

Cookbook for BARKER MIDDLE SCHOOL-FOOD

Created by HPS Menu Planner

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Spaghetti with Meat Sauce

Servings:	36.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18727

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Package	573201
PASTA SPAGHETTI 10 2-10 KE	2 1/2 Pound	654560
Tap Water for Recipes	3/4 Gallon	000001WTR

Preparation Instructions

Thaw meat sauce.

Wash Hands and clean surface area- put on gloves.

Prepare full size, 6 inch steam pan by spraying with vegalene.

Empty 2 bags (5# each) of THAWED spaghetti sauce with meat into prepared pan.

Put 2.50 lbs. of noodles on top of sauce

Pour water over noodles and sauce. Cover with lid and place in refrigerator overnight

Next day- Bake convection oven 350 for 30 minutes.

Remove pan and stir softened noodles into sauce.

Return to oven and bake an additional 30 minutes until internal temperature reaches 165 degrees.

SLE Components

Amount Per Serving

Meat	1.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	243.65
Fat	6.11g
SaturatedFat	2.22g
Trans Fat	0.00g
Cholesterol	43.65mg
Sodium	230.16mg
Carbohydrates	30.48g
Fiber	2.70g
Sugar	6.67g
Protein	15.79g
Vitamin A 513.49IU	Vitamin C 15.08mg

Calcium 40.48mg **Iron** 2.70mg

BBQ Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18728

Ingredients

Description	Measurement	DistPart #
DOUGH ROLL SUB MINI WGRAIN 180-2.4Z	1 Each	262670
BBQ Pork	4 Ounce	16142

Preparation Instructions

Preparation Notes:

- Sanitize work area
 - Thaw pork
 - Proof bun dough
 - Follow HACCP for temperature control
- Wash Hands Put on gloves
Bake buns according to directions and cool
Cut buns open and place on prep area
Put BBQ Pork in stainless steel pan and cover with lid
Heat at 350 degrees for 30 minutes to 165 degrees or
Steam in the bag for 23-30 minutes till product temps at 165 degrees
Place pork on bun, wrap and hold at 145 degrees

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 Each

Amount Per Serving	
Calories	407.00
Fat	15.90g
SaturatedFat	4.20g
Trans Fat	0.00g
Cholesterol	74.40mg
Sodium	891.00mg
Carbohydrates	41.20g
Fiber	3.23g
Sugar	4.00g
Protein	23.90g
Vitamin A	251.60IU
Vitamin C	0.01mg

Calcium 29.17mg **Iron** 2.73mg

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18729

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	501861
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535

Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Place 24 chicken patties on a sheet

Cook chicken Patty in a 375 degree oven for 8 minutes until temps 165.

Place buns on work table

Place chicken patty on bun and top with bun

Wrap in foil wrapper and hold at 140 degrees

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	340.00		
Fat	12.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	650.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	100.00IU	Vitamin C	78.00mg
Calcium	86.00mg	Iron	2.80mg

Beef Steak Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18730

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535

Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Follow directions on box

Heat burger to 155 degrees

Assemble burger on bun and wrap in foil wrapper

Hold in warmer for internal temperature of 135 degrees

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 Each

Amount Per Serving

Calories	280.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	540.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	86.00mg	Iron	2.44mg

Philly Steak Flat Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18731

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 3/4 Ounce	720861
CHEESE MOZZ SHRD 4-5 LOL	1/2 Ounce	645170
PEPPERS & ONION FLME RSTD 6-2.5	1 Tablespoon	847208
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1/2 Ounce	722110

Preparation Instructions

Sanitize work area.

Wash hands and put on gloves.

Warm queso cheese so it is spreadable

Lay flat bread on work area and spread with Queso Cheese

Top with beef, onions and peppers, sprinkle with cheese

Cook in the Oven to Temp at 155 degrees

Place in warmer and temp before serving

Hold at 140 degrees

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 Each

Amount Per Serving	
Calories	345.08
Fat	15.45g
SaturatedFat	6.16g
Trans Fat	0.32g
Cholesterol	39.48mg
Sodium	774.28mg
Carbohydrates	31.36g
Fiber	3.11g
Sugar	3.99g
Protein	19.22g

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	180.25mg	Iron	2.35mg

Pepperjack Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18732

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535
CHEESE PEPR JK 2-5 GLCHS	1 Slice	550086

Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Thaw hamburgers in plastic sleeve

Put a few holes in the top of the bag, place in 4" perforated pan.

Cook in steamer to 165 or cook in 375 degree oven for 45 minutes

Remove from Steamer, Let stand 3 min. before opening bag.

