

Cookbook for NORTH BRANCH HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Popcorn Chicken Salad

Taco Salad in a Shell

Club Salad

Tex Mex Salad

Baked Beans

Garden Salad

Hot Dog on WG Bun w/Cheez its

Yogurt Meal

Cole Slaw

Popcorn Chicken Bowl

Cheesy Bread Sticks with Marinara

Breakfast Bagel with Cream Cheese

Mixed Fruit

Bowl of Cereal & Cheese Stick

Cheesy Broccoli

Seasoned Steak Bagel

Ham and Egg English Muffin

Bacon Egg English Muffin

Veggie Bar Salad

Chicken Breast on WG Bun

Submarine Sandwich Bar

Egg Omelet Wrap

Sausage Egg Burrito

Chicken on a Biscuit

Baha Fish Tacos with Chipotle Cream

Fresh Fruit

Hawaiian Ham Sliders

Popcorn Chicken Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7030

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED SHRD 6-5 COMM	2 Tablespoon		199720
CHIP CORN FUN SZ 120-.75Z FRITOS	1 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158763
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	READY_TO_EAT Ready to use.	620821
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

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Peel boiled egg and rinse well, then use egg slicer.
6. Pull lettuce, then veggies, and rest of ingredients in plastic container.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	1.75
RedVeg	1.17
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	660.12
Fat	30.27g
SaturatedFat	8.15g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	972.33mg
Carbohydrates	66.92g
Fiber	14.02g
Sugar	17.42g
Protein	32.46g
Vitamin A 11445.86IU	Vitamin C 135.17mg
Calcium 175.75mg	Iron 5.14mg

Taco Salad in a Shell



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7132

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each	THESE SHELLS FORM EASILY. SHAPE BY LIGHTLY PRESSING ONE THAWED TORTILLA INSIDE A FLUTED SHELL PAN*. BAKE IN CONVENTIONAL OVEN @ 300* FOR 5-6 MIN OR CONVECTION OVEN @ 400* FOR 5-7 MIN. CUSTOMER MAY FREEZE ITEM ONCE RECEIVED WITH A SHELF LIFE OF 180 DAYS.	720526
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
CARROT BABY WHL CLEANED 12-2 RSS	4 Each		510637
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/8 Ounce	Put 2 oz of taco meat in a 3 oz souffle cup,	722330
CHEESE AMER SHRD R/F 4-5 LOL	2 Tablespoon		861950
SAUCE TACO PKT 500-9GM SALSA DEL SOL	1 Each		612855
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400

Preparation Instructions

Wash hands thoroughly.

1. Bake Taco Shell in fluted shell pan for 5-6 minutes till crispy at 400*, cool.
2. Chop vegetables while shell cools.
3. Put Romaine lettuce in shell, add veggies.
5. Put Taco meat in 3 oz souffle cup.
6. Put 2 Tbsp Cheddar Cheese in 2 oz souffle cup.
7. Serve with 1 package Salsa and 1 package sour cream.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	1.50
RedVeg	1.05
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	548.77
Fat	29.42g
SaturatedFat	10.10g
Trans Fat	0.29g
Cholesterol	62.50mg
Sodium	899.73mg
Carbohydrates	52.67g
Fiber	8.92g
Sugar	13.67g
Protein	24.43g
Vitamin A 9234.62IU	Vitamin C 44.15mg
Calcium 234.45mg	Iron 5.87mg

Club Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7225

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Tablespoon		448010
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Slice		689541
TURKEY HAM SLCD 12-1 JENNO	1 Slice		556121
BACON TKY CKD 12-50CT JENNO	1/2 Serving		834770
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10- 12CT	2 Each	READY_TO_EAT No baking necessary.	751701
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Boil, cool and peel egg, then slice with egg slicer.
6. Put lettuce in container, then veggies, then cut up turkey, turkey ham, and cut up 1 slice of bacon, put on top of salad.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	1.61
Grain	2.50
Fruit	0.00
GreenVeg	1.75
RedVeg	1.17
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	524.59
Fat	17.61g
SaturatedFat	4.01g
Trans Fat	0.00g
Cholesterol	42.91mg
Sodium	1179.65mg
Carbohydrates	65.42g
Fiber	11.52g
Sugar	21.92g
Protein	25.92g
Vitamin A 10606.67IU	Vitamin C 134.51mg
Calcium 165.35mg	Iron 5.90mg

