1 Cup		517186
BREAD WGRAIN HNY WHT 16-24Z GFS	100 Slice		204822

Preparation Instructions

USDA Recipe # F-10

Directions:

Finely chop eggs.

Combine eggs, onions, celery, pepper, mustard, salad dressing or mayonnaise, and pickle relish. Mix lightly until well blended.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until ready to use.

Spread No. 12 scoop (1/3 cup) of egg salad onto 1 slice of bread. Top with second slice of bread. Cover. Refrigerate until ready to serve. Portion is 1 sandwich.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.09
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories 259.76

Fat 5.47g

SaturatedFat 0.90g

Trans Fat 0.00g

Cholesterol 122.27mg

Sodium 346.26mg

Carbohydrates 39.72g

Fiber 4.21g

Sugar 7.51g

Protein 9.61g

Vitamin A 36.84IU **Vitamin C** 0.59mg

Calcium 76.23mg **Iron** 2.53mg

Beef for Fiesta Nachos/ Tacos

Servings:	59.00	Category:	Entree
Serving Size:	2.68 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11207

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning Mix	1 Package		5935879
BEEF GRND 40 COMM	10 Pound	85/15 10 lb roll	110520

Preparation Instructions

USDA products information sheet 1.34 ounces of this beef (100158 USDA fine ground 85/15, frozen) credits as 1oz Meat/MA

Therefore 2.68 ounces = 2oz Meat/MA

2.68oz= approximately 1/2 c

SLE Components

Amount Per Serving

Meat	2.02
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: 59.00

Serving Size: 2.68 Ounce

Amount Per Serving

Calories	182.23		
Fat	12.14g		
SaturatedFat	4.05g		
Trans Fat	2.02g		
Cholesterol	52.62mg		
Sodium	70.13mg		
Carbohydrates	2.17g		
Fiber	0.00g		
Sugar	1.09g		
Protein	14.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11296

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	Barb's baking notes: 325 degrees for 20mins Manufacturer's 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.	281622
R&I made Bimbo Bakeries whole grain hamburger buns 12ct 26oz	1 bun	READY_TO_EAT	78700-80021 RI 1

Preparation Instructions

No Preparation Instructions available.

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	430.00		
Fat	17.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	600.00mg		
Carbohydrates	47.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	2.00mg

Popcorn Chicken with Rice Krispies Treat

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11309

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
TREAT RICE KRISPIE MINI WGRAIN 600CT	1 Each		565002

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
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 Each

Amount Per Serving

Calories	310.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	595.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	19.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Teriyaki Chicken and Brown Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11332

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 17/20 Ounce	serve 2.8oz chicken	890911
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

Prepare Chicken and Rice according to manufacturer's instructions. Offer 1/2 cup stir fry veggies on the side.

SLE Components

Amount Per Serving

Meat	2.00
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	826.00		
Fat	9.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	480.00mg		
Carbohydrates	159.00g		
Fiber	4.00g		
Sugar	15.00g		
Protein	31.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Stir Fry Veggies

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11333

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	20 Cup		732478
Carrots, Baby 15/1	1 Cup		381413
ONION SPANISH JUMBO 10 MRKN	2 Cup		109620
PEPPERS RED DOMESTIC 23 MRKN	2 Cup		560715
BOK CHOY BABY 10	2 Cup		139821
PEAS SGR SNAP STRINGLESS 10 P/L	2 Cup		778214
CAULIFLOWER BITE SIZE 2-3 RSS	2 Cup		732486
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GINGER GRND 16Z TRDE	1 Tablespoon		513695
SAUCE SOY 4-1GAL GCHC	2 Tablespoon		124524

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.34
RedVeg	0.05
OtherVeg	0.07
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	13.43
Fat	0.14g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	28.25mg
Carbohydrates	3.01g
Fiber	0.92g

Sugar	1.06g		
Protein	0.97g		
Vitamin A	418.21IU	Vitamin C	35.60mg
Calcium	17.25mg	Iron	0.31mg

Romaine Spinach Mix

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11372

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	1/2 Cup		329401
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup		735787

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	7.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	1.50g		
Fiber	1.00g		
Sugar	0.50g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	0.68mg

Macaroni and Cheese with WG Dinner Roll

Servings:	13.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11412

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	9 Cup	2/3 cup =.67cup=67/100 cup	119122
Fat Free Skim Milk	1 Carton		
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	13 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Stir in one carton of skim milk per bag of macaroni; one bag is 13- 6oz servings.

Serve 6oz of Macaroni and cheese on a tray with a dinner roll.

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: 13.00

Serving Size: 1.00 meal

Amount Per Serving

Calories	435.04		
Fat	12.37g		
SaturatedFat	6.20g		
Trans Fat	0.00g		
Cholesterol	34.08mg		
Sodium	1182.63mg		
Carbohydrates	53.03g		
Fiber	3.07g		
Sugar	16.58g		
Protein	25.49g		
Vitamin A	781.13IU	Vitamin C	2.46mg
Calcium	79.79mg	Iron	2.20mg

Yogurt with Granola

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11579

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.58
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	183.33
Fat	4.50g
SaturatedFat	1.33g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	133.33mg
Carbohydrates	29.67g
Fiber	1.00g
Sugar	21.50g
Protein	6.33g
Vitamin A 50.00IU	Vitamin C 0.00mg
Calcium 175.00mg	Iron 0.36mg

frosted flakes with scooby snacks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11581

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550

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 Each

Amount Per Serving

Calories	220.00
Fat	3.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	275.00mg
Carbohydrates	45.00g
Fiber	4.00g
Sugar	15.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 15.00mg
Calcium 100.00mg	Iron 5.22mg

Variety Oatmeal with Scooby Snacks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11582

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATMEAL INST VAR PACK 52CT QUAK	1 Each		756511
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.94
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	280.00		
Fat	5.68g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	335.00mg		
Carbohydrates	53.25g		
Fiber	4.33g		
Sugar	19.25g		
Protein	6.00g		
Vitamin A	1083.33IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	3.18mg

Greek Yogurt Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11750

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT GRK VAR PK FF 12-5.3Z OIKOS	1 Each		230822
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Each		736280
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

At service time offer yogurt, and other protein choices including: cheese stick, cheese cubes, hard boiled egg. Also offer enough grains for students to take 2oz equivalent, for example: muffins, crackers, cereal, granola and any combination to add up to two oz of grain.

SLE Components

Amount Per Serving

Meat	2.25
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 1 meal

Amount Per Serving

Calories	450.00		
Fat	14.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	495.00mg		
Carbohydrates	56.00g		
Fiber	2.00g		
Sugar	28.00g		
Protein	24.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	474.00mg	Iron	2.00mg

Deli Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11751

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 1/50 Ounce		236012
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

Preparation Instructions

According to PFS:

6 .51oz slices of ham = 2oz m/ma SO 2 slices = .667m/ma

6 .5oz slices of salami= 2oz m/ma SO 2 slices = .667m/ma

4 .5oz sloces of bologna= 2oz m/ma SO 2 slices= 1m/ma

2 slices of each flavor =2.33m/ma (rounds down to 2.25m/ma)

SLE Components

Amount Per Serving

Meat	3.25
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	395.22		
Fat	19.79g		
SaturatedFat	7.98g		
Trans Fat	0.00g		
Cholesterol	89.23mg		
Sodium	1248.51mg		
Carbohydrates	31.13g		
Fiber	2.00g		
Sugar	5.00g		
Protein	23.18g		
Vitamin A	337.56IU	Vitamin C	1.80mg
Calcium	266.10mg	Iron	3.35mg

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11752

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	4 Slice		690041
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
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 Each

Amount Per Serving

Calories	380.00		
Fat	17.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	85.00mg		
Sodium	1000.00mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	23.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	206.00mg	Iron	2.72mg

Chicken Salad Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11753

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD CHIX DELI STYL 2-5 GCHC	1/3 Cup		167870
BREAD RYE SWRL SLCD 1/2 8-34Z GCHC	2 Slice		219690

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 Each

Amount Per Serving

Calories	312.20		
Fat	8.60g		
SaturatedFat	0.99g		
Trans Fat	0.00g		
Cholesterol	19.80mg		
Sodium	776.20mg		
Carbohydrates	44.60g		
Fiber	2.66g		
Sugar	7.28g		
Protein	11.94g		
Vitamin A	66.00IU	Vitamin C	0.79mg
Calcium	55.20mg	Iron	2.40mg

Roast Beef Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11754

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
Beef Round Roast, Top (Inside, Cap-Off)	2 33/50 Ounce	2 33/50 ounces = 2.66 ounces = 4 slices	19864
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	2 Slice	READY_TO_EAT Open, pour and enjoy!	726567

Preparation Instructions

4oz Roast Beef is 6 slices = 2oz credible M/Ma according to Formulation Document

Use this amount 2.66oz Roast Beef is 4 slices = 1.33oz credible M/Ma

2oz Roast Beef is 3 slices = 1oz credible M/Ma

SLE Components

Amount Per Serving

Meat	2.83
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	300.00		
Fat	12.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	410.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	15.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	356.00mg	Iron	2.00mg

Popcorn Chicken Salad W/ Goldfish (Elementary)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11944

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
LETTUCE ROMN HRTS CHPD 6-2 TAYLR FRM	1 1/2 Cup		688853
SPINACH BABY CLND 2-2 RSS	1/2 Cup		560545
Grape Tomatoes	1/4 Cup		749041
CHEESE CHED MLD SHRD 4- 5 LOL	1/4 Ounce		150250
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Each		736280

Preparation Instructions

1. Place popcorn chicken on a parchment paper lined 13x24 cookie sheet.
2. Place in preheated 325 degree oven.
3. Bake for 20 minutes until internal temperature reaches 165 degrees for at least 15 seconds.
4. Cool to 70 degrees in 2 hrs. for less and then to 41 degrees in 6 hrs. or less.
5. Place romaine and spinach into container, top with cheese, tomatoes, and chicken.
6. Label and date mark, place into cooler until serving time. Serve with one package of goldfish.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.25
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	412.50		
Fat	18.75g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	77.50mg		
Sodium	767.50mg		
Carbohydrates	36.25g		
Fiber	7.50g		
Sugar	1.50g		
Protein	25.75g		
Vitamin A	12025.00IU	Vitamin C	31.50mg
Calcium	224.75mg	Iron	4.02mg

Fruit Parfait with Boiled Egg, Pretzels, and WG Muffin HS/MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12304

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	8 Ounce		541966
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1 3/10 Ounce		621420
STRAWBERRY SLCD 4+1 6-6.5 GFS	2 7/10 Ounce		293393
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Each	READY_TO_EAT Ready to Eat	893711
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800

Preparation Instructions

1. Scoop 8 ounces of Vanilla Yogurt into clear plastic cup.
2. Put 1/2 cup strawberries on top of yogurt (combination of 2:1 frozen diced strawberries and tub of sliced strawberries in sugar)
3. Label and date mark.
4. Serve with hard boiled egg , muffin, and a bag of pretzels.

SLE Components

Amount Per Serving

Meat	4.00
Grain	2.00
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	603.68
Fat	14.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	205.00mg
Sodium	495.00mg
Carbohydrates	101.25g
Fiber	4.49g
Sugar	67.60g

Protein	21.16g
Vitamin A 100.00IU	Vitamin C 24.18mg
Calcium 418.00mg	Iron 3.46mg

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12305

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
Chicken Fajita Breast Strips	3 Ounce	HEAT_AND_SERVE Fully Cooked; Reheat to 140°F Conventional Oven: 6-8 Minutes at 400°F Convection Oven: 5-7 Minutes at 375°F Microwave: 8-10 strips on high for 3 minutes	15632
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHEESE PARM SHRD FCY 10-2 PG	1/2 Ounce		460095

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	1.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

Amount Per Serving	
Calories	487.40
Fat	27.90g
SaturatedFat	4.10g
Trans Fat	2.00g
Cholesterol	82.50mg
Sodium	874.00mg
Carbohydrates	55.50g
Fiber	7.70g
Sugar	23.00g
Protein	34.10g
Vitamin A	1999.40IU
Vitamin C	24.66mg

Calcium 327.00mg **Iron** 7.57mg

Pretzel and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12329

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT KING SIZE 5Z 50CT J&J	1 Each	Place in pretzel warmer in the morning to thaw.	424714
SAUCE CHS CHED DIP CUP 140-3Z LOL	2 Each		528690

Preparation Instructions

Wrap pretzel in plastic wrap, date and label. Hang in pretzel warmer the morning of service to thaw.