Temp to at least 155 degrees.

Place burger on the bun and top with cheese

Wrap in foil paper and hold at 140 degrees

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	14.50g		
SaturatedFat	5.75g		
Trans Fat	0.50g		
Cholesterol	47.50mg		
Sodium	582.50mg		
Carbohydrates	28.25g		
Fiber	3.00g		
Sugar	3.00g		
Protein	19.75g		
Vitamin A	75.00IU	Vitamin C	0.00mg

Calcium 136.00mg **Iron** 2.44mg

Chicken Sliders

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18733

Ingredients

Description	Measurement	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	2 Each	645080
BUN HAMB MINI SLCD 2.5 8-24CT GFS	2 Each	676171

Preparation Instructions

- Sanitize work area.
- Follow HACCP for temperature control
- Wash Hands Put on gloves
- Bake chicken according to directions.
- Heat to internal temperature of 165 degrees.
- Place chicken patties on the buns and wrap.
- Hold at 135 degrees.

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: 2.00 Each

Amount Per Serving

Calories	390.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	750.00mg		
Carbohydrates	50.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	4.00mg

Spicy Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18734

Ingredients

Description	Measurement	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080

Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Place 24 chicken patties on a sheet

Cook chicken Patty in a 375 degree oven for 8 minutes until temps 165.

Place buns on work table

Place chicken patty on bun and top with bun

Wrap in foil wrapper and hold at 140 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.00		
Fat	17.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	650.00mg		
Carbohydrates	43.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.00mg	Iron	3.00mg

Build a Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18735

Ingredients

Description	Measurement	DistPart #
DOUGH ROLL SUB WHT 60-7.5Z RICH	1/2 Each	133558
TURKEY HAM SLCD 12-1 JENNO	2 Slice	556121
SALAMI GENOA SLCD 4/Z 5-2 PG	2 Slice	776250
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Slice	244190
CHEESE AMER WHT 160CT SLCD 6-5 LOL	2 Slice	861940
TOMATO 5X6 XL 5 MRKN	1/8 Cup	438197
LETTUCE ROMAINE HRST 2-7.5 MRKN	1/8 Cup	182570
PICKLE KOSH DILL CHIP C/C 5GAL BRICKS	3 Slice	242667

Preparation Instructions

Take a sheet pan and line with pan liner, spray the paper place rolls on sheet pan and cover with a bun bag.

Put pans on rack and thaw in the refrigerator over night. Thaw dough in refrigerator over night

Proof buns in warmer and bake according to the directions, coll and slice. Do this a day before serving

Wash hands and put on gloves

Lay buns on prep area

Layer meat and cheese on bun

Place sandwiches in pan and cover with bun bag

Give choices of tomato, shredded lettuce, pickles

SLE Components

Amount Per Serving

Meat	2.67
Grain	0.00
Fruit	0.00
GreenVeg	0.07
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 479.68

Fat 18.30g

SaturatedFat 7.60g

Trans Fat 0.00g

Cholesterol 71.25mg

Sodium 1494.50mg

Carbohydrates 50.67g

Fiber 2.42g

Sugar 4.28g

Protein 26.75g

Vitamin A 194.92IU **Vitamin C** 3.81mg

Calcium 154.42mg **Iron** 3.38mg

Sausage Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-18736

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	138941
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Slice	150260
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	120851

Preparation Instructions

Sanitize work area.

Wash hands and wash surface.

Take sheet pan and line with paper.

Place bottom of biscuit on the sheet pan.

Cook chicken sausage patties and temp to 160.

Place cooked patty on the biscuit, top with cheese and finish with biscuit top.

Wrap and place in warmer, hold at 150 degrees.

SLE Components

Amount Per Serving

Meat	1.25
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	325.00		
Fat	16.25g		
SaturatedFat	7.75g		
Trans Fat	0.00g		
Cholesterol	51.25mg		
Sodium	772.50mg		
Carbohydrates	29.25g		
Fiber	1.00g		
Sugar	3.25g		
Protein	17.25g		
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	267.50mg	Iron	3.00mg

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18820

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice	244190
White Wheat Sub Bun	1 Each	31454
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
TOMATO 5X6 XL 5 MRKN	1 Slice	438197

Preparation Instructions

Wash hands Wash surface

Open bun, place turkey on bun and top with slice of cheese, add top bun Wrap and keep cold.

Offer slice of tomato.