Tex Mex Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7227

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
PEPPERS GREEN LRG 60- 70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Ounce		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8- 4.99 TYS	2 1/2 Ounce	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	150160
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon		150250
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	<p>MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760
CHIP TORTL TRI- COLOR STRIP 10-1 GFS	2 Tablespoon	Put in baggy.	403573
ROLL DNNR HNY WHE WGRAIN 1Z 10- 12CT	2 Each	<p>READY_TO_EAT No baking necessary.</p>	751701
MARGARINE SPREAD 600- 5GM SMRT BAL	1 Each	<p>READY_TO_EAT Ready to use.</p>	620821
SALSA CUP 84- 3Z REDG	1 Each	<p>READY_TO_EAT None</p>	677802
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400

Preparation Instructions

1. Wash hands.

2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Bag tortilla strips.
5. Put cheese in souffle cup with lid.
6. Put lettuce, then veggies, and rest of ingredients in plastic container.
7. Cut chicken in bite size pieces and put on top of lettuce.
8. Keep refrigerated till service.
8. Serve with Salsa and Sour Cream.

SLE Components

Amount Per Serving

Meat	2.17
Grain	2.00
Fruit	0.00
GreenVeg	1.50
RedVeg	1.58
OtherVeg	0.25
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	696.22
Fat	26.02g
SaturatedFat	9.02g
Trans Fat	0.00g
Cholesterol	101.67mg
Sodium	1098.35mg
Carbohydrates	81.00g
Fiber	15.33g
Sugar	28.33g
Protein	34.73g
Vitamin A 5598.07IU	Vitamin C 134.81mg
Calcium 282.92mg	Iron 5.26mg

Baked Beans

NO IMAGE

Servings:	33.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN		120530
ONION DEHY CHPD 15 P/L	3/4 Cup		263036
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937

Preparation Instructions

Wash hands thoroughly.

1. Spray steamtable pan with Cooking Spray.
2. Pour Beans into pan.
3. Add rest of ingredients and mix well.
4. Bake at 325* for 1 1/4 hours.
5. Serve 1/2 cup Legume, in portion souffle cups.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.78

Starch

0.00

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 6.00 1

Amount Per Serving

Calories	197.34
Fat	1.58g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	291.22mg
Carbohydrates	37.78g
Fiber	7.97g
Sugar	13.02g
Protein	11.09g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1.71mg	Iron 0.03mg

Garden Salad

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757

Preparation Instructions

Wash hands thoroughly.

Clean and chop vegetables.

Toss together and serve 1 cup servings.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	27.50
Fat	0.20g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.63mg
Carbohydrates	6.00g
Fiber	2.25g
Sugar	3.50g

Protein	1.80g
Vitamin A 526.33IU	Vitamin C 36.48mg
Calcium 26.31mg	Iron 0.65mg

Hot Dog on WG Bun w/Cheez its



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8269

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 500-5.5GM GFS	1 Each	BAKE	700051
RELISH SWT PKT 200-9GM GFS	1 Each		187216
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

Preparation Instructions

Wash hands thoroughly.

1. Cook hot dogs in steamer up to 165*
2. Put hot dogs in buns.
3. Wrap in plastic.
4. Serve with Ketchup, Relish and Mustard.
5. Serve with Package of Cheez its.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.83
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

Amount Per Serving

Calories	434.13
Fat	22.37g
SaturatedFat	6.33g
Trans Fat	0.01g
Cholesterol	45.00mg
Sodium	1140.60mg
Carbohydrates	45.67g
Fiber	3.63g
Sugar	7.00g
Protein	14.20g

Vitamin A	1.47IU	Vitamin C	0.07mg
Calcium	197.39mg	Iron	11.86mg

Yogurt Meal



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup		197831
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each		597380
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

Preparation Instructions

Wash hands thoroughly.

Wash fresh fruit, Use fresh grapes, or fresh apple, or fresh orange quartered and put into a baggie.

If no fresh fruit, a applesauce cup may be used.