SLE Components

Amount Per Serving

Meat	2.00
Grain	5.00
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 1 meal

Amount Per Serving			
Calories		720.00	
Fat		22.00g	
SaturatedFat		12.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		1440.00mg	
Carbohydrates		104.00g	
Fiber		2.00g	
Sugar		22.00g	
Protein		32.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	666.00mg	Iron	3.60mg

Sriracha Chicken Tender Meal with Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12330

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	4 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.	281731
FRIES TWISTER SEAS 6-5 LAMB	2 1/4 Ounce		182600
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Package		736280

Preparation Instructions

Offer Goldfish to meet grain requirement

SLE Components

Amount Per Serving

Meat	2.67
Grain	2.33
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 1 meal

Amount Per Serving			
Calories	566.67		
Fat	29.50g		
SaturatedFat	5.83g		
Trans Fat	0.00g		
Cholesterol	33.33mg		
Sodium	990.00mg		
Carbohydrates	51.67g		
Fiber	7.00g		
Sugar	1.33g		
Protein	25.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	175.00mg	Iron	4.67mg

Walking Taco (Regular Tortilla Chips)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12331

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND IND SRV 36-3Z GEHL	1 Package		861987
BEEF GRND 40 COMM	2 17/25 Ounce	2 17/25 ounce = 2.68 ounces	110520
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	4.50
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 1 meal

Amount Per Serving

Calories	494.00		
Fat	28.00g		
SaturatedFat	11.00g		
Trans Fat	2.00g		
Cholesterol	82.00mg		
Sodium	750.00mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	353.00mg	Iron	0.36mg

Walking Taco (Dorito Nacho Chips)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12332

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	2 17/25 Ounce	2 17/25 ounce = 2.68 ounces	110520
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
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 1 meal

Amount Per Serving

Calories	544.00		
Fat	29.00g		
SaturatedFat	11.00g		
Trans Fat	2.00g		
Cholesterol	82.00mg		
Sodium	900.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	383.00mg	Iron	0.40mg

Mashed Potato Chicken Bowl w/ Goldfish Crackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12356

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	8 Ounce	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
Sysco Chicken Gravy Mix	1/4 Cup	Prepare gravy according to packaging. There are approximately 68- 1/4 cup servings per bag.	
CORN FZ 30 COMM	2 Ounce	Heat corn. Scoop 1/4 cup corn over the potatoes and gravy.	120490
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	Barb's Baking notes: 325 degrees for 20 mins Manufacturer's baking notes: BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

- Prepare ingredients according to their packaging.
- Scoop 4oz of prepared potatoes into individual serving bowl.
- Ladle 2oz of prepared gravy over potatoes.
- Scoop 2oz of prepared corn over potatoes and gravy.
- Sprinkle 10 pieces of prepared popcorn chicken per bowl.
- On the side, offer goldfish crackers to meet grain requirement.
- Snap the lid onto the bowl.
- Label and date mark.
- Keep hot.

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	6.31

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 meal			
Amount Per Serving			
Calories	1423.20		
Fat	27.06g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	3254.44mg		
Carbohydrates	257.06g		
Fiber	29.24g		
Sugar	5.50g		
Protein	47.24g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	251.21mg	Iron	6.08mg

Chicken and Cheese Crisпитos with Cheese Cup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12357

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHS 72-2.75Z	2 Each	<p>Barb's baking notes: from frozen stage cook 225 degrees for 10 mins 350 degrees for 8 mins heat to 165 degrees</p> <p>Manufacturer's baking instructions: BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven 10 - 12 minutes at 375°F from frozen. 4 - 6 minutes at 375°F from thawed.</p> <p>CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven 9 - 11 minutes at 350°F from frozen.</p>	539635
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690

Preparation Instructions

Bake crisпитos in servings of 2 each.

Label and date mark packaging.

Offer Cheese Cup.

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 meal

Amount Per Serving

Calories	550.00
Fat	24.00g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1130.00mg
Carbohydrates	58.00g

Fiber		2.00g	
Sugar		18.00g	
Protein		28.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	477.00mg	Iron	2.00mg

Bosco Stick MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12358

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
BREADSTICK CHS STFD 108-3Z BOSC	2 Piece	THAW PRODUCT FULLY BEFORE BAKING. PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. TOP WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT CAN BE DEEP FRIED AT 350 DEGREES FOR 1 1/2 MINUTES. TOP WITH PARMESAN CHEESE AFTER DEEP FRYING.	432180

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

Amount Per Serving

Calories	480.00		
Fat	14.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	820.00mg		
Carbohydrates	62.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	26.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	314.00mg	Iron	3.60mg

Pepperoni WG Breadsticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12360

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PIZZA STFD PEPP 7 6-30CT	2 Each		193740

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	4.00
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 meal

Amount Per Serving

Calories	500.00		
Fat	20.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	800.00mg		
Carbohydrates	64.00g		
Fiber	6.00g		
Sugar	6.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Sriracha Chicken Chunk Meal with Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12362

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES TWISTER SEAS 6-5 LAMB	2 1/4 Ounce		182600
CHIX BRST CHNK BRD SRIRACHA 4-7.12	6 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.	750892
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.50
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 1 meal

Amount Per Serving			
Calories	505.00		
Fat	23.00g		
SaturatedFat	4.75g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	845.00mg		
Carbohydrates	50.00g		
Fiber	4.50g		
Sugar	3.00g		
Protein	27.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	138.00mg	Iron	3.50mg

Pizza Calzone

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12364

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each		135191

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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 meal

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

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12365

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 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.	327080
R&I made Bimbo Bakeries whole grain hamburger buns 12ct 26oz	1 bun	READY_TO_EAT	78700-80021 RI 1

Preparation Instructions

No Preparation Instructions available.

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	430.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	600.00mg		
Carbohydrates	48.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.00mg

Beef Pasty with String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12366

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTIES BF BULK 36-6Z ALB	1 Each		504858
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving

Calories	553.00		
Fat	35.00g		
SaturatedFat	16.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	995.00mg		
Carbohydrates	41.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	350.00IU	Vitamin C	9.60mg
Calcium	220.00mg	Iron	3.96mg

Strawberry Spinach Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12369

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	4 Ounce		212768
SPINACH LEAF FLAT CLND 4-2.5 RSS	4 Cup		329401
Chicken Fajita Breast Strips	3 Ounce	HEAT_AND_SERVE Fully Cooked; Reheat to 140°F Conventional Oven: 6-8 Minutes at 400°F Convection Oven: 5-7 Minutes at 375°F Microwave: 8-10 strips on high for 3 minutes	15632
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Each		736280
ALMOND SLIVERED BLNCHD 4-2.5 GFS	1 Ounce		134890

Preparation Instructions

Prepare ahead: Poppy Seed Dressing (See recipe) and Roasted Almonds

To roast almonds, spread a thin layer on a baking sheet, bake for 10 minutes at 325, cool and batch into 1oz cups for storage.

1. Place fresh ingredients in salad container
2. Put a 2oz cup of homemade Poppy Seed Dressing in salad container
3. Close the salad container and bag or serve with the following sides: 1 muffin, 1 package of goldfish
4. Label and date, store in cooler until serving time

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.44
GreenVeg	2.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 meal			
Amount Per Serving			
Calories		574.09	
Fat		36.90g	
SaturatedFat		1.50g	
Trans Fat		2.00g	
Cholesterol		70.00mg	
Sodium		830.50mg	
Carbohydrates		59.24g	
Fiber		10.92g	
Sugar		21.20g	
Protein		35.02g	
Vitamin A	513.61IU	Vitamin C	66.68mg
Calcium	318.32mg	Iron	11.40mg

Poppy Seed Dressing for Strawberry Spinach Salad

Servings:	32.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12371

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GFS	4 Cup		108642
SPICE PAPRIKA SPANISH 16Z TRDE	2 Teaspoon		225002
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	4 Cup		292702
VINEGAR APPLE CIDER 5 4-1GAL GCHC	2 Cup		430795
SPICE POPPY SEED WHOLE 20Z TRDE	1 Cup		225134
SAUCE WORCESTERSHIRE 24-5FLZ L&P	2 Teaspoon		109835

Preparation Instructions

Mix Ingredients. Batch into 2oz cups. Makes approximately 32 servings.

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: 2.00 Ounce

Amount Per Serving			
Calories	352.63		
Fat	28.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.86mg		
Carbohydrates	24.07g		
Fiber	0.00g		
Sugar	24.07g		
Protein	0.00g		
Vitamin A	75.08IU	Vitamin C	0.08mg
Calcium	0.75mg	Iron	0.08mg

Subway

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12440

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 Sandwich

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

Macaroni and Cheese with Shrimp Poppers

Servings:	13.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12441

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	9 Cup	Manufacturer instructions: THAW UNDER REFRIGERATION OVERNIGHT FOR BEST RESULTS THE PLASTIC POUCH IS STURDY ENOUGH TO WITHSTAND HEATING IN A STEAMER OR BOILING WATER. HEATING TIMES CAN VARY WITH TYPE OF EQUIPMENT USE AND NUMBER OF POUCHES HEATED. TAKE INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. BOILING WATER, PLACE THAWED UNOPENED POUCH IN BOILING WATER AND HEAT FOR 40 MINUTE, OR FOR FROZEN POUCH HEAT 50 MINUTES. INTERNAL TEMPERATURE OF 165 DEGREES F. STEAMER: 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.	119122
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	39 Ounce	CONVENTION OVEN: PREHEAT OVEN TO 425 DEGREES F. PLACE FROZEN SHRIMP POPPERS IN A SINGLE ; LAYER ON A BAKING SHEET ON CENTER OVEN RACK AND BAKE FOR 8-10 MINUTES OR UNTIL GOLDEN BROWN. CONVECTION OVEN: REHEAT OVEN TO 375 DEGREES F. PLACE FROZEN SHRIMP POPPERS IN A SINGLE LAYER ON A BAKING SHEET ON CENTER OVEN RACK AND BAKE FOR 7-8 MINUTES OR UNTIL GOLDEN BROWN. DEEP DRY: PLACE FROZEN SHRIMP POPPERS IN FRYER BASKET, DEEP FRY IN 350 DEGREES F OIL FOR 1 1/2-2 MINUTES DRAIN PRIOR TO SERVING.	275752
Fat Free Skim Milk	1 Carton		

Preparation Instructions

Stir in one carton of skim milk per bag of macaroni; one bag is 13- 6oz servings.

Serve 6oz of Macaroni and cheese on a tray with a dinner roll. $\frac{2}{3}$ cup = .67cup = $\frac{67}{100}$ cup = 6oz

SLE Components

Amount Per Serving

Meat	3.07
Grain	2.28
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 13.00
Serving Size: 1.00 meal

Amount Per Serving

Calories	565.04
Fat	21.37g
SaturatedFat	7.70g
Trans Fat	0.00g
Cholesterol	74.08mg
Sodium	1372.63mg
Carbohydrates	61.03g
Fiber	6.07g
Sugar	14.58g
Protein	31.49g

Vitamin A	794.30IU	Vitamin C	2.59mg
Calcium	83.98mg	Iron	2.75mg

French Toast Sticks with Egg Patty MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12463

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	6 Each		646222
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
SYRUP PANCK CUP 200-1.5Z GFS	1 Each		160090

Preparation Instructions

1. Place french toast sticks (65 per pan) on parchment lined 13x24 cookie sheet.
2. Place cookie sheet into a preheated 325 degree oven.
3. Bake for 8 - 10 minutes to 165 degrees for at least 15 seconds.
4. Place egg patties in 2 inch steam table pan. Steam for 20 minutes to 145 degrees for at least 15 seconds.
5. At service place 3 french toast sticks, 1 egg patty, and 1 syrup cup on tray.

SLE Components

Amount Per Serving

Meat	3.00
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	490.00
Fat	10.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	310.00mg
Sodium	660.00mg
Carbohydrates	78.00g
Fiber	4.00g
Sugar	35.00g

Protein	19.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	132.00mg	Iron	2.36mg

Eggs Scrambled with Bacon and Cheese, served with 1/2 bagel and jelly (optional condiment)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12473

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	2 Ounce		533034
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1/2 Each		230264
JELLY ASST 4 200-.5Z SMUCK	1 Each		284882

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
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 meal

Amount Per Serving

Calories	225.00		
Fat	0.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	170.00mg		
Sodium	375.00mg		
Carbohydrates	24.50g		
Fiber	2.00g		
Sugar	11.50g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.90mg

Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12628

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
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
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each		462519
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

Thaw frozen ingredients overnight. Heat Eggs and Meat according to manufacturer instructions, then assemble the sandwich. On half a bagel, put one sausage patty, one egg patty, then one slice of cheese on top. Place the second half of the bagel on top. If necessary, bake to melt the cheese.

SLE Components

Amount Per Serving

Meat	2.25
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	305.00		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	112.50mg		
Sodium	755.00mg		
Carbohydrates	30.50g		
Fiber	4.00g		
Sugar	5.50g		
Protein	18.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg

Calcium 150.00mg **Iron** 2.16mg

Yogurt served with Funnel Cake

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

Offer bulk yogurt, funnel cake and granola. Offer strawberries as a topping.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.58
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 meal

Amount Per Serving

Calories	583.33		
Fat	19.00g		
SaturatedFat	5.33g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	553.33mg		
Carbohydrates	89.67g		
Fiber	4.00g		
Sugar	50.00g		
Protein	15.33g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	390.00mg	Iron	2.16mg

Scrambled eggs served on two tortillas; offer onion, pepper, and cheese on the side

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12687

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND 6-5 GFS	1 Cup		465771
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690

Preparation Instructions

Prepare eggs according to manufacturer instructions, serve on two tortillas.