Offer mustard and mayo packet for choice of condiment

SLE Components

Amount Per Serving

Meat	2.17
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
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	293.02
Fat	9.77g
SaturatedFat	4.03g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	793.71mg
Carbohydrates	28.79g
Fiber	2.59g
Sugar	4.71g
Protein	22.73g
Vitamin A 212.48IU	Vitamin C 1.03mg
Calcium 138.75mg	Iron 1.32mg

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18821

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
BUN WHITE WHEAT 3.5"	1 Each	51032

Preparation Instructions

- Wash Hands. Put on gloves
- Thaw hamburgers in plastic sleeve
- Put a few holes in the top of the bag, place in 4" perforated pan
- Cook in steamer to 165 or cook in 375 degree oven for 45 minutes
- Remove from Oven, Let stand 3 min. before opening bag.
- Temp to at least 155 degrees.
- Place buns on work area
- Top with cheese and top with bun
- Wrap in foil paper and hold at 140 degrees

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 Each

Amount Per Serving			
Calories	288.00		
Fat	12.00g		
SaturatedFat	3.60g		
Trans Fat	0.60g		
Cholesterol	39.00mg		
Sodium	499.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	2.00mg

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18822

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
BUN WHITE WHEAT 3.5"	1 Each	51032

Preparation Instructions

- Wash Hands. Put on gloves
- Thaw hamburgers in plastic sleeve
- Put a few holes in the top of the bag, place in 4" perforated pan
- Cook in steamer to 165 or cook in 375 degree oven for 45 minutes
- Remove from Oven, Let stand 3 min. before opening bag.
- Temp to at least 155 degrees.
- Place buns on work area
- Top with cheese and top with bun
- Wrap in foil paper and hold at 140 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	338.00
Fat	16.50g
SaturatedFat	6.10g
Trans Fat	0.60g
Cholesterol	51.50mg
Sodium	724.00mg
Carbohydrates	27.50g
Fiber	3.00g
Sugar	3.50g
Protein	22.50g
Vitamin A 150.00IU	Vitamin C 0.00mg

Calcium 108.00mg **Iron** 2.00mg

Nachos with Meat and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18824

Ingredients

Description	Measurement	DistPart #
CHIP TORTL CRN YEL RND REST 72-1.5Z	1 Package	133273
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	722330
SAUCE CHS NACHO DLX 6-10 GCHC	1/4 Cup	323616

Preparation Instructions

- Wash hands and put on gloves
- Serve one bag of chips
- Serve one 3 oz.scoop of meat
- 2 oz. ladle cheese
- Heat meat in bag in steamer and temp at 165 degrees
- Heat cheese in steamer to 135 degrees
- Hold food at 135 degrees or higher

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	381.40		
Fat	17.40g		
SaturatedFat	3.80g		
Trans Fat	0.29g		
Cholesterol	35.00mg		
Sodium	1031.90mg		
Carbohydrates	41.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	16.80g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	93.00mg	Iron	2.00mg

Bosco Cheese Sticks

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18826

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	235411
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon	209810
CHEESE PARM GRTD 12-1 PG	1 Tablespoon	164259

Preparation Instructions

Sanitize work area.

Prepare butter buds according to directions.

Wash hands and put on gloves.

Preheat oven according to directions.

Place cheese sticks on lined sheet pan and cook according to directions and bake according to directions to 155 degrees.

Remove from the oven and brush cheese sticks with butter buds and sprinkle lightly with parmesan cheese.

Mix together and put in 350 degree oven for 10 minutes.

Hold at 135 degrees.

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: 2.00 Each

Amount Per Serving	
Calories	327.00
Fat	11.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	565.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	2.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 492.00mg **Iron** 2.00mg

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18828

Ingredients

Description	Measurement	DistPart #
Lower Sodium Beef Franks	1 57 g	29265
White Wheat Hot Dog bun	1 Each	53071

Preparation Instructions

- Wash hands and put on gloves
- Steam hot dogs to 165 degrees
- Place hot dog on bun and wrap in foil wrapper
- Hold at 140 degrees in warmer

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 Each

Amount Per Serving

Calories	325.21		
Fat	19.09g		
SaturatedFat	7.33g		
Trans Fat	0.03g		
Cholesterol	35.00mg		
Sodium	594.84mg		
Carbohydrates	27.35g		
Fiber	2.28g		
Sugar	4.59g		
Protein	11.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.49mg	Iron	1.40mg

Pizza To Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18831

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	645170
TREAT RICE KRISPIE MINI 600-.39Z KELL	1 Each	859570

Preparation Instructions

Wash hands and put on gloves

Cup up the mozzarella cheese in a cup and place lid on top.