Put all items in a plastic box # 441953 for service.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
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			
Amount Per Serving			
Calories	426.27		
Fat	10.27g		
SaturatedFat	4.07g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	621.67mg		
Carbohydrates	67.67g		
Fiber	2.73g		
Sugar	32.33g		
Protein	17.53g		
Vitamin A	6084.00IU	Vitamin C	63.36mg
Calcium	579.76mg	Iron	2.25mg

Cole Slaw

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8428

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1/2 Cup		293148
DRESSING COLESLAW 4-1GAL LTHSE	1/2 Tablespoon	READY_TO_EAT Open, pour and enjoy!	132151

Preparation Instructions

Wash hands thoroughly.

Mix ingredients together and put in 1/2 cup souffle cups with lid.

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: 0.50 1

Amount Per Serving			
Calories		39.50	
Fat		2.25g	
SaturatedFat		0.38g	
Trans Fat		0.00g	
Cholesterol		1.25mg	
Sodium		103.50mg	
Carbohydrates		4.42g	
Fiber		0.67g	
Sugar		3.17g	
Protein		0.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 11.00mg **Iron** 0.00mg

Popcorn Chicken Bowl

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8533

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
CORN 6-10 CMDTY	1/4 Cup	Steam corn till 165.	120483
GRAVY MIX CHIX 8- 22.6Z TRIO	2 5/8 Tablespoon	1.5 tbsp = 1/4 cup prepared ADD ONE PKG TO 1 GALLON BOILING WATER,BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.	290025
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	Sprinkle Cheddar Cheese on top, cover with plastic wrap and hold in warmer at 135-165.	150250
POTATO PRLS XTRA RICH 6-3.56 BAMER	5/8 Ounce	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585

Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions

5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve
7. Serve with dinner roll and margarine cup.

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	0.75

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	452.07		
Fat	16.64g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	77.50mg		
Sodium	1045.60mg		
Carbohydrates	52.16g		
Fiber	5.00g		
Sugar	1.50g		
Protein	23.75g		
Vitamin A	275.00IU	Vitamin C	0.00mg
Calcium	79.75mg	Iron	1.64mg

Cheesy Bread Sticks with Marinara



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8535

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10- 20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930
SAUCE MARINARA A/P 6- 10 REDPK	1 3/8 Ounce	READY_TO_EAT None	592714

Preparation Instructions

- Wash hands thoroughly.
- Bake Bread sticks according to directions.
- Heat Marinara sauce to 145* or higher.
- Use #16 dark blue disher and put into a souffle cup and serve.

SLE Components

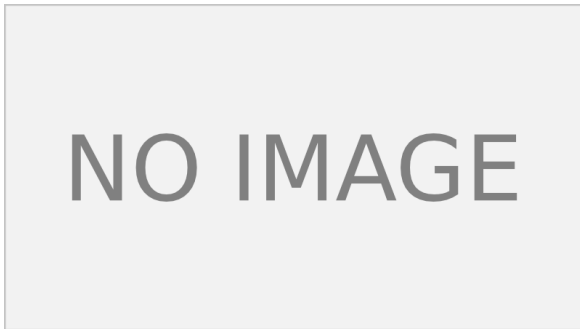
Amount Per Serving

Meat	2.00
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			
Amount Per Serving			
Calories	310.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	660.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	7.00g		
Protein	20.00g		
Vitamin A	194.00IU	Vitamin C	3.00mg
Calcium	368.00mg	Iron	1.90mg

Breakfast Bagel with Cream Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8589

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
CHEESE CREAM LT CUP 100-1Z GCHC	1 Each		549762

Preparation Instructions

Wash hands thoroughly.

Warm bagels in warmer and put with 1 -1oz cup of cream cheese 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

Amount Per Serving			
Calories	200.00		
Fat	5.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	275.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	8.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.80mg

Mixed Fruit



Servings:	75.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8716

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 #10 CAN		110700
ORANGES MAND BRKN L/S 6-10 GFS	1 #1 CAN		152811
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN		189979

Preparation Instructions

Wash hands thoroughly.

Mix all 3 cans together with juice.

Use 1/2 cup souffle cups with lids.

Keep cold for service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.36
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 1

Amount Per Serving

Calories	48.07
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.08mg
Carbohydrates	11.76g
Fiber	0.69g
Sugar	10.34g

Protein	0.04g		
Vitamin A	14.39IU	Vitamin C	3.75mg
Calcium	0.72mg	Iron	0.14mg

Bowl of Cereal & Cheese Stick

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8717

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands thoroughly.

Group items together and serve.

