

Cookbook for RUTH FOX MIDDLE SCHOOL

Created by HPS Menu Planner

Table of Contents

Chicken Patty on WG Bun

Beef & Cheese Nachos

Popcorn Chicken Salad

Club Salad

Michigan Salad

Antipasto Salad

Roasted Broccoli

Warm Cinnamon Apples

Broncoburger on WG Bun

Macaroni & Cheese & WG Biscuit w/Honey & Rice Krispie Treat

Pop tart & String Cheese Stick

Yogurt Cup w/Chocolate Chip Graham Grips

Chocolate Chip Muffin w/String Cheese Stick

Mixed Fruit

Nutrigrain Bar & Cheese Stick

Mixed Fruit

Brunch for Lunch Chicken Tenders with French Toast

Refried Beans with Salsa

Veggie Bar Salad

Turkey & Cheese on WB Bun

Ham & Cheese Wrap

Chicken Patty on WG Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4142

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
Hamburger Bun, 3.5 inch, Whole Grain 18 oz/12 ct	1 Each	3354
MAYONNAISE OLIVE OIL R/F 200-12.4GM	1 Each	131011

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Bring chicken patty to temperature and then put on bun and cover with plastic wrap. Put in warmer, till service. Serve with mayo pkg.

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 1			
Amount Per Serving			
Calories	395.00		
Fat	18.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	541.40mg		
Carbohydrates	37.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	2.00mg
Calcium	37.00mg	Iron	10.00mg

Beef & Cheese Nachos

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6856

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	662512
SAUCE CHS CHED POUCH 6-106Z LOL	2 Ounce	135261

Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Heat bagged cheese sauce in steamer in bag.

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 2oz. tortilla chips with 3oz of taco meat (1/3 cup or #12 scoop) and 1/4 cup cheese sauce.

SLE Components

Amount Per Serving

Meat	2.18
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
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	361.82
Fat	16.50g
SaturatedFat	6.25g
Trans Fat	0.18g
Cholesterol	40.39mg
Sodium	710.30mg
Carbohydrates	34.90g
Fiber	4.26g
Sugar	1.26g
Protein	15.65g
Vitamin A 406.94IU	Vitamin C 3.15mg
Calcium 257.17mg	Iron 1.86mg

Popcorn Chicken Salad



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	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	158763
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	751701
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	620821
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	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

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	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	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

Michigan Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7229

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup	735787
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup	510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup	198536
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170
APPLE VARIETY BULK 113-138CT 40	1 Each	810730
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package	636402
WALNUT PCS MED 30 GFS	1 Tablespoon	585041
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	751701
MARGARINE SPREAD 600-5GM SMRT BAL	2 Each	620821
DRESSING VINAG RASPB FF 60-1.5FLZ	1 Each	824970

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. Put walnuts in small souffle cup with lid.

5. Put lettuce, then veggies, and rest of ingredients in plastic container.
6. Cut chicken breast in long strips and put on top of lettuce.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	1.50
GreenVeg	1.50
RedVeg	0.67
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	693.92		
Fat	19.82g		
SaturatedFat	5.15g		
Trans Fat	0.00g		
Cholesterol	47.50mg		
Sodium	1130.30mg		
Carbohydrates	98.17g		
Fiber	13.77g		
Sugar	60.67g		
Protein	29.36g		
Vitamin A	9027.10IU	Vitamin C	8.32mg
Calcium	242.73mg	Iron	5.14mg

Antipasto Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7233

Ingredients

Description	Measurement	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
TURKEY HAM SLCD 12-1 JENNO	3 Slice	556121
PEPPERONI SLCD 16/Z 2-5 HRML	1/2 Ounce	100240
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170
ONION VIDALIA SWT 10 P/L	2 Tablespoon	558133
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1 Tablespoon	324531
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package	661022
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	831221
DRESSING ITAL LT PKT 102-1Z LTHSE	1 Each	140931

Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Grill Ciabatta bun with garlic powder, bag.
4. Put cheese in souffle cup with lid.
5. Put lettuce in container, then veggies, then cut up turkey ham, put on top of salad along with pepperoni, then add fresh onion rings to the top.
7. Keep refrigerated till service.
8. Serve with choice of dressing.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	1.75
RedVeg	1.17
OtherVeg	0.31
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	576.81
Fat	23.72g
SaturatedFat	6.88g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1292.69mg
Carbohydrates	66.08g
Fiber	12.53g
Sugar	20.52g
Protein	27.75g
Vitamin A 10606.69IU	Vitamin C 135.21mg
Calcium 219.25mg	Iron 6.44mg

Roasted Broccoli

NO IMAGE

Servings:	13.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8140

Ingredients

Description	Measurement	DistPart #
BROCCOLI FZ 30 COMM	13 Cup	549292
MARGARINE SLD 30-1 GCHC	1/2 Cup	733061
SEASONING SALT NO MSG 5 TRDE	2 Tablespoon	514039
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon	513881
SALT IODIZED 25 CARG	1 Teaspoon	108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Teaspoon	225037

Preparation Instructions

Put frozen broccoli on paper lined sheet pan sprayed with pan release spray, make sure you spray the edges of the pan. Then sprinkle with 1/2 cup melted margarine. Then sprinkle with seasoning mixture. Bake at 425* for 10 minutes.

SLE Components

Amount Per Serving

Meat	0.00
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: 13.00

Serving Size: 6.00 1

Amount Per Serving

Calories	118.34
Fat	6.77g
SaturatedFat	2.77g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	958.53mg
Carbohydrates	11.85g
Fiber	6.18g
Sugar	2.00g
Protein	6.18g
Vitamin A 461.54IU	Vitamin C 0.02mg
Calcium 1.56mg	Iron 0.09mg

Warm Cinnamon Apples



Servings:	100.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8142

Ingredients

Description	Measurement	DistPart #
APPLE SLCD 6-10 COMM	4 #10 CAN	120500
SPICE CINNAMON GRND 15Z TRDE	5 Tablespoon	224723
SUGAR BEET GRANUL 25 GFS	1 Cup	108588
SUGAR BROWN LT 12-2 P/L	2 Cup	860311
STARCH CORN 24-1 ARGO	1 Tablespoon	108413
SPICE NUTMEG GRND 16Z TRDE	2 1/2 Teaspoon	224944

Preparation Instructions

- Pre Heat oven to 350*
- Mix all dry ingredients together.
- Spray pans or use pan savers.
- Mix in the apples with the dry ingredients and mix well.
- Bake uncovered for 15 minutes. Bake an additional 15 minutes covered.
- Serve with #8 Scoop, 4 oz portion 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: 100.00			
Serving Size: 0.50 1			
Amount Per Serving			
Calories	61.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	15.05g		
Fiber	2.07g		
Sugar	11.87g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Broncoburger 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-8519

Ingredients

Description	Measurement	DistPart #
3.5" Bun, WG	1 Each	3354
BEEF PTY CKD FLAMEBR CN 250-1.95Z	1 Each	187220
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1/2 Serving	722360

Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

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

CCP: Hold at 135° F or higher.

Notes:

1. Cook burger patties according to instructions, then heat to 165* for at least 15 seconds.
2. Layer 1 beef patty on bun
3. Top with 1 slice American Cheese.
4. Wrap in waxed paper and serve with Ketchup, mustard and relish.

SLE Components

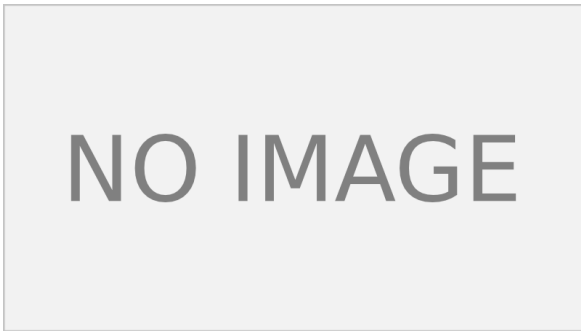
Amount Per Serving

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 1			
Amount Per Serving			
Calories	235.00		
Fat	8.00g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	32.50mg		
Sodium	600.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	2.50g		
Protein	18.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	116.00mg	Iron	1.44mg

Macaroni & Cheese & WG Biscuit w/Honey & Rice Krispie Treat



Servings:	1.00	Category:	Entree
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8530

Ingredients

Description	Measurement	DistPart #
ENTREE MAC & CHS WGRAIN 6-5# LOL	5/8 Cup	527582
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	1 Each	521782
HONEY PKT 200-9GM GFS	1 Each	270539
TREAT RICE KRISPIE MINI 600-.39Z KELL	1 Each	859570

Preparation Instructions

Wash hands thoroughly.