Place the flat bread, marinara cup, cheese cup and

rice krispie treat in the bag and seal closed

Serve with vegetable, fruit, and milk.

Bag- GFS 466476

Cup- GFS 274991

Lid- GFS 796010

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 Each

Amount Per Serving

Calories	415.00		
Fat	16.50g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	900.00mg		
Carbohydrates	43.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	22.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg

Calcium 424.00mg **Iron** 0.30mg

Yogurt Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18835

Ingredients

Description	Measurement	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	869921
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each	786510
CRACKER GRHM TEDDY CINN 1Z 4-12CT	1 Package	728760

Preparation Instructions

Sanitize work area.

Wash hands. Put on gloves.

Place all packaged items in plastic bag.

Keep refrigerated.

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	280.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.00mg		
Carbohydrates	36.00g		
Fiber	1.00g		
Sugar	17.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	474.00mg	Iron	0.78mg

PBJ Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18836

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

Preparation Instructions

Wash Hands put on gloves

Place all packaged items in plastic bag

Keep refrigerated

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 Each

Amount Per Serving

Calories	460.00		
Fat	22.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	630.00mg		
Carbohydrates	47.00g		
Fiber	5.00g		
Sugar	16.00g		
Protein	19.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	348.00mg	Iron	2.00mg

Yogurt & Cereal Pouch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18841

Ingredients

Description	Measurement	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	869921
CEREAL CINN TOAST CRNCH POU 96-1Z	1 Each	656562

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	180.00		
Fat	2.80g		
SaturatedFat	0.30g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	219.60mg		
Carbohydrates	36.00g		
Fiber	1.40g		
Sugar	19.00g		
Protein	5.40g		
Vitamin A	0.00IU	Vitamin C	6.44mg
Calcium	244.08mg	Iron	4.76mg

Cinnamon Applesauce

Servings:	70.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19309

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GFS	3 #10 CAN	271497
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup	224723

Preparation Instructions

Wash Hands and Work Surface

Wipe off can lid with wet cloth Use a 4" or 6" pan

Open cans of applesauce and pour in pan

Add cinnamon (taste for flavor)and stir till blended.

Keep refrigerated serve 1/2 cup

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.71		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.28mg		
Carbohydrates	13.37g		
Fiber	2.06g		
Sugar	12.34g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.14mg	Iron	0.00mg

Veggie Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19311

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/8 Cup	732451
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	129631
CARROT BABY WHL CLEANED 12-2 RSS	1/8 Cup	510637
CUCUMBER SELECT 6CT MRKN	1/8 Cup	592323

Preparation Instructions

Wash Hands and Work Surface

Use Black plastic OVS tray #166760

In the tray place 1or 2 broccoli florets

2 grape tomatoes and 3 baby carrots 1 slice cucumber

offer ranch dipping cup

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	27.57
Fat	0.29g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	21.51mg
Carbohydrates	6.05g
Fiber	1.96g
Sugar	3.77g
Protein	1.28g
Vitamin A 3145.08IU	Vitamin C 23.65mg
Calcium 21.13mg	Iron 0.51mg

Super Salad

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19314

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Pound	735787
TOMATO GRAPE SWT 10 MRKN	4 Cup	129631
CARROT MATCHSTICK SHRED 2-3 RSS	1 Cup	198161

Preparation Instructions

Wash Hands and Work Surface

Use a 4" Pan Take one bag of lettuce and pour into pan

add 1 cup of carrots and 4 cups of grape tomatoes

Toss ingredients together. Measure one cup of the mixture and place in 4 oz. boat 1 cup serv.= 1/2 c vegetable Offer salad dressing.

Refrigerate 41 degrees or below

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.39
RedVeg	0.20
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	36.25
Fat	0.32g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.70mg
Carbohydrates	7.77g
Fiber	2.74g
Sugar	5.08g
Protein	2.11g
Vitamin A 2269.53IU	Vitamin C 20.12mg
Calcium 29.03mg	Iron 0.69mg

Refried Beans with Cheese

Servings:	32.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19315

Ingredients

Description	Measurement	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	2 Package	703753
CHEESE MOZZ SHRD 4-5 LOL	1 Cup	645170