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 1

Amount Per Serving

Calories	190.00		
Fat	9.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	360.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	7.00g		
Vitamin A	600.00IU	Vitamin C	4.80mg

Calcium 400.00mg **Iron** 3.60mg

Cheesy Broccoli



Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8817

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	3/4 Cup		549292
CHEESE CHED SHRD 6-5 COMM	1 Tablespoon		199720

Preparation Instructions

Wash hands thoroughly.

Steam Broccoli according to instructions till tender crisp, be careful not to over cook, it will continue to cook in warmer.

Sprinkle cheese on top of 1/2 cup serving before going into the warmer.

Keep at or above 145F to 165F.

SLE Components

Amount Per Serving

Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 1

Amount Per Serving

Calories	95.50
Fat	4.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	128.00mg
Carbohydrates	7.50g
Fiber	4.50g
Sugar	1.50g
Protein	7.50g

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

Seasoned Steak Bagel



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12982

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 3/8 Ounce		720861
PEPPERS & ONION FLME RSTD 6-2.5	1 Ounce		847208
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

- Wash hands thoroughly.
- Heat meat in the steamer till 165* for at least 15 seconds.
- Heat peppers and onions in oven till 165* for at least 15 seconds.
- Mix the meat and onions and peppers together.
- Warm bagel in warmer till warm.
- Put a slice of cheese on one half of the bagel, then layer meat mixture on the top, then cover with the other half of bagel.
- Wrap and keep warm in warmer till service.

SLE Components

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.05

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 1			
Amount Per Serving			
Calories	262.45		
Fat	7.50g		
SaturatedFat	2.95g		
Trans Fat	0.26g		
Cholesterol	27.50mg		
Sodium	627.99mg		
Carbohydrates	34.28g		
Fiber	4.60g		
Sugar	7.89g		
Protein	16.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	146.96mg	Iron	2.66mg

Ham and Egg English Muffin

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12984

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
TURKEY HAM SLCD 12-1 JENNO	1 Slice		556121
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
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

Wash hands thoroughly.

Warm Turkey Ham according to the directions.

Bake egg patties according to the directions

Warm English Muffin in warmer.

When meat and egg is done, layer in English Muffin and top with a slice of American cheese.

Wrap sandwich and keep hold in warmer till service.

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

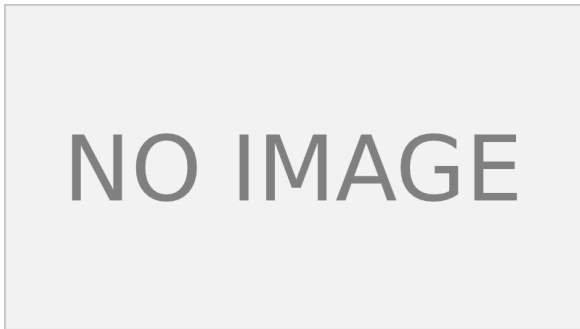
Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	222.50		
Fat	7.75g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	117.50mg		
Sodium	690.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	15.00g		
Vitamin A	100.00IU	Vitamin C	0.30mg
Calcium	206.00mg	Iron	2.14mg

Bacon Egg English Muffin



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12985

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
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
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12- 50CT JENNO	1 Serving		834770

Preparation Instructions

Wash hands thoroughly.

Warm Turkey Ham according to the directions.

Bake egg patties according to the directions

Warm English Muffin in warmer.

When meat and egg is done, layer in English Muffin and top with a slice of American cheese.

Wrap sandwich and keep hold in warmer till service.

SLE Components

Amount Per Serving

Meat	1.68
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

Amount Per Serving

Calories	225.00
Fat	8.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	112.50mg
Sodium	710.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	14.50g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 206.00mg	Iron 1.96mg

Veggie Bar Salad

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13176

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1/8 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	1/8 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
TOMATO 6X6 LRG 25 MRKN	1/8 Cup		199036
PEPPERS RED DOMESTIC 23 MRKN	1/8 Cup		560715
CAULIFLOWER CALIF 12-1CT MRKN	1/8 Cup		198528
CUCUMBER SELECT 24CT MRKN	1/8 Cup		418439
CELERY JUMBO 16-24CT 40 MARKON	1/8 Cup		198536

Preparation Instructions

Wash hands thoroughly.