SLE Components

Amount Per Serving

Meat	5.00
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 meal

Amount Per Serving

Calories	440.00
Fat	19.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	380.00mg
Sodium	1050.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	6.00g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.00mg	Iron 3.44mg

Blueberry Smoothie

Servings:	5.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12712

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF 4-5 GFS	32 Ounce		166720
YOGURT VAN L/F 6-32Z DANN	32 Ounce		541966
Fat Free Skim Milk	1 Half Pint- 236mL		

Preparation Instructions

One batch makes 5 smoothies: Blend a full tub (32 oz) yogurt with 32oz blueberries (preferably thawed), blend, adding a carton of milk, give or take, as necessary for desired consistency. Divide between five 12 ounce cups (almost full), then lid and label.

SLE Components

Amount Per Serving

Meat	1.60
Grain	0.00
Fruit	0.80
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	368.00		
Fat	3.20g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	320.00mg		
Carbohydrates	61.60g		
Fiber	3.20g		
Sugar	55.20g		
Protein	20.80g		
Vitamin A	96.00IU	Vitamin C	9.28mg
Calcium	328.00mg	Iron	0.00mg

Mango Smoothie

Servings:	5.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12713

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MANGO CHUNKS IQF 4-5 GFS	32 Ounce		120750
YOGURT VAN L/F 6-32Z DANN	32 Ounce		541966
Fat Free Skim Milk	1 Half Pint- 236mL		

Preparation Instructions

One batch makes 5 smoothies: Blend a full tub (32 oz) yogurt with 32oz fruit (preferably thawed), blend, adding a carton of milk, give or take, as necessary for desired consistency. Divide between five 12 ounce cups (almost full), then lid and label.

SLE Components

Amount Per Serving

Meat	1.60
Grain	0.00
Fruit	0.80
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	400.00		
Fat	2.40g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	320.00mg		
Carbohydrates	73.60g		
Fiber	3.20g		
Sugar	68.00g		
Protein	20.80g		
Vitamin A	1162.67IU	Vitamin C	44.80mg
Calcium	328.00mg	Iron	0.00mg

Mixed Berry Smoothie

Servings:	5.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12714

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BERRIES THREE BLEND 4-5 GFS	32 Ounce		221020
YOGURT VAN L/F 6-32Z DANN	32 Ounce		541966
Fat Free Skim Milk	1 Half Pint- 236mL		

Preparation Instructions

One batch makes 5 smoothies: Blend a full tub (32 oz) yogurt with 32oz fruit (preferably thawed), blend, adding a carton of milk, give or take, as necessary for desired consistency. Divide between five 12 ounce cups (almost full), then lid and label.

SLE Components

Amount Per Serving

Meat	1.60
Grain	0.00
Fruit	0.80
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	368.00
Fat	3.20g
SaturatedFat	1.60g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	320.00mg
Carbohydrates	63.20g
Fiber	5.60g
Sugar	54.40g
Protein	21.60g
Vitamin A 96.00IU	Vitamin C 18.40mg
Calcium 344.00mg	Iron 0.58mg

Strawberry Smoothie

Servings:	5.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12715

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	32 Ounce		621420
YOGURT VAN L/F 6-32Z DANN	32 Ounce		541966
Fat Free Skim Milk	1 Half Pint- 236mL		

Preparation Instructions

One batch makes 5 smoothies: Blend a full tub (32 oz) yogurt with 32oz blueberries (preferably thawed), blend, adding a carton of milk, give or take, as necessary for desired consistency. Divide between five 12 ounce cups (almost full), then lid and label.

SLE Components

Amount Per Serving

Meat	1.60
Grain	0.00
Fruit	0.80
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	344.00		
Fat	2.40g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	320.00mg		
Carbohydrates	58.40g		
Fiber	2.40g		
Sugar	50.40g		
Protein	21.60g		
Vitamin A	96.00IU	Vitamin C	6.40mg
Calcium	328.00mg	Iron	1.44mg

Strawberry-Blueberry Smoothie

Servings:	5.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12717

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	16 Ounce		621420
BLUEBERRY IQF 4-5 GFS	16 Ounce		166720
YOGURT VAN L/F 6-32Z DANN	32 Ounce		541966
Fat Free Skim Milk	1 Half Pint- 236mL		

Preparation Instructions

One batch makes 5 smoothies: Blend a full tub (32 oz) yogurt with 32oz fruit, [half strawberries, half blueberries] (preferably thawed), blend, adding a carton of milk, give or take, as necessary for desired consistency. Divide between five 12 ounce cups (almost full), then lid and label.

SLE Components

Amount Per Serving

Meat	1.60
Grain	0.00
Fruit	0.80
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	356.00		
Fat	2.80g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	320.00mg		
Carbohydrates	60.00g		
Fiber	2.80g		
Sugar	52.80g		
Protein	21.20g		
Vitamin A	96.00IU	Vitamin C	7.84mg
Calcium	328.00mg	Iron	0.72mg

Onion and Pepper (Burrito Topping)

Servings:	8.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12729

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION SPANISH JUMBO 10 MRKN	16 Ounce		109620
PEPPERS RED DOMESTIC 23 MRKN	2 Cup		560715
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	2 Tablespoon		292702

Preparation Instructions

Dice onions and peppers, roast them in the oven with a drizzle of vegetable oil until they are tender-crisp and cooked to temp.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.29
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	64.63		
Fat	3.61g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.99mg		
Carbohydrates	7.64g		
Fiber	1.37g		
Sugar	3.79g		
Protein	0.93g		
Vitamin A	1001.07IU	Vitamin C	62.33mg
Calcium	16.07mg	Iron	0.28mg

Chicken Salad Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12849

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	3 1/4 Pound	Fully cooked. Thaw in refrigerator according to manufacturer instructions.	467802
CELERY DCD 1/2 2-5 RSS	2 1/2 Cup		503924
RELISH SWT PICKLE 4-1GAL GFS	3/4 Tablespoon		517186
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061
SPICE MUSTARD DRY 1 COLMANS	2 1/4 Teaspoon		400018
MAYONNAISE LT 4-1GAL GFS	1 1/2 Cup		429406
BREAD WGRAIN HNY WHT 16-24Z GFS	50 Slice		204822

Preparation Instructions

USDA Recipe # E-07

1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. Add salad dressing or mayonnaise. Mix lightly until well blended. Refrigerate.
2. CCP Cool to 70 degrees within 2 hours and from 70 degrees to 41 degrees, or lower within an additional 4 hours.
3. Mix lightly before serving.

Portion with No. 8 scoop (1/2 cup) onto a slice of bread. 1/2 cup portion of this product, ready for serving provides 2oz M/MA of cooked poultry.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories 309.48

Fat 6.45g

SaturatedFat 1.05g

Trans Fat 0.00g

Cholesterol 54.67mg

Sodium 375.17mg

Carbohydrates 41.01g

Fiber 4.20g

Sugar 7.22g

Protein 17.18g

Vitamin A 55.68IU **Vitamin C** 0.38mg

Calcium 68.50mg **Iron** 2.72mg

Fruit Parfait Ala Carte

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12888

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	8 Ounce		541966
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1 3/10 Ounce		621420
STRAWBERRY SLCD 4+1 6-6.5 GFS	2 7/10 Ounce		293393
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681
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
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830

Preparation Instructions

1. Scoop 8 ounces of Vanilla Yogurt into clear plastic cup.
2. Put 1/2 cup strawberries on top of yogurt (combination of 2:1 frozen diced strawberries and tub of sliced strawberries in sugar)
3. Label and date mark.
4. Serve with granola packet, muffin, and cheese stick.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
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 663.68

Fat 18.50g

SaturatedFat 7.50g

Trans Fat 0.00g

Cholesterol 55.00mg

Sodium 515.00mg

Carbohydrates 104.25g

Fiber 4.49g

Sugar 71.60g

Protein 23.16g

Vitamin A 100.00IU **Vitamin C** 24.18mg

Calcium 569.00mg **Iron** 2.38mg

Dannon Yogurt Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12987

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Each		736280
YOGURT STRAWB L/F FOTB 12-5.3Z DANN	1 Each		827402
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

At service time offer yogurt, and other protein choices including: cheese stick, cheese cubes, hard boiled egg. Also offer enough grains for students to take 2oz equivalent, for example: muffins, crackers, cereal, granola and any combination to add up to two oz of grain.

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 1 meal

Amount Per Serving			
Calories	470.00		
Fat	16.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	540.00mg		
Carbohydrates	66.00g		
Fiber	2.00g		
Sugar	36.00g		
Protein	17.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	524.00mg	Iron	2.00mg

Chicken Tender Wrap K-5

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Salad Meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13081

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR 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
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690
LETTUCE ROMN HRYS CHPD 6-2 TAYLR FRM	1 1/2 Cup		688853
SPINACH BABY CLND 2-2 RSS	1/2 Cup		560545
Grape Tomatoes	1/4 Cup		749041
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Package		554693

Preparation Instructions

1. Place chicken tenders on 13x24 parchment lined cookie sheet.
2. Place in preheated 325 degree oven.
3. Bake for 20 minutes until internal temperature reaches 165 degrees for at least 15 seconds.
4. Cool to 70 degrees within 2 hrs and then to 41 degrees within 6 hrs.
5. Place tortilla in container, top with lettuce, and spinach, cheese, tomatoes, and chicken.
6. Serve with 1 pkg. of ranch dressing.
7. Label and date mark. Place in cooler until serving time.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.13

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Salad Meal

Amount Per Serving

Calories	505.00
Fat	31.50g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	705.00mg
Carbohydrates	37.00g
Fiber	8.50g
Sugar	3.50g
Protein	19.00g

Vitamin A	11250.00IU	Vitamin C	31.50mg
Calcium	101.00mg	Iron	4.30mg

Cheese Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13082

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND IND SRV 36-3Z GEHL	1 Package		861987
SAUCE CHS CHED DIP CUP 140-3Z LOL	2 Each		528690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	4.50
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 1 meal

Amount Per Serving

Calories	520.00
Fat	26.00g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1270.00mg
Carbohydrates	47.00g
Fiber	2.00g
Sugar	20.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 686.00mg	Iron 0.36mg

Fiesta Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13344

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning Mix	2 tsp.		5935879
BEEF GRND 40 COMM	2 17/25 Ounce	2 and 17/25= 2.68 ounces approximately 1/2c	110520
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	1 2/5 Ounce	Each bag contains 8 2oz servings. READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
SAUCE CHS CHED POUCH 6-106Z LOL	1/8 Ounce		135261
SOUR CREAM PKT 100-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	860490

Preparation Instructions

Use beef as prepared according to Recipe number R-11207

USDA products information sheet 1.34 ounces of this beef (100158 USDA fine ground 85/15, frozen) credits as 1oz Meat/MA

Therefore 2.68 ounces = 2oz Meat/MA

PFS for tortilla chips 1oz=1.25eqG and 1.4oz=2eqG

2oz G =1.4oz= approx 18 chips= approx 2 cups according to PFS

SLE Components

Amount Per Serving

Meat	2.07
Grain	2.10
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 meal

Amount Per Serving

Calories	441.50
Fat	25.86g
SaturatedFat	8.69g
Trans Fat	2.00g
Cholesterol	73.30mg
Sodium	305.00mg
Carbohydrates	32.20g
Fiber	2.80g

Sugar			2.00g
Protein			18.13g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	84.59mg	Iron	0.50mg

PB& Grape Jelly Grab and Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13360

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
APPLE RD 100CT MRKN	1 Piece		197726

Preparation Instructions

Prepare ahead in grab and go box: PB&J sandwich, and cooks choice grain. (usually scooby snacks for grain)
Offer Fruit and Veg on the salad bar, or place in box for convenience. Students are required to take a half cup equivalent.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
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 1 meal

Amount Per Serving

Calories	786.60		
Fat	36.70g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	646.30mg		
Carbohydrates	103.00g		
Fiber	11.10g		
Sugar	51.00g		
Protein	20.30g		
Vitamin A	569.12IU	Vitamin C	5.89mg
Calcium	195.68mg	Iron	2.87mg

PB& Strawberry Jelly Grab and Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13361

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-5.3Z	1 Each		543822
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
APPLE RD 100CT MRKN	1 Piece		197726

Preparation Instructions

Prepare ahead in grab and go box: PB&J sandwich, and cooks choice grain. (usually scooby snacks for grain)
Offer Fruit and Veg on the salad bar, or place in box for convenience. Students are required to take a half cup equivalent.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
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 1 meal

Amount Per Serving

Calories	786.60		
Fat	36.70g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	646.30mg		
Carbohydrates	103.00g		
Fiber	11.10g		
Sugar	51.00g		
Protein	20.30g		
Vitamin A	569.12IU	Vitamin C	5.89mg
Calcium	196.68mg	Iron	2.87mg

Soy Butter Sandwich Grab and Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 40-4.6Z	1 Each		661222
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
APPLE RD 100CT MRKN	1 Piece		197726

Preparation Instructions

Prepare ahead in grab and go box: PB&J sandwich, and cooks choice grain. (usually scooby snacks for grain)
Offer Fruit and Veg on the salad bar, or place in box for convenience. Students are required to take a half cup equivalent.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
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 1 meal

Amount Per Serving	
Calories	756.60
Fat	35.70g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	556.30mg
Carbohydrates	94.00g
Fiber	12.10g
Sugar	42.00g
Protein	21.30g
Vitamin A 569.12IU	Vitamin C 5.89mg
Calcium 257.68mg	Iron 6.27mg

Chicken Tenders and Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13493

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351
CHIX TNR 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

Preparation Instructions

Heat according to manufacturer instruction. Serve three chicken tenders with one funnel cake.

