

Cookbook for Henderson County High School

Created by HPS Menu Planner

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Yogurt with Grahams & String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-4517

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN L/F 12-6Z YOPL	1 Each		307742
CRACKER GRHM HNY CHOC BUNNY 100-1.25Z	1 Package		643012
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Wash hands before starting

Gather all supplies including small bag.

Place 3 items in bag

Put all items back in cooler until meal time

SLE Components

Amount Per Serving

Meat	2.50
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	390.00		
Fat	14.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	410.00mg		
Carbohydrates	51.00g		
Fiber	3.00g		
Sugar	28.00g		
Protein	15.00g		
Vitamin A	950.00IU	Vitamin C	0.00mg
Calcium	600.00mg	Iron	0.36mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4528

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GFS	1 Each		763233
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	1 Each		226851
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

Wash hands and put on gloves

Gather all supplies

Beef Patty:

conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes.

Once burgers are cooked assemble sandwich with 1 beef patty and 1 slice of cheese per bun.

Place all assembled sandwiches and extra patties in warmer until meal time.

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	315.00
Fat	12.00g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	535.00mg
Carbohydrates	30.00g
Fiber	1.00g
Sugar	4.50g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.00mg	Iron 1.44mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4531

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	1 Each		226851
BUN HAMB SLCD 4 10-12CT GFS	1 Each		763233

Preparation Instructions

Wash hands and put on gloves before starting.

Beef Patty:

Conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes.

Once patty's are cooked assemble sandwiches and place in warmer until meal time.

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	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	325.00mg		
Carbohydrates	29.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4539

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	1/2 Cup		120490
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon		614640
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061

Preparation Instructions

CORN CAN BE COOKED WITHOUT THAWING.

STOCK POT OR STEAM-JACKETED KETTLE: ADD FROZEN CORN TO BOILING WATER. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 5 TO 10 MINUTES. DRAIN.

STEAMER: PLACE FROZEN CORN IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED AT 5LB PRESSURE FOR 9 TO 10 MINUTES. DRAIN. . DO NOT BOIL. COOK FROZEN CORN ONLY UNTIL TENDER BUT CRISP.

CORN WILL CONTINUE TO COOK WHEN HELD ON A HOT STEAM TABLE OR IN A HOLDING CABINET.

CORN WILL BECOME OVERCOOKED IF HELD TOO LONG; SCHEDULE COOKING OF FROZEN CORN SO IT WILL BE SERVED SOON AFTER COOKING.

BATCH COOK VEGETABLES JUST BEFORE SERVING TO IMPROVE QUALITY

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	187.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	81.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 1.00mg **Iron** 0.00mg

Scrambled Egg Mix with Toast

Servings:	1.00	Category:	Entree
Serving Size:	2.00 oz	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4553

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHT SFT SLCD 16-22Z GFS	1 Slice		204782
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	1 Ounce		533034

Preparation Instructions

Wash hands and put on clean gloves.

Gather all supplies needed.

Scrambled Egg Mix: Place eggs in a sprayed pan. CONVECTION OVEN - 275 degrees F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300 degrees F Thawed: 30-35 minutes Frozen: 35-40 minutes

Toast: Place slices of bread on sheet pans sprayed with butter spray and spray tops of bread with butter pan spray. Place in 300 degree convection oven and cook to personal state of browning.

SLE Components

Amount Per Serving

Meat	0.88
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: 2.00 oz

Amount Per Serving

Calories	135.00		
Fat	1.00g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	85.00mg		
Sodium	230.00mg		
Carbohydrates	14.50g		
Fiber	1.50g		
Sugar	2.50g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	3.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4559

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST TKY SAUS WGRAIN 192CT MAX	1 Each		863140

Preparation Instructions

WASH HANDS AND PUT ON GLOVES

PREPARE FROM FROZEN STATE.

CONVECTION OVEN: PREHEAT TO 375°F. BAKE ON PARCHMENT LINED PAN 13-15 MINUTES.

CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F. BAKE ON PARCHMENT LINED PAN 13-15 MINUTES.

COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F.

ONCE COOKED PLACE IN WARMER UNTIL MEAL TIME.

REFRIGERATE OR DISCARD ANY UNUSED PORTIONS.

SLE Components

Amount Per Serving

Meat	1.00
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: 3.50 Ounce

Amount Per Serving

Calories	170.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	390.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.40mg

Every Day Fruit Juice

Servings:	4.00	Category:	Fruit
Serving Size:	6.75 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-4565

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-6.75FLZ	1 Each		698332
JUICE BOX ORNG TANGR 100 40-6.75FLZ	1 Each		698351
JUICE BOX FRT PNCH 100 40-6.75FLZ	1 Each		698340
JUICE BOX VERY BRY 40-6.75FLZ	1 Each		698361

Preparation Instructions

Ready to drink. keep refrigerated till time of service

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 6.75 Ounce

Amount Per Serving

Calories	97.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	24.50g		
Fiber	0.00g		
Sugar	22.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.75mg	Iron	0.00mg

Cole Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4568

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1/2 Cup		198226
DRESSING COLE SLAW 4-1GAL GCHC	1 Tablespoon		106992

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

OPEN BAG OF COLE SLAW MIX AND POUR INTO BOWL, POUR IN COLE SLAW DRESSING AND MIX WELL.

POUR INTO SERVING PAN

REFRIGERATE UNTIL MEAL TIME

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	73.33		
Fat	4.50g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	126.67mg		
Carbohydrates	8.17g		
Fiber	0.67g		
Sugar	7.00g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.67mg	Iron	0.00mg

Chicken Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4569

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD STRPS 1/2 30# GLDKST	2 Ounce		187791
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	1 Ounce		229951
SAUCE ALFREDO FZ 6-5 JTM	1/2 Cup		155661

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

DICED CHICKEN:

BAKE FROM FROZEN: CONVENTIONAL OVEN: 8-10 MINUTES AT 350F; CONVECTION OVEN: 6-8 MINUTES AT 350F.

ALFREDO SAUCE:

PREPARE FROM FROZEN STATE

PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

ROTINI NOODLES:

SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY.

ONCE ALL COMPONENTS ARE COOKED AND READY COMBINE EVERYTHING, STIR AND PUT IN A SERVING PAN.

SERVE WITH A 6 OZ SPOODLE

SLE Components

Amount Per Serving

Meat	3.47
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	358.53		
Fat	12.96g		
SaturatedFat	6.37g		
Trans Fat	0.00g		
Cholesterol	89.47mg		
Sodium	983.29mg		
Carbohydrates	30.50g		
Fiber	2.00g		
Sugar	7.00g		
Protein	29.47g		
Vitamin A	442.00IU	Vitamin C	0.00mg
Calcium	392.00mg	Iron	1.16mg

Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4570

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 KE	1/2 Cup		283760
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon		614640
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037

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	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	164.78		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.00mg		
Carbohydrates	8.96g		
Fiber	2.99g		
Sugar	2.99g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.00mg	Iron	0.82mg

Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4596

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHT SFT SLCD 16-22Z GFS	1 Slice		204782
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Wash hands and put on clean gloves

Spray large pan with butter spray

Line pan with bread and spray top of bread with butter spray

Cook in oven on 300 degrees until personal state of browning.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	75.00		
Fat	1.00g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	90.00mg		
Carbohydrates	14.00g		
Fiber	1.50g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8188

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631

Preparation Instructions

Wash hands and put on gloves.

Gather all supplies.

Spray pan with butter spray

Line pan with bread, place 4 slices of cheese on each piece of bread. Top with additional slice of bread.

Spray top of bread.

Place in 300 degree oven and cook until your desired state of browning.