Preparation Instructions

Wash Hands and Work Surface

Use a 4" pan. Pour 1 Gallon boiling water into pan

Add 2 bags of beans to pan, stir and cover

Allow beans to sit for 25 minutes Sprinkle cheese on top of beans

Place in 200 degree oven to hold

32 1/2 cup servings per pan

Hold at 145 degrees

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: 32.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	188.94		
Fat	2.32g		
SaturatedFat	0.96g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	660.10mg		
Carbohydrates	31.48g		
Fiber	10.45g		
Sugar	0.13g		
Protein	11.33g		
Vitamin A	0.00IU	Vitamin C	0.92mg
Calcium	78.81mg	Iron	2.39mg

Hot Cinnamon Apples

Servings:	85.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19316

Ingredients

Description	Measurement	DistPart #
APPLE SLCD W/P 6-10 GFS	3 #10 CAN	117773
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	224723
SPICE NUTMEG GRND 16Z TRDE	1 Teaspoon	224944
SUGAR CANE GRANUL 25 GFS	2 Cup	108642

Preparation Instructions

- Wash Hands and sanitize work surface
- Wipe top of apple cans-open and place 3 cans in 4" deep pan or 15 pounds of frozen apples
- Add the remaining ingredients and stir
- Cover pan (optional) and bake @ 350 degrees for 30-40 minutes
- Approx. 85- 1/2 cup servings

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 85.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.59		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.13mg		
Carbohydrates	15.47g		
Fiber	1.83g		
Sugar	12.73g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Glazed Carrots

Servings:	34.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19317

Ingredients

Description	Measurement	DistPart #
Carrots fzn	7 Pound	100352
BUTTER SUB 24-4Z BTRBUDS	2 Cup	209810
SPICE CINN-MAPL SPRINKLE 29Z TRDE	2 Tablespoon	565911

Preparation Instructions

Wash hands and put on gloves
Put 7 LBS. of carrots into a 4 " pan and steam till tender
Prepare butter buds according to directions
Remove carrots from the steamer
Pour 2 cups of butter buds over the carrots and
sprinkle 2 TBLS of maple cinnamon sprinkles on top
Mix together and put in 350 degree oven for 10 minutes
Remove from oven and hold in warmer at 130 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	34.05		
Fat	1.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.41mg		
Sodium	100.20mg		
Carbohydrates	8.69g		
Fiber	2.03g		
Sugar	3.76g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bacon Cheeseburger on a Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19321

Ingredients

Description	Measurement	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	1 Each	214880
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
BACON CKD RND 192CT HRML	1 Each	433608

Preparation Instructions

Wash Hands put on gloves

Thaw hamburgers in plastic sleeve

Put a few holes in the top of the bag, place in whole pan

Cook in steamer remove from steamer let stand 3 minutes

Temp to 155 degrees Let stand 3 min. before opening bag

Place buns on work area, place hamburger patty on bun

Place cheese on patty and top with bun

Wrap in foil paper and hold at 140 degrees

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	400.00
Fat	21.00g
SaturatedFat	8.50g
Trans Fat	0.50g
Cholesterol	67.50mg
Sodium	995.01mg
Carbohydrates	27.50g
Fiber	3.00g
Sugar	3.50g
Protein	27.50g
Vitamin A	250.00IU
Vitamin C	0.00mg

Calcium 161.00mg **Iron** 2.80mg

Buffalo Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19322

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	645170
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197

Preparation Instructions

Wash Hands put on gloves

Cook Chicken Patty to 165 degrees and cool

Cut up chix, Place lettuce,cheese, tomato and chix in container

Serve with dressing/ Offer 1 roll

Keep refrigerated

Container 108341

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
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	388.10		
Fat	21.10g		
SaturatedFat	6.53g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	582.25mg		
Carbohydrates	23.75g		
Fiber	5.55g		
Sugar	5.25g		
Protein	24.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	281.50mg	Iron	2.84mg

Buffalo Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19324

Ingredients

Description	Measurement	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each	786520
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535
SAUCE BUFF WNG 4-1GAL SWTBRAY	1 Tablespoon	886640

Preparation Instructions

- Wash hands and put on gloves
- Place frozen chicken patties on a sheet pan
- Heat patty in convection oven at 350 degrees 8-10 minutes
- Temp patty at 165 degrees and toss in buffalo sauce
- Place buns on work table
- Place chicken on bun and wrap in foil wrapper
- Hold in warmer at 140 degrees

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 Each

Amount Per Serving

Calories	300.00		
Fat	11.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	1100.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	1.72mg

Cereal & Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19325

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB TUBE 2Z 6-16CT GOGURT	1 Each	895090
CEREAL GLDN GRAHAMS POU 96-1Z GENM	1 Each	795420

Preparation Instructions

Wash Hands put on gloves

Place all packaged items in plastic bag

SLE Components

Amount Per Serving

Meat	0.50
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 Each

Amount Per Serving	
Calories	150.00
Fat	2.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	250.00mg
Carbohydrates	34.00g
Fiber	1.00g
Sugar	16.00g
Protein	3.00g
Vitamin A 400.00IU	Vitamin C 4.80mg
Calcium 80.00mg	Iron 3.60mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19327

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
TURKEY BRST DCD 2-5	1 Ounce	451300
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250
EGG HARD CKD PLD 25 GFS	1/2 Each	711160
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197

Preparation Instructions

Wash hands. Put on gloves.