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 meal

Amount Per Serving

Calories	560.00		
Fat	28.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	740.00mg		
Carbohydrates	59.00g		
Fiber	6.00g		
Sugar	13.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	3.80mg

Meatloaf with Corn Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14085

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	1 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641
CORNBREAD SNAC FORT WGRAIN IW 72- 2Z	2 Each		159791

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving			
Calories	530.00		
Fat	22.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	570.00mg		
Carbohydrates	64.00g		
Fiber	3.00g		
Sugar	35.00g		
Protein	18.00g		
Vitamin A	200.00IU	Vitamin C	9.00mg
Calcium	104.00mg	Iron	3.44mg

WG Chicken Tenders W/ Garlic Bread MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14086

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	5 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
BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

Preparation Instructions

1. Place chicken on parchment lined 13X24 cookie sheet.
2. Place in preheated 350 degrees oven for 20 minutes until temperature reaches 165 degrees for at least 15 seconds
3. At service time place chicken and garlic bread on tray and serve.

SLE Components

Amount Per Serving

Meat	3.33
Grain	2.67
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 1 meal

Amount Per Serving

Calories	513.33
Fat	28.50g
SaturatedFat	5.17g
Trans Fat	0.00g
Cholesterol	41.67mg
Sodium	800.00mg
Carbohydrates	36.67g
Fiber	6.00g
Sugar	1.67g

Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	64.00mg	Iron	4.33mg

French Toast Sticks with Cheese Omelet

HS/MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14087

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	6 Each		646222
EGG OMELET CHS COLBY 225-2.1Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	554470

Preparation Instructions

1. Place french toast sticks (65 per pan) on parchment lined 13x24 cookie sheet.
2. Place cookie sheet into a preheated 325 degree oven.
3. Bake for 8 - 10 minutes to 165 degrees for at least 15 seconds.
4. Place egg patties in 2 inch steam table pan. Steam for 20 minutes to 145 degrees for at least 15 seconds.
5. At service place 6 french toast sticks, 1 egg omelet, and 1 syrup cup on tray.

SLE Components

Amount Per Serving

Meat	4.00
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	430.00
Fat	15.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	405.00mg
Sodium	750.00mg
Carbohydrates	47.00g
Fiber	4.00g
Sugar	16.00g

Protein	24.00g		
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	192.00mg	Iron	2.72mg

French Toast Sticks with Cheese Omelet ELE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14088

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	3 Each		646222
EGG OMELET CHS COLBY 225-2.1Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	554470

Preparation Instructions

1. Place french toast sticks (65 per pan) on parchment lined 13x24 cookie sheet.
2. Place cookie sheet into a preheated 325 degree oven.
3. Bake for 8 - 10 minutes to 165 degrees for at least 15 seconds.
4. Place egg patties in 2 inch steam table pan. Steam for 20 minutes to 145 degrees for at least 15 seconds.
5. At service place 3 french toast sticks, 1 egg omelet, and 1 syrup cup on tray.

SLE Components

Amount Per Serving

Meat	3.00
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	270.00
Fat	11.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	300.00mg
Sodium	480.00mg
Carbohydrates	24.00g
Fiber	2.00g
Sugar	8.00g
Protein	16.00g
Vitamin A	400.00IU
Vitamin C	0.00mg

Calcium 136.00mg **Iron** 1.72mg

Yogurt with WW Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14149

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822

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 Each

Amount Per Serving

Calories	200.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	185.00mg		
Carbohydrates	35.00g		
Fiber	2.00g		
Sugar	19.50g		
Protein	8.00g		
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	205.00mg	Iron	1.00mg

Pop Tart with String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14150

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

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 meal

Amount Per Serving

Calories	260.00		
Fat	8.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	390.00mg		
Carbohydrates	39.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	8.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	1.80mg

Bagel with Cream Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
CHEESE CREAM CUP 100-1Z PHIL	1 Each		257737

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 meal

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	295.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	73.00mg	Iron	1.80mg

Tangerine Chicken and Brown Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce	Pre-heat oven to 350°F/400°F. Spread chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy Sauce in Bag (must be thawed) Boil in Bag/Steamer (Best) Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165 . °F Microwave (Good) Place entire sauce in bag into microwave for 3 minutes or until content is 165 . Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve.	791710

Preparation Instructions

Prepare chicken and Rice according to Manufacturer's instruction. Serve 3.9oz Meat and 1 cup rice. Offer 1/2 cup Stir Fry Veggies on the side (See Recipe R-11333)

Alternate Instructions

- Place 14 1/2 cups rice and 29 cups of water in 4 in. pan. Place in steamer and cook for 45 minutes until temperature reaches 135 degrees for at least 15 seconds
- Place chicken in 4in. deep pan, cook in preheated 325 degree oven for 20 minutes.
- Remove from oven drizzle sauce over chicken, place back in oven for additional 10 min. until temp. reaches 165 degrees for at least 15 seconds.
- Heat oil in saute pan until hot, add cut up vegetables, ginger, soy sauce, and garlic. Saute until temperature reaches 135 degrees.
- At service time, place 1 cup rice into container, top with 1/2 cup vegetables and 3.9 oz. chicken and serve.

SLE Components

Amount Per Serving

Meat	2.00
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 Each

Amount Per Serving

Calories	870.00		
Fat	10.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	380.00mg		
Carbohydrates	169.00g		
Fiber	6.00g		
Sugar	13.00g		
Protein	30.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

Two Cereals

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14469

Ingredients

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

Amount Per Serving

Calories	220.00
Fat	2.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	360.00mg
Carbohydrates	46.00g
Fiber	4.00g
Sugar	20.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 12.00mg
Calcium 200.00mg	Iron 9.00mg

Cereal and Poptart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14470

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
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890

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 meal

Amount Per Serving			
Calories	290.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	370.00mg		
Carbohydrates	61.00g		
Fiber	5.00g		
Sugar	25.00g		
Protein	4.00g		
Vitamin A	1000.00IU	Vitamin C	6.00mg
Calcium	200.00mg	Iron	6.30mg

Cereal and Oatmeal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14471

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
OATMEAL INST VAR PACK 52CT QUAK	1 Each		756511

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 meal

Amount Per Serving			
Calories	270.00		
Fat	3.18g		
SaturatedFat	0.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	400.00mg		
Carbohydrates	55.25g		
Fiber	5.33g		
Sugar	21.25g		
Protein	6.00g		
Vitamin A	1083.33IU	Vitamin C	6.00mg
Calcium	160.00mg	Iron	6.96mg

Cereal and WG Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14472

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
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681

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 meal

Amount Per Serving	
Calories	280.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	280.00mg
Carbohydrates	52.00g
Fiber	3.00g
Sugar	25.00g
Protein	5.00g
Vitamin A 500.00IU	Vitamin C 6.00mg
Calcium 115.00mg	Iron 5.50mg

Cereal and WG Graham Crackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14473

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
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

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 meal

Amount Per Serving	
Calories	230.00
Fat	4.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	295.00mg
Carbohydrates	44.00g
Fiber	3.00g
Sugar	18.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 6.00mg
Calcium 200.00mg	Iron 5.22mg

Cereal with Mango Smoothie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14474

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MANGO CHUNKS IQF 4-5 GFS	6 2/5 Ounce		120750
YOGURT VAN L/F 6-32Z DANN	6 2/5 Ounce		541966
Fat Free Skim Milk	1 3/5 Ounce		
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	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	1.60
Grain	1.00
Fruit	0.80
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 meal

Amount Per Serving

Calories	510.00
Fat	3.40g
SaturatedFat	1.60g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	500.00mg
Carbohydrates	96.60g
Fiber	5.20g
Sugar	78.00g
Protein	22.80g
Vitamin A 1662.67IU	Vitamin C 50.80mg
Calcium 428.00mg	Iron 4.50mg

Two Poptarts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14475

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	2 Piece		695890

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 meal

Amount Per Serving			
Calories	360.00		
Fat	5.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	380.00mg		
Carbohydrates	76.00g		
Fiber	6.00g		
Sugar	30.00g		
Protein	4.00g		
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Poptart with Oatmeal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14476

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
OATMEAL INST VAR PACK 52CT QUAK	1 Each		756511

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 meal

Amount Per Serving			
Calories		340.00	
Fat		4.68g	
SaturatedFat		1.33g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		410.00mg	
Carbohydrates		70.25g	
Fiber		6.33g	
Sugar		26.25g	
Protein		6.00g	
Vitamin A	1083.33IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	4.26mg

Poptart with Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14477

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681

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 meal

Amount Per Serving			
Calories	350.00		
Fat	7.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	290.00mg		
Carbohydrates	67.00g		
Fiber	4.00g		
Sugar	30.00g		
Protein	5.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	115.00mg	Iron	2.80mg

Poptart with WG Graham Cracker

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14478

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

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 meal

Amount Per Serving			
Calories		300.00	
Fat		6.00g	
SaturatedFat		2.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		305.00mg	
Carbohydrates		59.00g	
Fiber		4.00g	
Sugar		23.00g	
Protein		4.00g	
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	2.52mg

Poptart with Mango Smoothie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MANGO CHUNKS IQF 4-5 GFS	6 2/5 Ounce		120750
YOGURT VAN L/F 6-32Z DANN	6 2/5 Ounce		541966
Fat Free Skim Milk	1 3/5 Ounce		
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.60
Grain	1.00
Fruit	0.80
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 meal

Amount Per Serving

Calories	580.00
Fat	4.90g
SaturatedFat	2.60g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	510.00mg
Carbohydrates	111.60g
Fiber	6.20g
Sugar	83.00g
Protein	22.80g
Vitamin A 1662.67IU	Vitamin C 44.80mg
Calcium 428.00mg	Iron 1.80mg

Two Oatmeals

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14481

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATMEAL INST VAR PACK 52CT QUAK	2 Each		756511

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 meal

Amount Per Serving

Calories	320.00		
Fat	4.35g		
SaturatedFat	0.65g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	440.00mg		
Carbohydrates	64.50g		
Fiber	6.65g		
Sugar	22.50g		
Protein	8.00g		
Vitamin A	1166.67IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	4.92mg

Oatmeal with Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14482

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATMEAL INST VAR PACK 52CT QUAK	1 Each		756511
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681

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 meal

Amount Per Serving

Calories	330.00		
Fat	7.18g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	320.00mg		
Carbohydrates	61.25g		
Fiber	4.33g		
Sugar	26.25g		
Protein	7.00g		
Vitamin A	583.33IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	3.46mg

Oatmeal with Graham Crackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14483

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATMEAL INST VAR PACK 52CT QUAK	1 Each		756511
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

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 meal

Amount Per Serving

Calories	280.00		
Fat	5.68g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	335.00mg		
Carbohydrates	53.25g		
Fiber	4.33g		
Sugar	19.25g		
Protein	6.00g		
Vitamin A	1083.33IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	3.18mg

Oatmeal with Mango Smoothie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14484

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MANGO CHUNKS IQF 4-5 GFS	6 2/5 Ounce		120750
YOGURT VAN L/F 6-32Z DANN	6 2/5 Ounce		541966
Fat Free Skim Milk	1 3/5 Ounce		
OATMEAL INST VAR PACK 52CT QUAK	1 Each		756511

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.60
Grain	1.00
Fruit	0.80
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 meal

Amount Per Serving

Calories	560.00		
Fat	4.58g		
SaturatedFat	1.93g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	540.00mg		
Carbohydrates	105.85g		
Fiber	6.53g		
Sugar	79.25g		
Protein	24.80g		
Vitamin A	1746.00IU	Vitamin C	44.80mg
Calcium	388.00mg	Iron	2.46mg

Two WG Muffins

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14485

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOCOLATE CHIP IW 96-2Z	2 Each		273681

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 meal

Amount Per Serving

Calories	340.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	200.00mg		
Carbohydrates	58.00g		
Fiber	2.00g		
Sugar	30.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

WG Muffin with WG Graham Crackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14486

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

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 meal

Amount Per Serving

Calories	290.00		
Fat	8.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	215.00mg		
Carbohydrates	50.00g		
Fiber	2.00g		
Sugar	23.00g		
Protein	5.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	115.00mg	Iron	1.72mg

WG Graham Crackers with Mango Smoothie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14487

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MANGO CHUNKS IQF 4-5 GFS	6 2/5 Ounce		120750
YOGURT VAN L/F 6-32Z DANN	6 2/5 Ounce		541966
Fat Free Skim Milk	1 3/5 Ounce		
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.60
Grain	1.00
Fruit	0.80
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 meal

Amount Per Serving

Calories	520.00		
Fat	5.90g		
SaturatedFat	2.60g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	435.00mg		
Carbohydrates	94.60g		
Fiber	4.20g		
Sugar	76.00g		
Protein	22.80g		
Vitamin A	1662.67IU	Vitamin C	44.80mg
Calcium	428.00mg	Iron	0.72mg

WG Muffin with Mango Smoothie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14488

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MANGO CHUNKS IQF 4-5 GFS	6 2/5 Ounce		120750
YOGURT VAN L/F 6-32Z DANN	6 2/5 Ounce		541966
Fat Free Skim Milk	1 3/5 Ounce		
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.60
Grain	1.00
Fruit	0.80
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 meal

Amount Per Serving

Calories	570.00		
Fat	7.40g		
SaturatedFat	2.60g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	420.00mg		
Carbohydrates	102.60g		
Fiber	4.20g		
Sugar	83.00g		
Protein	23.80g		
Vitamin A	1162.67IU	Vitamin C	44.80mg
Calcium	343.00mg	Iron	1.00mg

Two WG Graham Crackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14489

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY 210-1Z	2 Package		859550

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 meal

Amount Per Serving			
Calories	240.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	230.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	4.00g		
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	1.44mg

Bagel with Cream Cheese and/or Jelly

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14677

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
CHEESE CREAM CUP 100-1Z PHIL	1 Each		257737
JELLY ASST 4 200-.5Z SMUCK	1 Each		284882

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 meal

Amount Per Serving

Calories	245.00		
Fat	8.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	300.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	73.00mg	Iron	1.80mg

Mango Smoothie with Glazed donut (ELE Breakfast)

Servings:	1.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14723

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MANGO CHUNKS IQF 4-5 GFS	6 2/5 Ounce		120750
YOGURT VAN L/F 6-32Z DANN	6 2/5 Ounce		541966
Fat Free Skim Milk	1/5 Half Pint- 236mL		
GLAZE DONUT HNY DIP 24# RICH	2 Tablespoon		889442
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582

Preparation Instructions

One batch makes 5 smoothies: Blend a full tub (32 oz) yogurt with 32oz fruit (preferably thawed), blend, adding a carton of milk, give or take, as necessary for desired consistency. (see smoothie recipe) Divide between five 12 ounce cups (almost full), then lid and label.