Wash and chop all vegetables and put in individual containers on the salad bar.

Put clean tongs or spoons into each container.

Change out utensils for clean ones for every lunch.

SLE Components

Amount Per Serving

Meat	0.00
-------------	------

Grain	0.00
Fruit	0.00
GreenVeg	0.70
RedVeg	0.59
OtherVeg	0.39
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 1

Amount Per Serving

Calories	40.47
Fat	0.23g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	47.58mg
Carbohydrates	8.75g
Fiber	3.30g
Sugar	4.67g
Protein	2.39g

Vitamin A	4775.04IU	Vitamin C	51.34mg
Calcium	48.67mg	Iron	1.08mg

Chicken Breast on WG Bun

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16036

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

Wash hands thoroughly. Bake Chicken Breasts according to directions. Put chicken breast on bun and wrap. Keep in warmer till service.

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

Amount Per Serving

Calories 340.00

Fat 11.00g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 440.00mg

Carbohydrates 35.00g

Fiber 7.00g

Sugar 4.00g

Protein 24.00g

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

Calcium 63.00mg **Iron** 2.00mg

Submarine Sandwich Bar

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16037

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
TURKEY HAM UNCURED 6-2 JENNO	2 Slice		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG	2 Slice		776221
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940

Preparation Instructions

Wash hands thoroughly.

1. Layer all ingredients, cut cheese on diagonal and layer.
2. Wrap in plastic wrap.

SLE Components

Amount Per Serving

Meat	2.18
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

Amount Per Serving

Calories	330.82
Fat	12.26g
SaturatedFat	5.17g
Trans Fat	0.00g
Cholesterol	62.45mg
Sodium	881.61mg
Carbohydrates	31.75g
Fiber	2.00g
Sugar	5.50g
Protein	21.66g
Vitamin A 50.00IU	Vitamin C 0.00mg
Calcium 131.00mg	Iron 2.45mg

Egg Omelet Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16082

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Piece		959048
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080

Preparation Instructions

Wash hands thoroughly.

Bake Omelets according to directions. Use steam setting on Combi oven to bake omelets and be careful not to over bake, DO NOT let brown.

Warm Flatbread in warmer while egg omelet bakes.

When omelets are done, put omelet on flatbread and fold, then wrap in wax paper wraps.

Keep in warmer till service.

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 1

Amount Per Serving	
Calories	195.00
Fat	11.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	445.00mg
Carbohydrates	13.50g
Fiber	0.00g
Sugar	1.00g

Protein		9.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.00mg

Sausage Egg Burrito



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16084

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	1 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	1 Ounce	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

Preparation Instructions

- Wash hands thoroughly.
- Bake scrambled eggs according to directions.
- Bake sausage crumbles according to directions.
- Warm Ultragrain tortilla wrap in warmer while cooking egg and meat.
- When egg and meat are cooked, then add together to mix.
- Lay tortilla wraps out put 1 slice of cheese on top, then 1/3 cup of egg mixture onto wrap and fold like a burrito.
- Wrap burrito in wax paper and put in warmer till service.

Serve with Salsa packet.

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 1

Amount Per Serving

Calories	330.00		
Fat	22.50g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	122.50mg		
Sodium	520.00mg		
Carbohydrates	21.50g		
Fiber	2.00g		
Sugar	1.50g		
Protein	11.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	2.08mg

Chicken on a Biscuit

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16085

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE SLCD YEL 6- 5 COMM	1 Slice		334450

Preparation Instructions

Wash hands thoroughly.

Bake biscuits according to directions.

Bake Chicken patties according to directions.

Split biscuit and put chicken patty and cheese on.

Wrap with wax paper wrap and put in warmer and keep warm till service.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.63
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

Amount Per Serving

Calories	320.00		
Fat	17.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	730.00mg		
Carbohydrates	29.00g		
Fiber	4.50g		
Sugar	2.50g		
Protein	13.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.00mg	Iron	2.08mg

Baha Fish Tacos with Chipotle Cream

NO IMAGE

Servings:	8.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18308

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	32 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	16 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690120
YOGURT PLN FF NAT 6-32Z DANN	1 Cup		551813
DRESSING SALAD LT 4-1GAL GCHC	4 Tablespoon		429422
PEPPERS CHIPOTLE ADOBO SCE 24-7Z ROLN	4 Teaspoon	READY_TO_EAT Chipotles are generally added to stews and sauces.	867233
COLE SLAW SHRED SEP FINE 1/16 4-5	3 Cup		430347
CORN FZ 30 COMM	1 Cup		120490

Description	Measurement	Prep Instructions	DistPart #
CILANTRO CLEANED 4-1 RSS	1/2 Cup		219550

Preparation Instructions

Wash hands thoroughly.