Basic Preparation

Place sealed bag in a steamer or in boiling water. Heat for approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned.

Serve 6 oz of mac and cheese in a 8 oz foam bowl, cover with plastic wrap. Keep at 145* or higher in warmer.

Serve with 1 biscuit, 1 honey package, and 1 rice mini krispie treat.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 6.00 1			
Amount Per Serving			
Calories	452.40		
Fat	16.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	930.30mg		
Carbohydrates	58.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	20.10g		
Vitamin A	750.00IU	Vitamin C	0.05mg
Calcium	460.43mg	Iron	1.77mg

Pop tart & String Cheese Stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8588

Ingredients

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

Preparation Instructions

Wash hands thoroughly. Put items together as a unit 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	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

Yogurt Cup w/Chocolate Chip Graham Grips



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8591

Ingredients

Description	Measurement	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package	282441

Preparation Instructions

Wash hands thoroughly.
Put items together as a unit 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	200.00
Fat	4.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	145.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	15.00g
Protein	6.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 240.00mg	Iron 0.72mg

Chocolate Chip Muffin w/String Cheese Stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8594

Ingredients

Description	Measurement	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	557991
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580

Preparation Instructions

Wash hands thoroughly.

Warm muffin in warmer and serve with cheese stick.

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	280.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	330.00mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	10.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	240.00mg	Iron	1.44mg

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	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

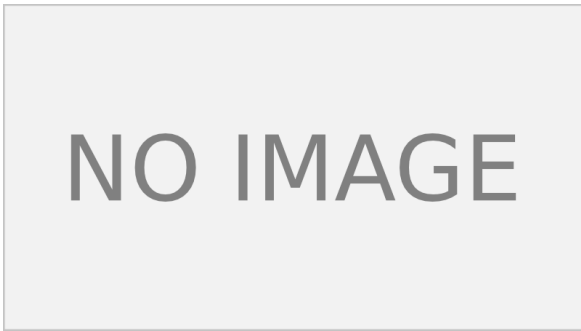
Serving Size: 0.50 1

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

Nutrigrain Bar & Cheese Stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8719

Ingredients

Description	Measurement	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each	209761
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580

Preparation Instructions

Combine 1 of each items.

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	240.00		
Fat	10.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	8.00g		
Vitamin A	950.20IU	Vitamin C	0.00mg
Calcium	399.98mg	Iron	1.80mg

Mixed Fruit

NO IMAGE

Servings:	75.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8827

Ingredients

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

Preparation Instructions

Wash hands thoroughly.

Put Fruit in refrigerator the day before use.

Mix all 3 kinds of canned fruit together, do not drain juice.

Put 1/2 cup servings in souffle cups with lids.

Keep under refrigeration 38F to 42F.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.52
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

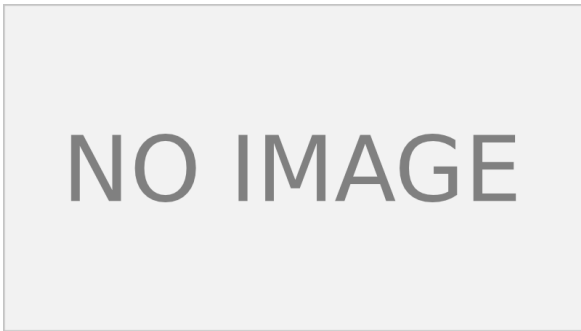
Servings Per Recipe: 75.00

Serving Size: 0.50 1

Amount Per Serving	
Calories	75.88
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.17mg
Carbohydrates	17.93g
Fiber	0.69g

Sugar	16.21g
Protein	0.34g
Vitamin A 137.95IU	Vitamin C 9.31mg
Calcium 6.90mg	Iron 0.25mg

Brunch for Lunch Chicken Tenders with French Toast



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9947

Ingredients

Description	Measurement	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece	533830
FRENCH TST BITES WGRAIN 384-.51Z	3 Each	391073

Preparation Instructions

Wash hands thoroughly.