Glazed donut:

Store glaze at room temperature.

Stir glaze before applying to hot donut.

For best results, donut surface should be 180 degrees or greater.

Dip or pour over hot donuts. (approximately 2 Tablespoons)

Allow to dry on cooling rack 10-15 minutes.

Securely tighten lid after use.

SLE Components

Amount Per Serving

Meat	1.60
Grain	2.00
Fruit	0.80
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories 810.00

Fat 18.40g

SaturatedFat 8.60g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 620.00mg

Carbohydrates 135.60g

Fiber 5.80g

Sugar 107.00g

Protein 25.80g

Vitamin A 1174.08IU **Vitamin C** 44.80mg

Calcium 341.70mg **Iron** 0.80mg

Macaroni and Cheese double portion

Servings:	6.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14851

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	9 Cup		119122
Fat Free Skim Milk	1 Carton		

Preparation Instructions

Stir in one carton of skim milk per bag of macaroni; one bag is 13- 6oz servings.

Serve 6oz of Macaroni and cheese on a tray with a dinner roll. $2/3 \text{ cup} = .67 \text{ cup} = 67/100 \text{ cup} = 6\text{oz}$

SLE Components

Amount Per Serving

Meat	4.48
Grain	2.24
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 meal

Amount Per Serving

Calories	769.25		
Fat	24.63g		
SaturatedFat	13.43g		
Trans Fat	0.00g		
Cholesterol	73.83mg		
Sodium	2367.36mg		
Carbohydrates	86.74g		
Fiber	4.48g		
Sugar	29.43g		
Protein	48.73g		
Vitamin A	1692.44IU	Vitamin C	5.33mg
Calcium	129.55mg	Iron	2.42mg

Macaroni and Cheese with WG Chicken Nuggets

Servings:	13.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14856

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	9 Cup	2/3 cup =.67cup=67/100 cup	119122
Fat Free Skim Milk	1 Carton		
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	65 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.	281831

Preparation Instructions

Stir in one carton of skim milk per bag of macaroni; one bag is 13- 6oz servings.

Serve 6oz of Macaroni and cheese on a tray with 5 chicken nuggets

SLE Components

Amount Per Serving

Meat	4.57
Grain	2.28
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 meal

Amount Per Serving	
Calories	617.54
Fat	26.37g
SaturatedFat	8.70g
Trans Fat	0.00g
Cholesterol	59.08mg
Sodium	1492.63mg
Carbohydrates	56.28g
Fiber	4.57g
Sugar	14.83g
Protein	38.74g
Vitamin A	781.13IU
Vitamin C	2.46mg

Calcium 97.29mg **Iron** 3.62mg

Popcorn Chicken w/ biscuit

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14858

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851

Preparation Instructions

1. Place parchment paper on a 13X24 baking sheet.
2. Place pan into a preheated 325 degree oven and bake for 17 minutes until temperature reaches 135 degrees and held for at least 15 seconds.
3. At service time serve 10 pieces of popcorn chicken, 1 biscuit.

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: 10.00 Each

Amount Per Serving			
Calories	460.00		
Fat	21.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	960.00mg		
Carbohydrates	45.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	240.00mg	Iron	3.44mg

Baked Potato Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14860

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER FOIL WRPD 100CT P/L	1 Each		246859
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup		135261
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	2 Tablespoon		814781
SOUR CREAM PKT 100-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	860490
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250

Preparation Instructions

.25 c shredded cheese =1 m/ma

.25 c cheese sauce= 1 m/ma

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	0.75

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

Amount Per Serving	
Calories	731.20
Fat	26.00g
SaturatedFat	14.50g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	1112.40mg
Carbohydrates	90.00g
Fiber	8.80g
Sugar	7.00g
Protein	30.60g

Vitamin A	322.72IU	Vitamin C	21.76mg
Calcium	545.00mg	Iron	4.48mg

Philly Steak and Cheese Panini (less favorite meat)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15009

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GFS	4 Each		462519
CHEESE AMER 160CT SLCD 6- 5 COMM	4 Slice		150260
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	4 Each		720861
BREAD ULTRA LOCO SQUARED 12-12CT TFT	4 Each	READY_TO_EAT HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen THAW HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	220462

Preparation Instructions

Heat Eggs and Meat according to manufacturer instructions, then assemble the sandwich. On a flat bread, put an egg on each quarter/corner, steak on each egg, then a slice of cheese over top. Put the second flat bread on top. Grill to melt the cheese. Cut into 4 sandwiches.

SLE Components

Amount Per Serving

Meat	3.25
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: 4.00
Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	388.10
Fat	19.40g
SaturatedFat	6.90g
Trans Fat	0.52g
Cholesterol	127.50mg
Sodium	838.50mg
Carbohydrates	30.50g
Fiber	3.00g
Sugar	3.50g
Protein	22.40g

Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	180.00mg	Iron	2.88mg

Pizza Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	1 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
CHEESE MOZZ LT SHRD FZ 30 P/L	2 Ounce	For quick measuring, 2oz of cheese is 1/2 cup.	150610
PEPPERONI SLCD 14-16/Z 2- 12.5 GFS	6 Slice		729973

Preparation Instructions

Slice flatbread into quarters (or keep whole if it fits in the box).

Cup up cheese into 4oz containers with lid if time allows, otherwise it may be kept loose.

Put components into take out box.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving

Calories	366.00
Fat	14.20g
SaturatedFat	5.80g
Trans Fat	0.20g
Cholesterol	32.00mg
Sodium	863.00mg
Carbohydrates	36.40g
Fiber	5.00g
Sugar	5.00g
Protein	22.40g

Vitamin A	362.00IU	Vitamin C	9.60mg
Calcium	94.00mg	Iron	1.58mg

Turkey and Cheese Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15021

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE 500-2CT NAB	3 Package		441708
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.01
Grain	2.50
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 meal

Amount Per Serving			
Calories	225.62		
Fat	10.76g		
SaturatedFat	5.25g		
Trans Fat	0.00g		
Cholesterol	45.27mg		
Sodium	828.08mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	15.12g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	1.44mg

Macaroni and Cheese with Chicken Tenders

Servings:	13.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15032

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	9 Cup	<p>Manufacturer instructions: THAW IN REFRIGERATOR OVERNIGHT FOR BEST RESULTS THE PLASTIC POUCH IS STURDY ENOUGH TO WITHSTAND HEATING IN A STEAMER OR BOILING WATER. HEATING TIMES CAN VARY WITH TYPE OF EQUIPMENT USE AND NUMBER OF POUCHES HEATED. TAKE INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. BOILING WATER, PLACE THAWED UNOPENED POUCH IN BOILING WATER AND HEAT FOR 40 MINUTE, OR FOR FROZEN POUCH HEAT 50 MINUTES. INTERNAL TEMPERATURE OF 165 DEGREES F. STEAMER: 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-PANED, KEEP PRODUCT COVERED TIGHTLY.</p>	119122
Fat Free Skim Milk	1 Carton		
CHIX TNDR WGRAIN FC 4-8 TYS	39 Piece	<p>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.</p>	283951

Preparation Instructions

Stir in one carton of skim milk per bag of macaroni to thin the sauce and keep it from drying out; one bag of macaroni is 13- 6oz servings.

Serve 6oz of Macaroni and cheese on a tray with 3 chicken tenders

$2/3 \text{ cup} = .67 \text{ cup} = 67/100 \text{ cup} = 6 \text{ oz}$

SLE Components

Amount Per Serving

Meat	4.07
Grain	2.03
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 13.00
Serving Size: 1.00 meal

Amount Per Serving

Calories	615.04
Fat	26.37g
SaturatedFat	8.70g
Trans Fat	0.00g
Cholesterol	59.08mg
Sodium	1482.63mg
Carbohydrates	56.03g
Fiber	5.07g
Sugar	14.58g
Protein	37.49g

Vitamin A	781.13IU	Vitamin C	2.46mg
Calcium	95.79mg	Iron	3.12mg

Garden Salad with Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Salad Meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15088

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 1/2 Cup		735787
SPINACH LEAF FLAT CLND 4-2.5 RSS	1/2 Cup		329401
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
PEPPERS RED DOMESTIC 23 MRKN	1/4 Cup		560715
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

Preparation Instructions

1. Place romaine and spinach into container. Top with cheese, tomatoes, cucumbers, carrots, and broccoli.
2. Serve with muffin, string cheese, and two packets of croutons.
3. Label and date, place in cooler until serving time.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	1.25
RedVeg	1.03
OtherVeg	0.25
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Salad Meal

Amount Per Serving			
Calories	557.74		
Fat	24.63g		
SaturatedFat	10.60g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	850.06mg		
Carbohydrates	63.73g		
Fiber	9.56g		
Sugar	26.88g		
Protein	23.84g		
Vitamin A	9105.08IU	Vitamin C	103.97mg
Calcium	319.00mg	Iron	5.29mg

Chef Salad with Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15089

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 1/2 Cup		735787
SPINACH LEAF FLAT CLND 4-2.5 RSS	1/2 Cup		329401
Grape Tomatoes	1/4 Cup		749041
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
TURKEY HAM DCD 2-5 JENNO	3/4 Ounce		202150
TURKEY BRST DCD 2-5	3/4 Ounce		451300
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
EGG SHL LRG A GRD PAST 6-30CT GFS	1 Each		265454
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

Preparation Instructions

1. The morning before place raw eggs into a perforated steam table pan. Place in steamer and cook for 12 minutes.
2. Place on metal cart and place in cooler to cool overnight. Label and date mark.
3. The afternoon before pull diced chicken and ham, label and date mark and place into cooler to thaw.
4. Place lettuce and spinach into salad container, top with cheese, tomatoes, ham, turkey, egg, cucumber, broccoli.
5. Label and date mark and place into cooler until serving time.
6. Serve with muffin and two packages of croutons.

SLE Components

Amount Per Serving

Meat	3.63
Grain	2.00
Fruit	0.00

GreenVeg	1.25
RedVeg	1.33
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 1 meal

Amount Per Serving

Calories	501.31
Fat	19.49g
SaturatedFat	5.97g
Trans Fat	0.00g
Cholesterol	242.65mg
Sodium	864.49mg
Carbohydrates	57.31g
Fiber	6.96g
Sugar	21.38g
Protein	26.26g

Vitamin A	6555.74IU	Vitamin C	21.62mg
Calcium	226.44mg	Iron	5.98mg

Honey BBQ Beef Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15090

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
Bimbo Bakeries WG Hamburger Buns	1 1 bun		78700-80198 RI1

Preparation Instructions

FROM FROZEN BAKE ON SHEET PANS IN 350 DEGREE F CONVECTION OVEN FOR 11 MINUTES OR CONVENTIONAL OVEN FOR 13 MINUTES, OR MICROWAVE ON HIGH FOR 2 MINUTES.

Serve on WG Bun

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 sandwich

Amount Per Serving

Calories	360.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	870.00mg		
Carbohydrates	44.00g		
Fiber	5.00g		
Sugar	14.00g		
Protein	21.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	60.00mg	Iron	11.80mg

Tuna Macaroni Salad 6-12

Servings:	17.50	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15110

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA CAVATAPPI 8-2.5 PG	40 Ounce	1 full bag of pasta per recipe. Cook, then cool.	102938
DRESSING SALAD LT 4-1GAL LTHSE	6 Cup	READY_TO_EAT Open, pour and enjoy!	135030
ONION SPANISH JUMBO 10 MRKN	1 1/2 Cup	Diced	109620
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon	heaping	513881
SPICE ONION POWDER 19Z TRDE	2 Tablespoon	heaping	126993
PEAS FZ 30 COMM	8 Cup	Thaw.	110510
TUNA CHNK LT SKPJCK WTR 6-66.5Z STARK	51 1/5 Ounce	One full can, drained well.	433534
SALT IODIZED 18-2.25 GCHC	1 Tablespoon	heaping	350732
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037

Preparation Instructions

Cook noodles, then chill in cold water. Mix together with other ingredients.