Place lettuce in container.

Top with ham, turkey, cheese, tomato and egg.

Offer 2 rolls.

Offer croutons and dressing.

Container & Lid 108341

SLE Components

Amount Per Serving

Meat	2.03
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
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	183.26
Fat	9.04g
SaturatedFat	4.52g
Trans Fat	0.00g
Cholesterol	138.30mg
Sodium	456.56mg
Carbohydrates	7.54g
Fiber	2.55g
Sugar	3.75g
Protein	18.13g

Vitamin A	530.85IU	Vitamin C	6.77mg
Calcium	152.48mg	Iron	1.79mg

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19330

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	570533
SEASONING FRENCH FRY RANCH 15Z LAWR	23/400 Tablespoon	494364
CHEESE PARM IMIT GRTD 2-5 SCHRBR	2 Tablespoon	595101
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197
DRESSING CAESR CRMY PKT 60-1.5Z LTHSE	1 Each	135951

Preparation Instructions

Mix Chicken with seasoning one day ahead. See Recipe.

Wash Hands and put on gloves

Place lettuce in container

Top with seasoned chicken,cheese and tomato

Offer dinner rolls and dressing

Keep refrigerated

Container 108341

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
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	368.10
Fat	28.93g
SaturatedFat	4.68g
Trans Fat	0.00g
Cholesterol	52.17mg
Sodium	654.88mg
Carbohydrates	12.52g
Fiber	2.55g
Sugar	4.25g

Protein	16.20g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	45.87mg	Iron	1.61mg

Chipotle Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19331

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	244190
TURKEY HAM SLCD 12-1 JENNO	2 Slice	556121
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	150260
LETTUCE ROMAINE HRYS 2-7.5 MRKN	1/4 Cup	182570
TOMATO 5X6 XL 5 MRKN	1/8 Cup	438197
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
DRESSING RNCH CHIPOTLE 4-1GAL GFS	1 Tablespoon	166741

Preparation Instructions

- Prepare work area ,Slice tomatoes
- Wash hands and put on gloves
- Lay shell on work area and spread dressing on wrap
- Place Cheese on Wrap
- turkey and ham on top of cheese
- Top with tomato and lettuce
- Cut wrap in half and place in container

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.25
Fruit	0.00
GreenVeg	0.13
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	461.71
Fat	25.80g
SaturatedFat	9.76g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1306.17mg
Carbohydrates	34.91g
Fiber	1.54g

Sugar	4.40g		
Protein	22.96g		
Vitamin A	494.92IU	Vitamin C	3.81mg
Calcium	201.34mg	Iron	2.69mg

Club Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19381

Ingredients

Description	Measurement	DistPart #
BACON CKD RND 192CT HRML	1 Each	433608
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	244190
TURKEY HAM SLCD 12-1 JENNO	2 Slice	556121
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	150260
LETTUCE ROMAINE HRYS 2-7.5 MRKN	1/4 Cup	182570
TOMATO 5X6 XL 5 MRKN	2 Slice	438197
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340

Preparation Instructions

- Prepare work area ,Slice tomatoes
- Wash hands and put on gloves
- Lay shell on work area
- Place Cheese on Wrap
- Place baco, turkey and ham on top of cheese
- Top with tomato and lettuce

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.25
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	435.20
Fat	21.78g
SaturatedFat	10.01g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1415.76mg
Carbohydrates	34.08g
Fiber	1.43g
Sugar	3.67g

Protein	26.88g
Vitamin A 424.95IU	Vitamin C 2.66mg
Calcium 200.50mg	Iron 2.67mg

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19382

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice	722360
White Texas Toast Bread	2 Slice	11137

Preparation Instructions

- Wash hands and put on gloves
- Spread butter buds on sheet pan
- Lay bread on sheet pan and place 4 slices of cheese on the bread
- Place bread on top and brush with butter buds
- Bake in oven at 375 degrees till bread is browned
- Hold at 135 degrees in warmer