Bake fish sticks according to directions Put tortillas in warmer to warm.

In a small bowl combine yogurt, salad dressing and Chipotle peppers.

Mix cabbage, chipotle cream, corn together. If a little dry add Cole Slaw dressing, just enough to wet. Then put 1/2 cup serving in souffle cup, top with sprinkles of cilantro leaves.

Top each tortilla with 2 fish sticks. One serving is 2 tortillas, served with 1/2 cup cabbage mixture put into a souffle cup.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.06
Legumes	0.00
Starch	0.13

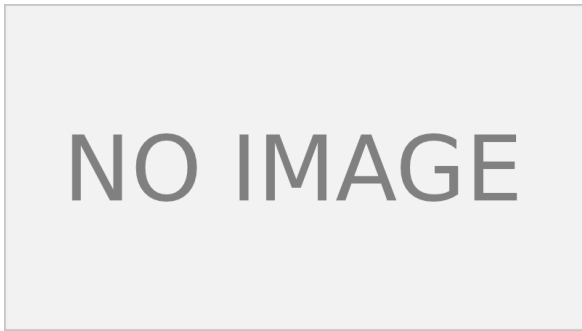
Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	452.27		
Fat	15.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	40.63mg		
Sodium	659.75mg		
Carbohydrates	60.35g		
Fiber	4.83g		
Sugar	6.15g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.30mg
Calcium	197.23mg	Iron	2.56mg

Fresh Fruit



Servings:	3.00	Category:	Fruit
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18499

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
ORANGE 113 - 138 CT 1/35 LB CS	1 Cup		171871
WHOLE APPLE	1/2 Cup		733160

Preparation Instructions

Wash hands thoroughly.

Wash fruit thoroughly under running water.

Put into a fruit bowl for service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.67
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 1

Amount Per Serving

Calories	75.07
Fat	0.30g
SaturatedFat	0.07g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.73mg
Carbohydrates	18.67g
Fiber	2.87g
Sugar	6.67g
Protein	1.07g

Vitamin A	163.17IU	Vitamin C	32.52mg
Calcium	25.97mg	Iron	0.16mg

Hawaiian Ham Sliders

NO IMAGE

Servings:	6.00	Category:	Entree
Serving Size:	2.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18522

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR HI SLC 1.25Z 10-12CT	12 Each		516081
TURKEY HAM SLCD .51Z 4-5.25 JENNO	18 Ounce		656891
CHEESE SWS 160CT SLCD PROC 4-5 GCHC	6 Slice		164348
MARGARINE SLD 30-1 GCHC	4 Tablespoon		733061
ONION VIDALIA SWT 10 P/L	2 Tablespoon		558133
MUSTARD DIJON XTRA STRONG 9.25 ROLN	2 Tablespoon	READY_TO_EAT Roland Extra Strong Dijon is ready to use from the tin. It holds up well under heat and can be added to a variety of sauces, marinades, glazes, etc.	400209
SPICE POPPY SEED WHOLE 20Z TRDE	1 Teaspoon		225134
SAUCE WORCESTERSHIRE 4-1GAL FRENC	2 Teaspoon		109843

Preparation Instructions

Wash hands thoroughly.

Cut rolls in half and layer meat and cheese slices.

Combine margarine, minced onion, mustard, poppy seed and worcestershire sauce and melt in microwave and blend thoroughly.

Brush topping on tops of sandwiches, then cover with foil and bake at 300* for 10-15 minutes till warm, temperature

may vary per oven.

Wrap 2 sandwiches per serving.

Keep warm in warmer for service.

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: 6.00

Serving Size: 2.00 1

Amount Per Serving

Calories	231.77
Fat	16.83g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	950.03mg
Carbohydrates	1.03g
Fiber	0.00g
Sugar	0.52g
Protein	17.50g
Vitamin A 500.00IU	Vitamin C 1.82mg
Calcium 82.57mg	Iron 1.08mg