Each 66.5 oz can of tuna yields 51.2 usable 1oz portions per food buying guide, (so 25.6 2oz servings).

For Prek-5 serve 1 cup portions.

For 6-12 serve 2 cup portions.

SLE Components

Amount Per Serving

Meat	2.93
Grain	2.29
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.06

Legumes	0.00
Starch	0.46

Nutrition Facts

Servings Per Recipe: 17.50
Serving Size: 2.00 Cup

Amount Per Serving

Calories	573.73		
Fat	15.60g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	71.31mg		
Sodium	1187.72mg		
Carbohydrates	78.43g		
Fiber	6.30g		
Sugar	17.43g		
Protein	30.95g		
Vitamin A	0.26IU	Vitamin C	0.97mg
Calcium	15.25mg	Iron	3.21mg

Vegetable Lasagna

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15211

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE LASAGNA RSTD VEG 4-5 GCHC	10 Cup	Slice the Lasagna so that you get ten servings per tray	821853
CHEESE MOZZ SHRD 4-5 LOL	7 1/2 Ounce	Sprinkle 7.5 oz (1.87 cups) cheese over each tray of lasagna to meet Meat/Meat alternate requirements	645170
BREAD GARL TX TST SLC 12-12CT GFS	10 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through. GRIDDLE_FRY Place directly in skillet on medium heat. Heat each side 2 minutes. GRILL Place directly on grill. Heat each side for 15 seconds or until butter is melted or until heated through.	611910
TREAT RICE KRISPIE MINI 600-.39Z KELL	10 Each		859570

Preparation Instructions

Lasagna Baking Instructions from Manufacturer: PREHEAT OVEN. REMOVE PLASTIC OVER WRAP AND LABEL FROM TRAY. TENT ALUMINUM LID OVER PRODUCT TRAY AND PLACE PRODUCT TRAY ON BAKING SHEET. PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR SPECIFIED TIME. CONVECTION, 325°F, THAWED: 45 - 55 MIN, FROZEN: 80 - 90 MIN, CONVENTIONAL (HOME), 375°F, THAWED: 90 - 100 MIN, FROZEN: 120 - 130 MIN . CAREFULLY REMOVE PRODUCT FROM OVEN (LIFT PAN FROM SIDES - DO NOT LIFT FROM CORNERS. TO AVOID SPILLING, ALWAYS SUPPORT BOTTOM OF PAN WITH A BAKING SHEET.) ON THE BAKING SHEET (**Evenly sprinkle 7.5 oz (1.875 cups) of shredded mozzarella cheese over top of hot lasagna, or bake additional time to melt**). AND LET STAND FOR 15 MINUTES PRIOR TO SERVING.

Evenly sprinkle 7.5 oz (1.875 cups) of shredded mozzarella cheese over top of hot lasagna, or bake additional time to melt.

Slice each tray into 10 slices.

Serve with 1 slice garlic toast and 1 rice krispie treat.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00
Serving Size: 1.00 Slice

Amount Per Serving

Calories	492.50
Fat	21.50g
SaturatedFat	7.63g
Trans Fat	0.00g
Cholesterol	41.25mg
Sodium	1025.00mg
Carbohydrates	50.75g
Fiber	2.00g
Sugar	11.75g
Protein	22.25g

Vitamin A	1500.00IU	Vitamin C	21.00mg
Calcium	409.75mg	Iron	2.38mg

Meat and Cheese Lasagna

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15212

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE LASAGNA MT W/RICOTTA 4-6 GCHC	12 Cup	Slice each tray of Lasagna into Twelve Slices	180390
BREAD GARL TX TST SLC 12-12CT GFS	12 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through. GRIDDLE_FRY Place directly in skillet on medium heat. Heat each side 2 minutes. GRILL Place directly on grill. Heat each side for 15 seconds or until butter is melted or until heated through.	611910
CHEESE MOZZ SHRD 4-5 LOL	3 Ounce	Sprinkle 3oz (.75 cup) cheese over top of Lasagna to meet Meat/Meat Alternate Requirements	645170

Preparation Instructions

Lasagna Baking Instructions from Manufacturer: PREHEAT OVEN. REMOVE PLASTIC OVERWRAP AND LABEL FROM TRAY. TENT ALUMINUM LID OVER PRODUCT TRAY AND PLACE PRODUCT TRAY ON BAKING SHEET. PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR SPECIFIED TIME. CONVECTION, 325°F, THAWED: 80 - 90 MIN, FROZEN: 100 - 110 MIN, CONVENTIONAL (HOME), 375°F, THAWED: 100 - 110 MIN, FROZEN: 150 - 160 MIN. CAREFULLY REMOVE PRODUCT FROM OVEN (LIFT PAN FROM SIDES - DO NOT LIFT FROM CORNERS. TO AVOID SPILLING, ALWAYS SUPPORT BOTTOM OF PAN WITH A BAKING SHEET.) ON THE BAKING SHEET (**Evenly sprinkle 7.5 oz (1.875 cups) of shredded mozzarella cheese over top of hot lasagna, or bake additional time to melt.**) AND LET STAND FOR 15 MINUTES PRIOR TO SERVING.

Slice each tray into 12 slices.

Serve with 1 slice garlic toast.

Crediting Information: Product formulation Statement says this Lasagna counts for 1.94 oz m/ma (rounds down to 1.75) Therefore we must add .25 oz cheese per slice, times 12 slices per tray = 3oz extra cheese required.

Product formulation Statement says this Lasagna counts for .75 oz grain (This ingredient in HPS doesn't contain grain information and is not user editable, therefore grain equivalence must be manually entered in HPS Program).

Garlic Bread slice counts for 1.75 oz grain according to food buying guide.

Therefore, with Lasagna and Garlic bread, total grains for this recipe = 2.5 oz Grain (not whole grain)

SLE Components

Amount Per Serving

Meat	2.00
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: 12.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories	492.50		
Fat	20.50g		
SaturatedFat	8.38g		
Trans Fat	0.50g		
Cholesterol	48.75mg		
Sodium	1415.00mg		
Carbohydrates	46.25g		
Fiber	3.00g		
Sugar	9.25g		
Protein	20.75g		
Vitamin A	1250.00IU	Vitamin C	27.00mg
Calcium	307.25mg	Iron	2.80mg

Refried Beans and Cheese

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15226

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	2 #10 CAN		293962
CHEESE CHED MLD SHRD 4-5 LOL	3 Cup		150250

Preparation Instructions

In a 4" full pan, spread 2 cans of beans and sprinkle with 3 cups cheese. Heat.

SLE Components

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	178.39		
Fat	4.41g		
SaturatedFat	2.04g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	618.72mg		
Carbohydrates	25.04g		
Fiber	6.47g		
Sugar	1.08g		
Protein	10.37g		
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	98.25mg	Iron	2.16mg

Turkey Ham with goldfish and dinner roll Prek-ele

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15227

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM 4-10 COMM	3 13/50 Ounce		150460
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving

Calories	262.00		
Fat	8.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	58.00mg		
Sodium	778.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	2.08mg

Macaroni and Cheese with a Turkey Frank Hot dog on WG Bun

Servings:	13.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15238

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	9 Cup	THE PLASTIC POUCH IS STURDY ENOUGH TO WITHSTAND HEATING IN A STEAMER OR BOILING WATER. HEATING TIMES CAN VARY WITH TYPE OF EQUIPMENT USE AND NUMBER OF POUCHES HEATED. TAKE INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. BOILING WATER, PLACE THAWED UNOPENED POUCH IN BOILING WATER AND HEAT FOR 40 MINUTE, OR FOR FROZEN POUCH HEAT 50 MINUTES. INTERNAL TEMPERATURE OF 165 DEGREES F. STEAMER: 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-PANNED, KEEP PRODUCT COVERED TIGHTLY.	119122
Fat Free Skim Milk	1 Carton		
FRANKS TURKEY CN 8/ 4-5 KE	13 Each		143545
Bimbo Bakeries WG Hot Dog Buns	13 1 bun		78700-80070-31 R11

Preparation Instructions

One bag is 13- 6oz servings.

When possible, leave the macaroni in sealed bag until service time, then, open the bag and pour into hot steam table. Stir in one carton of skim milk per bag of macaroni, more as necessary to keep macaroni from becoming too thick

Serve 6oz of Macaroni and cheese on a tray.

Serve a Hot Dog on a WG Bun.

SLE Components

Amount Per Serving

Meat	4.07
Grain	3.03

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 13.00
Serving Size: 1.00 meal

Amount Per Serving

Calories	635.04
Fat	22.37g
SaturatedFat	9.20g
Trans Fat	0.00g
Cholesterol	79.08mg
Sodium	1952.63mg
Carbohydrates	74.03g
Fiber	5.07g
Sugar	18.58g
Protein	36.49g

Vitamin A	792.20IU	Vitamin C	2.50mg
Calcium	155.62mg	Iron	12.00mg

Super Sack Lunch! MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15240

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	4 Slice		690041
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
APPLE RD 100CT MRKN	1 Piece		197726
CARROTS, CHL, BABY, WHL PEEL 100/3 OZ PG	1 Ounce		812540

Preparation Instructions

Prepare our usual Ham and Cheese Sandwich in a bag with an apple, carrot sticks, and one "trinkets and trash" toy.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.17
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	456.48		
Fat	17.26g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	85.00mg		
Sodium	1023.24mg		
Carbohydrates	53.50g		
Fiber	5.91g		
Sugar	21.25g		
Protein	23.49g		
Vitamin A	4247.56IU	Vitamin C	6.62mg
Calcium	222.68mg	Iron	3.12mg

Bosco Stick ELE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15303

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
BREADSTICK CHS STFD 108-3Z BOSC	1 Piece	THAW PRODUCT FULLY BEFORE BAKING. PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. TOP WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT CAN BE DEEP FRIED AT 350 DEGREES FOR 1 1/2 MINUTES. TOP WITH PARMESAN CHEESE AFTER DEEP FRYING.	432180

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

Amount Per Serving

Calories	260.00		
Fat	7.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	510.00mg		
Carbohydrates	35.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	14.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	164.00mg	Iron	1.80mg

BBQ Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15321

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	4 Ounce	KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 30-45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	366320
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

Preparation Instructions

Serve 4oz meat per sandwich.

IF JTM meat is not available, GFS Product number 584070 may be used as a substitute. However, due to crediting purposes, 7oz of this meat is required per sandwich to meet 2oz m/ma crediting requirements.

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 meal

Amount Per Serving			
Calories	358.00		
Fat	8.20g		
SaturatedFat	2.60g		
Trans Fat	0.04g		
Cholesterol	44.00mg		
Sodium	429.90mg		
Carbohydrates	47.00g		
Fiber	3.40g		
Sugar	20.00g		
Protein	21.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	86.00mg	Iron	2.00mg

Broccoli and Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15322

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	1/2 Cup		732478
SAUCE CHS CHED MILD 6-10 MI PUEBLO	4/25 Cup	.16 cup = 2.5 tablespoons	141931

Preparation Instructions

Steam as much broccoli as necessary, drizzle cheese over top and stir in.

According to Jen, approximately 1 can of cheese per 200 servings of broccoli.

According to production records, 1/2 cup broccoli to 1/6 cup cheese.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
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	53.40		
Fat	3.40g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	244.90mg		
Carbohydrates	6.20g		
Fiber	1.10g		
Sugar	1.64g		
Protein	1.20g		
Vitamin A	274.12IU	Vitamin C	39.25mg
Calcium	20.68mg	Iron	0.32mg

Seasoned Black Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15323

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN		231981
Taco Seasoning Mix	1/4 Cup		5935879

Preparation Instructions

Stir in 1/4 cup Taco Seasoning per one can of Black Beans, heat.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.27
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	129.41		
Fat	0.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.98mg		
Carbohydrates	24.80g		
Fiber	6.47g		
Sugar	1.08g		
Protein	7.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	64.67mg	Iron	1.94mg

BBQ Baked Chicken Drumstick W/ Alfredo Pasta

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15453

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BBQ CKD 4.4Z 10 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 35 - 40 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 20 - 25 minutes at 325°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Place drumsticks on a microwave safe plate and heat on HIGH for the following (rotate and turn over drumsticks halfway through total cook time): 1 drumstick = 3 to 4 minutes 2 drumsticks = 5 to 6 minutes 3 drumsticks = 7 to 9 minutes 4 drumsticks = 10 to 11 minutes	209279
PASTA CAVATAPPI 8-2.5 PG	1 Cup		102938
SAUCE ALFREDO FZ 6-5 JTM	1/2 Cup		155661

Preparation Instructions

1. Place drumsticks on parchment lined 13X24 cookie sheets.
2. Place in preheated 350 degree oven.
3. Bake for 35-40 minutes to temperature of 165 degrees and held for at least 15 seconds.

At Service time, serve 1 drumstick, one cup pasta and half cup Alfredo sauce.