SLE Components

Amount Per Serving

Meat	2.00
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 Each

Amount Per Serving			
Calories	340.00		
Fat	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	1280.00mg		
Carbohydrates	42.00g		
Fiber	0.00g		
Sugar	6.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	384.00mg	Iron	0.00mg

Ham and Cheese Deli Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19384

Ingredients

Description	Measurement	DistPart #
24 oz White Wheat Bread, Split Top 5/8" Slice	2 Slice	11162
TURKEY HAM SLCD 12-1 JENNO	6 Slice	556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
LETTUCE ROMAINE HRTS 2-7.5 MRKN	1 Ounce	182570
TOMATO 5X6 XL 5 MRKN	1 Slice	438197

Preparation Instructions

Wash hands put on gloves

Cut tomato slices

Lay slice of bread on the work area

top with turkey ham, 1 slice of cheese

add tomato and lettuce

Place slice of bread on top, cut in half and wrap the sandwich

offer mustard and mayo packet for choice of condiment

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.37		
Fat	12.02g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	1025.38mg		
Carbohydrates	27.59g		
Fiber	2.49g		
Sugar	5.11g		
Protein	21.97g		
Vitamin A	212.48IU	Vitamin C	2.83mg

Calcium 82.18mg **Iron** 1.24mg

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19385

Ingredients

Description	Measurement	DistPart #
White Wheat Sub Bun	1 Each	31454
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	244190
TURKEY HAM SLCD 12-1 JENNO	2 Slice	556121
SALAMI HARD SLCD 4/Z 5-2 PG	2 Slice	776260
TOMATO 5X6 XL 5 MRKN	1/8 Cup	438197
LETTUCE ROMAINE HRYS 2-7.5 MRKN	1/4 Cup	182570
PEPPERS BAN RING MILD 4-1GAL GFS	4 Slice	466220
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170

Preparation Instructions

Wash Hands Put on gloves

Place open bun in boat Layer Turkey, Ham and Salami

Top with lettuce, tomato, cheese and peppers

Close bun, wrap in plastic wrap and label

Keep refrigerated

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	353.05
Fat	13.30g
SaturatedFat	5.45g
Trans Fat	0.00g
Cholesterol	62.50mg
Sodium	1030.84mg
Carbohydrates	30.18g
Fiber	3.30g

Sugar	5.40g		
Protein	25.96g		
Vitamin A	194.92IU	Vitamin C	3.81mg
Calcium	177.17mg	Iron	1.87mg

Nachos Grande

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19386

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	722330
CHIP TORTL CRN YEL RND REST 48-2Z	1 Bag	136462
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	1/4 Cup	135271

Preparation Instructions

- Wash hands and put on gloves
- Serve one bag of chips
- Serve one 3 oz.scoop of meat
- 2 oz. ladle cheese
- Heat meat in bag in steamer and temp at 165 degrees
- Heat cheese in steamer to 135 degrees
- Hold food at 135 degrees or higher

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	481.40		
Fat	22.90g		
SaturatedFat	7.80g		
Trans Fat	0.29g		
Cholesterol	55.00mg		
Sodium	931.90mg		
Carbohydrates	48.00g		
Fiber	6.00g		
Sugar	2.00g		
Protein	21.80g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	250.00mg	Iron	2.00mg

Pasta Salad

Servings:	53.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19387

Ingredients

Description	Measurement	DistPart #
PASTA MOSTACC RIG W/LINES 4-5 GCHC	5 Pound	413350
TOMATO 5X6 XL 5 MRKN	2 Cup	438197
CUCUMBER SELECT 6CT MRKN	2 Cup	592323
BROCCOLI ICELESS 14-16CT 16 P/L	2 Cup	199656
ONION RED JUMBO 10 MRKN	1 Cup	596973
DRESSING ITAL GLDN 4-1GAL GCHC	3 Cup	257885
SPICE BLND ORIG 3-21Z MDASH	1/4 Cup	265103

Preparation Instructions

Wash hands. Put on gloves.

Cook pasta according to directions, drain, rinse in colander.

Transfer pasta to 6" full size pan.