1. Bake Chicken Tenders according to directions.
2. Heat French Toast Bites according to directions.
3. Use a 1# paper tray to serve.

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 1

Amount Per Serving	
Calories	430.00
Fat	24.00g
SaturatedFat	7.25g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	675.00mg
Carbohydrates	31.00g
Fiber	2.50g
Sugar	10.00g

Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.98mg

Refried Beans with Salsa

NO IMAGE

Servings:	39.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10052

Ingredients

Description	Measurement	DistPart #
SALSA 103Z 6-10 REDG	1 1/2 Cup	452841
SEASONING TACO SLT FR 19.5Z TRDE	2 1/4 Teaspoon	605062
CHEESE CHED SHRD 6-5 COMM	3/4 Cup	199720
BEAN REFRD 6-10 GRSZ	1 1/2 #10 CAN	293962

Preparation Instructions

Wash hands thoroughly.

1. Spray pan coating in steam-table pan.
2. Pour boiling water in pan, then mix dehydrated beans mix per directions.
3. Then add taco seasoning and salsa.
4. Bring to temperature 165* for 15 seconds.
5. Portion in 1/2 cup souffles.
6. Sprinkle with 1 Tablespoon of shredded cheddar cheese.
7. Hold at 135 or higher Temperature in warmer.
8. Serve refried beans in souffle cup.

SLE Components

Amount Per Serving

Meat	0.15
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.05
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 39.00			
Serving Size: 1.00 1			
Amount Per Serving			
Calories	160.32		
Fat	3.37g		
SaturatedFat	1.42g		
Trans Fat	0.00g		
Cholesterol	4.62mg		
Sodium	578.42mg		
Carbohydrates	23.61g		
Fiber	6.00g		
Sugar	1.20g		
Protein	8.88g		
Vitamin A	36.51IU	Vitamin C	0.41mg
Calcium	48.26mg	Iron	2.02mg

Veggie Bar Salad



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	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

Turkey & Cheese on WB Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13503

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice	244190
American Cheese Sliced RF	1 Slice	666204

Preparation Instructions

Assemble bagel sandwich place 2 oz. sliced turkey and 1 slice of American Cheese on a pretzel bun.

SLE Components

Amount Per Serving

Meat	2.17
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	266.67		
Fat	7.75g		
SaturatedFat	2.58g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	668.33mg		
Carbohydrates	27.00g		
Fiber	4.00g		
Sugar	4.50g		
Protein	22.67g		
Vitamin A	30.00IU	Vitamin C	0.00mg
Calcium	163.00mg	Iron	1.30mg

Ham & Cheese Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14536

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	690130
TURKEY HAM SLCD 12-1 JENNO	1 1/2 Ounce	556121
CHEESE SLCD YEL 6-5 COMM	1/2 Serving	334450

Preparation Instructions

1. Thaw turkey ham according to directions. CCP: Keep cold 41F or below.
 2. Place 4 slices of turkey ham, 1 slice of cheese cut in half & 1/2 cup of lettuce into 10" tortilla
 3. Wrap, label and date for 3 days.
 4. Serve with Ranch dressing.
- CCP: Keep cold 41F or below.

SLE Components

Amount Per Serving

Meat	1.97
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 1

Amount Per Serving	
Calories	256.47
Fat	10.71g
SaturatedFat	4.74g
Trans Fat	0.00g
Cholesterol	41.91mg
Sodium	579.71mg
Carbohydrates	25.00g
Fiber	2.00g

Sugar	2.50g
Protein	13.85g
Vitamin A 0.00IU	Vitamin C 0.88mg
Calcium 100.00mg	Iron 1.97mg