USDA Whole Grain-Rich Ounce Equivalency (OZ EQ) Requirements for School Meal Programs Group H 1oz equivalent = 1/2 cup cooked, or 1 ounce (28g) dry

JTM Alfredo Sauce 1.83oz credits at 1oz M/MA

One Tyson Barbeque Glazed Chicken Drumstick counts for 1.75oz M/MA

SLE Components

Amount Per Serving

Meat	3.75
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 1 meal

Amount Per Serving			
Calories		520.00	
Fat		19.00g	
SaturatedFat		8.00g	
Trans Fat		0.00g	
Cholesterol		78.00mg	
Sodium		1318.00mg	
Carbohydrates		58.00g	
Fiber		2.00g	
Sugar		9.00g	
Protein		31.00g	
Vitamin A	442.00IU	Vitamin C	0.00mg
Calcium	392.00mg	Iron	2.80mg

WG Popcorn Chicken with Alfredo Pasta

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15454

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA CAVATAPPI 8-2.5 PG	1/2 Cup		102938
SAUCE ALFREDO FZ 6-5 JTM	1/4 Cup		155661
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

Serve 4 chicken nuggets, 1 cup pasta, half cup sauce

5 chicken nuggets count as 2.00 ounces of equivalent meat/meat alternate and 1.00 oz equivalent grains (so 4 nuggets would count as 1.5 m/ma and .75g)

USDA Whole Grain-Rich Ounce Equivalency (OZ EQ) Requirements for School Meal Programs Group H 1oz equivalent = 1/2 cup cooked, or 1 ounce (28g) dry

JTM Alfredo Sauce 1.83oz credits at 1oz M/MA

SLE Components

Amount Per Serving

Meat	3.00
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 meal

Amount Per Serving

Calories	450.00		
Fat	18.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	89.00mg		
Sodium	924.00mg		
Carbohydrates	43.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	28.50g		
Vitamin A	421.00IU	Vitamin C	0.00mg

Calcium 216.00mg **Iron** 2.34mg

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15486

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS MOZZ WGRAIN 96- 4.4Z	2 Piece	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	584834
SOUR CREAM PKT 100-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	860490

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving	
Calories	370.00
Fat	17.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	610.00mg
Carbohydrates	34.00g
Fiber	3.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 372.00mg	Iron 2.40mg

Stromboli MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15487

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STROMBOLI MT & CHS 72-4.2Z S&F	2 Each	For best results, allow to thaw prior to cooking. Do not refreeze. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer. Marketing Tips	474964

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.00
Grain	4.00
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 meal

Amount Per Serving

Calories	520.00		
Fat	20.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	1280.00mg		
Carbohydrates	58.00g		
Fiber	6.00g		
Sugar	8.00g		
Protein	32.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Stromboli Ele

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15488

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STROMBOLI MT & CHS 72-4.2Z S&F	1 Each	For best results, allow to thaw prior to cooking. Do not refreeze. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer. Marketing Tips	474964

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving

Calories	260.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	640.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken Nuggets 8ct

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15491

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	8 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.	281831

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.00
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 meal

Amount Per Serving			
Calories	420.00		
Fat	24.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	640.00mg		
Carbohydrates	26.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	4.00mg

Chicken Nuggets and Onion Rings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15492

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	8 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	281831
ONION RING BRD WGRAIN 6-5#TASTY BRAND	5 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	234061

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving	
Calories	620.00
Fat	32.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	870.00mg
Carbohydrates	54.00g
Fiber	7.00g
Sugar	7.00g
Protein	29.00g
Vitamin A 0.00IU	Vitamin C 2.40mg
Calcium 160.00mg	Iron 5.08mg

Chicken Nuggets and Dinner Roll Ele

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15493

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 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.	281831
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Dinner Roll Credits as 1 grain per food buying guide. "1 slice provides 1 grains serving (must weigh at least 28 g or 1.0 oz)"

According to PFS, 5 nuggets =2m/1g

FOR BHK serve 4 nuggets =1.5m/.75g

FOR ELE serve 5 nuggets =2m/1g

FOR MS serve 6 nuggets =2.25m/1g

FOR HS serve 8 nuggets =3m/1.5g

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 meal

Amount Per Serving

Calories	342.50		
Fat	16.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	490.00mg		
Carbohydrates	29.25g		
Fiber	3.50g		
Sugar	4.25g		
Protein	19.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 57.50mg **Iron** 3.58mg

Hammie Sammie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15552

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bimbo Bakeries WG Hamburger Buns	1 1 bun		78700-80198 RI1
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
TURKEY HAM UNCURED 6-2 JENNO	3 Slice		690041

Preparation Instructions

Warm in oven until cheese melts.

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 1 sandwich

Amount Per Serving

Calories	300.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	57.50mg		
Sodium	695.00mg		
Carbohydrates	33.75g		
Fiber	3.00g		
Sugar	6.00g		
Protein	19.25g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	95.00mg	Iron	10.54mg

Spicy Black Bean Veggie Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15553

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bimbo Bakeries WG Hamburger Buns	1 1 bun	BAKE	78700-80198 R11
Morningstar Farms Spicy Black Bean Veggie Burger	1 Each	BAKE Keep frozen until ready to use. Heat to minimum internal temp of 165F Preheat oven to 350F, place burgers in a single layer on a baking sheet for 8-10 minutes.	8821914

Preparation Instructions

Cheese, optional condiment. Offer on Salad Bar.

SLE Components

Amount Per Serving

Meat	2.25
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 1 sandwich

Amount Per Serving

Calories	310.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	520.00mg		
Carbohydrates	47.00g		
Fiber	8.00g		
Sugar	6.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	11.30mg

Yogurt Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15554

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 12-5.3Z DANN	1 Each		827611
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	2 Each		557991

Preparation Instructions

Choose one yogurt: Trix, Dannon, Go Big or Greek

Choose one protein: Boiled Egg, Cheese Cubes, String Cheese, or Cheese Stick

Choose two oz eq grains: any combination of muffin, granola, cracker, cereal, etc.

Yoplait Trix Low Fat Triple Cherry Yogurt, Cup, 4 Oz Package, 48/Case

Item Number: 186911

Yoplait Trix Low Fat Strawberry Banana Bash Yogurt, Cup, 4 Oz Each, 48/Case

Item Number: 551760

Yoplait Trix Low Fat Raspberry Rainbow Yogurt, Cup, 4 Oz Each, 48/Case

Item Number: 551770

Dannon Low Fat Blueberry Yogurt, Fruit on the Bottom, Cup, 5.3 Oz Each, 12/Case

Item Number: 827431

Dannon Low Fat Strawberry Yogurt, Fruit on the Bottom, Cup, 5.3 Oz Each, 12/Case

Item Number: 827402

Dannon Low Fat Peach Yogurt, Fruit on the Bottom, Cup, 5.3 Oz Each, 12/Case

Item Number: 827471

Dannon Low Fat Mixed Berry Yogurt, Fruit on the Bottom, Cup, 5.3 Oz Each, 12/Case

Item Number: 827481

Dannon Low Fat Vanilla Yogurt, Cup, 5.3 Oz Each, 12/Case

Item Number: 827611

Light & Fit Nonfat Strawberry Yogurt, Cup, 5.3 Oz Each, 12/Case

Item Number: 719481

"Go big" Yoplait Low Fat Strawberry Yogurt, Pouch, 4 Ounce, 8 Ct Each, 6/Case

Item Number: 707193

Dannon Oikos Nonfat Strawberry/Blueberry/Black Cherry Greek Yogurt, Cup, Variety Pack, 5.3 Oz Each, 12/Case

Item Number: 230822

GFS Large Grade A Shell Eggs, Pasteurized, Refrigerated, 30 Ct Tray, 6/Case

Item Number: 265454

Land O Lakes Colby Jack Cheese, Cubed, Reduced Fat, Individually Wrapped, 1 Oz Bag, 200/Case

Item Number: 680130

Land O'Lakes Reduced Fat Mild Cheddar Cheese Sticks, Individually Wrapped, 1 Oz Each, 168/Case

Item Number: 786830

Land O'Lakes Mozzarella String Cheese, Individually Wrapped, 1 Oz Each, 168/Case

Item Number: 786580

Grains: see grain binder

SLE Components

Amount Per Serving

Meat	2.25
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 meal

Amount Per Serving

Calories	630.00		
Fat	21.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	110.00mg		
Sodium	550.00mg		
Carbohydrates	88.00g		
Fiber	4.00g		
Sugar	56.00g		
Protein	22.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	484.00mg	Iron	2.88mg

French Bread Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15881

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	1 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154321

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 meal

Amount Per Serving

Calories	290.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	440.00mg		
Carbohydrates	33.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	750.00IU	Vitamin C	6.00mg
Calcium	360.00mg	Iron	2.60mg

Little Caesars Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15882

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Little Caesars Cheese Pizza	1 1 Slice	Delivered Ready to Eat Record Date and Temperature when received	

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.21
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving

Calories	250.00
Fat	8.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	470.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	1.00g
Protein	12.00g
Vitamin A 20.00IU	Vitamin C 2.00mg
Calcium 200.00mg	Iron 1.70mg

Little Caesars Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Little Caesars Pepperoni Pizza	1 1 Slice	BAKE	

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.21
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving			
Calories	280.00		
Fat	11.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	13.00g		
Vitamin A	20.00IU	Vitamin C	2.00mg
Calcium	200.00mg	Iron	1.70mg

Corn Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15888

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each		620220

Preparation Instructions

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

FROZEN: FRY - NOT RECOMMENDED

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

MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 4-5 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 14-17 MINUTES. QTY: FULL PAN

CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES. QTY: FULL PAN MICROWAVE (1100 WATTS): HIGH FOR 30 SECONDS, TURN, HIGH FOR 30 SECONDS MORE. QTY: 2

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 meal

Amount Per Serving

Calories	240.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	470.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.50mg

Two Turkey Frank Hot dogs on WG Bun (MS/HS Only)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16040

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TURKEY CN 8/ 4-5 KE	2 Each	Fully Cooked. Heat to 165 according to manufacturer. May be steamed, grilled, microwaved, or oven heated.	143545
Bimbo Bakeries WG Hot Dog Buns	2 1 bun	BAKE	78700-80070-31 RI1

Preparation Instructions

Serve a Hot Dog on a WG Bun.

SLE Components

Amount Per Serving

Meat	4.00
Grain	4.00
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 meal

Amount Per Serving

Calories	560.00		
Fat	22.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	1720.00mg		
Carbohydrates	68.00g		
Fiber	6.00g		
Sugar	10.00g		
Protein	28.00g		
Vitamin A	22.14IU	Vitamin C	0.08mg
Calcium	191.66mg	Iron	21.76mg

Chicken Nuggets and Dinner Roll BHK (Pre K)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16248

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	4 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.	281831
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Dinner Roll Credits as 1 grain per food buying guide. "1 slice provides 1 grains serving (must weigh at least 28 g or 1.0 oz)"

According to PFS, 5 nuggets =2m/1g

FOR BHK serve 4 nuggets =1.5m/.75g

FOR ELE serve 5 nuggets =2m/1g

FOR MS serve 6 nuggets =2.25m/1g

FOR HS serve 8 nuggets =3m/1.5g

SLE Components

Amount Per Serving

Meat	1.50
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: 1.00 meal

Amount Per Serving

Calories	290.00
Fat	13.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	410.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.00g
Protein	16.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 50.00mg **Iron** 3.08mg

Chicken Nuggets and Dinner Roll MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16249

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	6 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.	281831
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Dinner Roll Credits as 1 grain per food buying guide. "1 slice provides 1 grains serving (must weigh at least 28 g or 1.0 oz)"

According to PFS, 5 nuggets =2m/1g

FOR BHK serve 4 nuggets =1.5m/.75g

FOR ELE serve 5 nuggets =2m/1g

FOR MS serve 6 nuggets =2.25m/1g

FOR HS serve 8 nuggets =3m/1.5g

SLE Components

Amount Per Serving

Meat	2.25
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 meal

Amount Per Serving

Calories	395.00
Fat	19.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	570.00mg
Carbohydrates	32.50g
Fiber	4.00g
Sugar	4.50g
Protein	22.50g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 65.00mg **Iron** 4.08mg

Chicken Nuggets and Dinner Roll HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16250

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	8 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.	281831
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Dinner Roll Credits as 1 grain per food buying guide. "1 slice provides 1 grains serving (must weigh at least 28 g or 1.0 oz)"

According to PFS, 5 nuggets =2m/1g

FOR BHK serve 4 nuggets =1.5m/.75g

FOR ELE serve 5 nuggets =2m/1g

FOR MS serve 6 nuggets =2.25m/1g

FOR HS serve 8 nuggets =3m/1.5g

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.50
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 meal

Amount Per Serving

Calories	500.00
Fat	25.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	730.00mg
Carbohydrates	39.00g
Fiber	5.00g
Sugar	5.00g
Protein	29.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 80.00mg **Iron** 5.08mg

WG Cheese Ravioli Pre K/ELE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16257

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1/4 Cup		315494
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	3 Each	<p>BOIL Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.</p>	553982
BREAD GARL TX TST SLC 12-12CT GFS	1 Slice	<p>BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through. GRIDDLE_FRY Place directly in skillet on medium heat. Heat each side 2 minutes. GRILL Place directly on grill. Heat each side for 15 seconds or until butter is melted or until heated through.</p>	611910

Preparation Instructions

Place ravioli in a steamtable with spaghetti sauce.