Dice tomato, cucumber, broccoli, onion, and add to pasta.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	211.30		
Fat	6.58g		
SaturatedFat	0.91g		
Trans Fat	0.09g		
Cholesterol	0.00mg		
Sodium	156.37mg		
Carbohydrates	33.46g		
Fiber	1.77g		
Sugar	2.82g		
Protein	5.50g		
Vitamin A	221.06IU	Vitamin C	4.16mg

Calcium 11.13mg **Iron** 1.43mg

Seasoned Chicken for Caesar Salad

Servings:	34.00	Category:	Entree
Serving Size:	2.30 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19388

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	570533
SEASONING FRENCH FRY RANCH 15Z LAWR	2 Tablespoon	494364

Preparation Instructions

Wash hands and put on gloves

Mix chicken with seasoning a day before making salads

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: 34.00

Serving Size: 2.30 Ounce

Amount Per Serving			
Calories	102.30		
Fat	3.92g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	43.14mg		
Sodium	232.16mg		
Carbohydrates	0.79g		
Fiber	0.00g		
Sugar	0.00g		
Protein	14.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.49mg	Iron	0.79mg

Southwest Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19404

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	281622
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197
Reduced Calorie Ranch Dressing	2 Tablespoon	52907
SPICE GARLIC POWDER 21Z TRDE	1/8 Teaspoon	224839
SPICE ONION POWDER 19Z TRDE	1/8 Teaspoon	126993
SPICE CHILI POWDER MILD 16Z TRDE	1/8 Teaspoon	331473

Preparation Instructions

Cook chicken patty to 165 degrees and cool, dice in chunks

Wash Hands and Put on Gloves

Place lettuce in container, top with chicken tomatoes and cheese

Serve with dressing

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
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	479.45
Fat	31.10g
SaturatedFat	9.53g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	888.11mg
Carbohydrates	24.79g
Fiber	5.60g

Sugar	4.25g		
Protein	25.45g		
Vitamin A	674.85IU	Vitamin C	6.17mg
Calcium	273.83mg	Iron	2.87mg

Southwest Dressing

Servings:	128.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19405

Ingredients

Description	Measurement	DistPart #
SPICE GARLIC POWDER 21Z TRDE	6 Tablespoon	224839
SPICE ONION POWDER 19Z TRDE	6 Tablespoon	126993
SPICE CHILI POWDER MILD 16Z TRDE	6 Tablespoon	331473
Reduced Calorie Ranch Dressing	1 Gallon	52907

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: 128.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	71.40		
Fat	6.99g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	9.99mg		
Sodium	296.89mg		
Carbohydrates	2.12g		
Fiber	0.06g		
Sugar	0.00g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	0.35mg	Iron	0.03mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19406

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
DRESSING FREN RYL RD 60-1.5FLZ PMLL	1 Each	825020
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	722330
CHIP NACHO CHS 6-15Z DORITOS	7 Each	842241

Preparation Instructions

chop lettuce, dice tomatoes, heat meat, drain and cool
Wash hands and put on gloves
Place lettuce in container, top with taco meat
layer tomatoes then cheese ,place doritos on top
serve with french dressing and a roll

SLE Components

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.38
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	541.13		
Fat	35.66g		
SaturatedFat	10.91g		
Trans Fat	0.29g		
Cholesterol	65.00mg		
Sodium	1006.60mg		
Carbohydrates	35.08g		
Fiber	5.13g		
Sugar	19.25g		
Protein	23.37g		
Vitamin A	1319.85IU	Vitamin C	11.17mg

Calcium 279.50mg **Iron** 2.84mg

Veggie Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19407

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
CHEESE CREAM LT CUP 100-1Z GCHC	5 Each	549762
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 1/2 Cup	732451
CARROT MATCHSTICK SHRED 2-3 RSS	1 1/2 Cup	198161
TOMATO 5X6 XL 5 MRKN	1 Tablespoon	438197
CELERY STIX 4-3 RSS	1 Cup	781592
CHEESE AMER WHT 160CT SLCD 6-5 LOL	2 Slice	861940
SEASONING FRENCH FRY RANCH 15Z LAWR	1 1/4 Teaspoon	494364
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580

Preparation Instructions

Wash hands and put on gloves

Lay out tortilla shells on on work table

Mix cream cheese and dressing,and spread 1/8 cup on each shell

Place 2 slices of cheese on shell, Mix veggies&put 1 cup on top

Roll and cut in half, place in container and add one cheese stick

Keep refrigerated

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	1.50
RedVeg	1.50
OtherVeg	1.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	792.03
Fat	42.13g
SaturatedFat	29.01g
Trans Fat	0.00g
Cholesterol	115.00mg
Sodium	2017.95mg
Carbohydrates	69.44g
Fiber	12.44g
Sugar	17.31g
Protein	30.20g
Vitamin A 35829.91IU	Vitamin C 138.67mg
Calcium 720.37mg	Iron 3.53mg