- Place cover on pan and put in steamer for 60 minutes to a minimum temp. of 135 degrees for at least 15 seconds.
- At serving time place 3 ravioli and 1/4 cup of sauce on serving tray.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving			
Calories		370.00	
Fat		12.00g	
SaturatedFat		2.00g	
Trans Fat		0.00g	
Cholesterol		50.00mg	
Sodium		1010.00mg	
Carbohydrates		46.00g	
Fiber		2.50g	
Sugar		6.00g	
Protein		19.00g	
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	166.00mg	Iron	2.62mg

WG Cheese Ravioli MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16258

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1/2 Cup		315494
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	4 Each	BOIL Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.	553982
BREAD GARL TX TST SLC 12-12CT GFS	0 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through. GRIDDLE_FRY Place directly in skillet on medium heat. Heat each side 2 minutes. GRILL Place directly on grill. Heat each side for 15 seconds or until butter is melted or until heated through.	611910

Preparation Instructions

Place ravioli in a steamtable with spaghetti sauce.

2. Place cover on pan and put in steamer for 60 minutes to a minimum temp. of 135 degrees for at least 15 seconds.
3. At serving time place 4 ravioli and 1/2 cup of sauce on serving tray.

SLE Components

Amount Per Serving

Meat	2.67
Grain	1.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 meal

Amount Per Serving			
Calories		300.00	
Fat		4.00g	
SaturatedFat		2.00g	
Trans Fat		0.00g	
Cholesterol		66.67mg	
Sodium		1146.67mg	
Carbohydrates		42.67g	
Fiber		4.33g	
Sugar		9.33g	
Protein		22.00g	
Vitamin A	266.67IU	Vitamin C	0.00mg
Calcium	220.00mg	Iron	2.52mg

The Max Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16288

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM PKT 100-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	860490
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each		231771

Preparation Instructions

Convection Oven*: Preheat oven to 375°F. Bake on parchment lined pan 14 - 19 minutes.

Conventional Oven: Preheat oven to 400°F. Bake on parchment lined pan 14 - 19 minutes.

Note: Due to oven variances, cooking times and temperatures may require adjustment. Product must be cooked until internal temperature reaches a minimum of 165°F. Refrigerate or discard any unused portion.

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 meal

Amount Per Serving

Calories	380.00		
Fat	17.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	760.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	283.00mg	Iron	2.70mg

WG Popcorn Chicken with Alfredo Pasta

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16295

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA CAVATAPPI 8-2.5 PG	1 Cup		102938
SAUCE ALFREDO FZ 6-5 JTM	1/2 Cup		155661
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

Serve 4 chicken nuggets, 1 cup pasta, half cup sauce

5 chicken nuggets count as 2.00 ounces of equivalent meat/meat alternate and 1.00 oz equivalent grains (so 4 nuggets would count as 1.5 m/ma and .75g)

USDA Whole Grain-Rich Ounce Equivalency (OZ EQ) Requirements for School Meal Programs Group H 1oz equivalent = 1/2 cup cooked, or 1 ounce (28g) dry

JTM Alfredo Sauce 1.83oz credits at 1oz M/MA

SLE Components

Amount Per Serving

Meat	4.00
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 meal

Amount Per Serving

Calories	640.00		
Fat	24.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	108.00mg		
Sodium	1298.00mg		
Carbohydrates	69.00g		
Fiber	5.00g		
Sugar	8.00g		
Protein	38.00g		
Vitamin A	642.00IU	Vitamin C	0.00mg

Calcium 412.00mg **Iron** 3.24mg

Smaller Turkey and Cheese Sub Prek-5

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16395

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Slice		689541
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011

Preparation Instructions

1. Place turkey and cheese on the bottom of the sub bun.
2. Place top of sub bun on the sandwich.
3. Put parchment paper on a 13x24 cookie sheet. place sandwiches on top.

SLE Components

Amount Per Serving

Meat	2.06
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	315.27		
Fat	11.17g		
SaturatedFat	3.39g		
Trans Fat	0.00g		
Cholesterol	43.73mg		
Sodium	846.37mg		
Carbohydrates	30.50g		
Fiber	2.00g		
Sugar	4.50g		
Protein	21.55g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	131.00mg	Iron	2.00mg

Tangerine Chicken and Brown Rice BHK

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16396

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce	Pre-heat oven to 350°F/400°F. Spread chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy Sauce in Bag (must be thawed) Boil in Bag/Steamer (Best) Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165 . °F Microwave (Good) Place entire sauce in bag into microwave for 3 minutes or until content is 165 . Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve.	791710

Preparation Instructions

Prepare chicken and Rice according to Manufacturer's instruction. Serve 3.9oz Meat and 1/2 cup rice. Offer 1/4 cup Stir Fry Veggies on the side (See Recipe R-11333)

Rice 1/2 Cup= 1Grain eq

Alternate Instructions

- Place 14 1/2 cups rice and 29 cups of water in 4 in. pan. Place in steamer and cook for 45 minutes until temperature reaches 135 degrees for at least 15 seconds
- Place chicken in 4in. deep pan, cook in preheated 325 degree oven for 20 minutes.
- Remove from oven drizzle sauce over chicken, place back in oven for additional 10 min. until temp. reaches 165 degrees for at least 15 seconds.
- Heat oil in saute pan until hot, add cut up vegetables, ginger, soy sauce, and garlic. Saute until temperature reaches 135 degrees.
- At service time, place 1 cup rice into container, top with 1/2 cup vegetables and 3.9 oz. chicken and serve.

SLE Components

Amount Per Serving

Meat	2.00
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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	530.00
Fat	7.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	380.00mg
Carbohydrates	97.00g
Fiber	4.00g
Sugar	13.00g
Protein	22.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

Smaller Deli Sub for Prek-5

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16397

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	1 51/100 Ounce		236012
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142

Preparation Instructions

According to PFS:

- 6 .51oz slices of ham = 2oz m/ma SO 2 slices = .667m/ma
- 6 .5oz slices of salami= 2oz m/ma SO 2 slices = .667m/ma
- 4 .5oz sloces of bologna= 2oz m/ma SO 2 slices= 1m/ma
- 2 slices of each flavor =2.33m/ma (rounds down to 2.25m/ma)
- SO 1 slice of each flavor= 1.156m/ma (rounds down to 1m/ma)

SLE Components

Amount Per Serving

Meat	1.63
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	277.61		
Fat	10.89g		
SaturatedFat	4.24g		
Trans Fat	0.00g		
Cholesterol	44.62mg		
Sodium	719.25mg		
Carbohydrates	30.06g		
Fiber	2.00g		
Sugar	4.50g		
Protein	14.09g		
Vitamin A	168.78IU	Vitamin C	0.90mg
Calcium	161.05mg	Iron	2.68mg

Chicken Fajita BHK/ELE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16401

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	1 7/10 Ounce		154900
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	.5oz=1/8c	150250
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
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 meal

Amount Per Serving

Calories	208.20		
Fat	9.18g		
SaturatedFat	5.62g		
Trans Fat	0.00g		
Cholesterol	52.60mg		
Sodium	476.80mg		
Carbohydrates	16.52g		
Fiber	2.00g		
Sugar	2.00g		
Protein	14.64g		
Vitamin A	156.00IU	Vitamin C	0.00mg
Calcium	123.48mg	Iron	0.72mg

Turkey Ham with goldfish and dinner roll

MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16415

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM 4-10 COMM	6 13/25 Ounce		150460
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Slice into 3.26oz slices, serve two slices to MS/HS

SLE Components

Amount Per Serving

Meat	4.00
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 meal

Amount Per Serving

Calories	344.00		
Fat	12.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	116.00mg		
Sodium	1316.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	34.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	2.08mg

Super Sack Lunch Prek-5

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16422

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Slice		689541
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each		131011
APPLE RD 100CT MRKN	1 Piece		197726
CARROTS, CHL, BABY, WHL PEEL 100/3 OZ PG	1 Ounce		812540

Preparation Instructions

Prepare our usual Ham and Cheese Sandwich in a bag with an apple, carrot sticks, and one "trinkets and trash" toy.

SLE Components

Amount Per Serving

Meat	2.06
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.17
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	391.75		
Fat	11.43g		
SaturatedFat	3.39g		
Trans Fat	0.00g		
Cholesterol	43.73mg		
Sodium	869.61mg		
Carbohydrates	51.00g		
Fiber	5.91g		
Sugar	18.75g		
Protein	22.04g		
Vitamin A	4097.56IU	Vitamin C	6.62mg
Calcium	147.68mg	Iron	2.40mg

Tuna Macaroni Salad Pre K-5

Servings:	35.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-17154

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA CAVATAPPI 8-2.5 PG	40 Ounce	1 full bag of pasta per recipe. Cook, then cool.	102938
DRESSING SALAD LT 4-1GAL LTHSE	6 Cup	READY_TO_EAT Open, pour and enjoy!	135030
ONION SPANISH JUMBO 10 MRKN	1 1/2 Cup	Diced	109620
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon	heaping	513881
SPICE ONION POWDER 19Z TRDE	2 Tablespoon	heaping	126993
PEAS FZ 30 COMM	8 Cup	Thaw.	110510
TUNA CHNK LT SKPJCK WTR 6-66.5Z STARK	51 1/5 Ounce	One full can, drained well.	433534
SALT IODIZED 18-2.25 GCHC	1 Tablespoon	heaping	350732
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037

Preparation Instructions

Cook noodles, then chill in cold water. Mix together with other ingredients.

Each 66.5 oz can of tuna yields 51.2 usable 1oz portions per food buying guide, (so 25.6 2oz servings).

For Prek-5 serve 1 cup portions.

For 6-12 serve 2 cup portions.

SLE Components

Amount Per Serving

Meat	1.46
Grain	1.14
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.03

Legumes	0.00
Starch	0.23

Nutrition Facts			
Servings Per Recipe: 35.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories	286.87		
Fat	7.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	35.66mg		
Sodium	593.86mg		
Carbohydrates	39.21g		
Fiber	3.15g		
Sugar	8.72g		
Protein	15.48g		
Vitamin A	0.13IU	Vitamin C	0.48mg
Calcium	7.62mg	Iron	1.60mg

Macaroni and Cheese with a Vollwerth's Hot dog on WG Bun

Servings:	13.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-17597

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	9 Cup	THE PLASTIC POUCH IS STURDY ENOUGH TO WITHSTAND HEATING IN A STEAMER OR BOILING WATER. HEATING TIMES CAN VARY WITH TYPE OF EQUIPMENT USE AND NUMBER OF POUCHES HEATED. TAKE INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. BOILING WATER, PLACE THAWED UNOPENED POUCH IN BOILING WATER AND HEAT FOR 40 MINUTE, OR FOR FROZEN POUCH HEAT 50 MINUTES. INTERNAL TEMPERATURE OF 165 DEGREES F. STEAMER: 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-PANNED, KEEP PRODUCT COVERED TIGHTLY.	119122
Fat Free Skim Milk	1 Carton		
Bimbo Bakeries WG Hot Dog Buns	13 1 bun	BAKE	78700-80070-31 R11
All American Hot Dogs	13 Each		V235

Preparation Instructions

One bag is 13- 6oz servings.

When possible, leave the macaroni in sealed bag until service time, then, open the bag and pour into hot steam table. Stir in one carton of skim milk per bag of macaroni, more as necessary to keep macaroni from becoming too thick

Serve 6oz of Macaroni and cheese on a tray.

Serve a Hot Dog on a WG Bun.

SLE Components

Amount Per Serving

Meat	2.07
Grain	3.03

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 13.00
Serving Size: 1.00 meal

Amount Per Serving

Calories	695.04
Fat	153.37g
SaturatedFat	12.20g
Trans Fat	0.00g
Cholesterol	74.08mg
Sodium	1792.63mg
Carbohydrates	73.03g
Fiber	5.07g
Sugar	18.58g
Protein	36.49g

Vitamin A	781.13IU	Vitamin C	2.46mg
Calcium	79.79mg	Iron	11.12mg

Vollwerth's Hot Dog on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17598

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bimbo Bakeries WG Hot Dog Buns	1 Each	BAKE	78700-80070-31 RI1
All American Hot Dogs	1 Each		V235

Preparation Instructions

1. Put parchment paper on baking sheet.
2. Preheat oven to 300 degrees.
3. Place hot dogs on pan and put in the oven for 20 minutes to a minimum temperature of 135 degrees held for 15 seconds.
4. At service time place hot dog on bun and serve.

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 1 meal

Amount Per Serving

Calories	340.00		
Fat	142.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	700.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	10.00mg

Two Vollwerth's Hot dogs on WG Bun (MS/HS Only)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 meal	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17599

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bimbo Bakeries WG Hot Dog Buns	2 1 bun	BAKE	78700-80070-31 RI1
All American Hot Dogs	2 Each		V235

Preparation Instructions

Serve a Hot Dog on a WG Bun.

SLE Components

Amount Per Serving

Meat	0.00
Grain	4.00
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 meal

Amount Per Serving	
Calories	680.00
Fat	284.00g
SaturatedFat	12.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	1400.00mg
Carbohydrates	66.00g
Fiber	6.00g
Sugar	10.00g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 20.00mg