SLE Components

Amount Per Serving

Meat	0.52
Grain	0.00
Fruit	0.00
GreenVeg	0.50
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	99.60
Fat	5.08g
SaturatedFat	3.22g
Trans Fat	0.00g
Cholesterol	15.60mg
Sodium	107.80mg
Carbohydrates	9.52g
Fiber	3.20g
Sugar	6.00g
Protein	6.24g
Vitamin A 1655.40IU	Vitamin C 24.66mg
Calcium 137.48mg	Iron 0.49mg

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8196

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD R/SOD IQF 1.5Z 12	1 Each		483152
DOUGH BISC STHRN STYL 216-2.51Z	1		516495

Preparation Instructions

Wash hands and put on gloves.

Gather all supplies.

Biscuit:

Follow directions on box.

Sausage:

Lay sausage patties on sprayed pan and cook at 300 degrees until internal temperature reaches 165 degrees.

SLE Components

Amount Per Serving

Meat	0.75
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: 3.00 Ounce

Amount Per Serving

Calories	360.00		
Fat	23.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	570.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8221

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	4 Ounce		860560

Preparation Instructions

WASH HANDS BEFORE YOU BEGIN

COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER.

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	0.46

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	101.15		
Fat	2.76g		
SaturatedFat	0.92g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	174.71mg		
Carbohydrates	16.55g		
Fiber	1.84g		
Sugar	0.00g		
Protein	1.84g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.39mg	Iron	0.66mg

Pork Rib Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8222

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ W/SCE 2.8Z 6-5#	1 Each		661921
BUN HOT DOG SLCD 5.75 12-12CT GFS	1 Each		763225

Preparation Instructions

Wash hands and put on clean gloves

Pork Rib Patty:

Lay out patties on an oven sheet pan in a single layer. Heat in a conventional oven preheated to 350 degrees F for 12-14 minutes or heat in a convection oven preheated to 350 degrees F for 10-12 minutes.

Once patties are cooked assemble sandwich and place in warmer until meal time.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00		
Fat	11.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	580.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	18.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	1.08mg

Chicken Strip Basket

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8233

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP WGRAIN	3 Each		546561
FRIES 1/2 C/C OVEN 6-5 MCC	4 Ounce		200697
BREAD GARL TX TST SLC 12-12CT GFS	1 Slice		611910
GRAVY MIX BISC WHITE SAUCE 12-24Z	1 Fluid Ounce		242420

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

CHICKEN STRIPS:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

CRINKLE FRIES:

CONVENTIONAL: PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

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

GARLIC TOAST:

Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through.

GRAVY:

PREPARE AS INSTRUCTED ON PACKAGE

ONCE ALL COMPONENTS ARE PREPARED CUP GRAVY INTO 4 OZ STYROFOAM CUPS, AND BOAT ALL 4 ITEMS TOGETHER IN A 2#BOAT

PUT IN WARMER UNTIL MEAL TIME

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	1.01

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	619.49		
Fat	26.80g		
SaturatedFat	5.26g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	1126.42mg		
Carbohydrates	64.78g		
Fiber	6.04g		
Sugar	2.50g		
Protein	21.52g		
Vitamin A	100.00IU	Vitamin C	85.27mg
Calcium	35.02mg	Iron	3.53mg

Scrambled Eggs with Toast

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8234

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHT SFT SLCD 16-22Z GFS	1 Slice		204782
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
EGG SCRMBD CKD FZ 4-5 CARG	1 Ounce		192330

Preparation Instructions

Scrambled Eggs:

Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Place in oven.

CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes

Toast:

Spray pan with butter spray, place bread slices and spray tops of them.

Cook in 300 degree oven to your desired state of browning.

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: 2.00 Ounce

Amount Per Serving

Calories	120.00		
Fat	4.00g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	220.00mg		
Carbohydrates	15.00g		
Fiber	1.50g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	0.00mg

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8235

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each		528820
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each		441900

Preparation Instructions

Wash hands and put on gloves before starting

Biscuits:

Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven.

Chicken Patty:

FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assemble chicken biscuits when all is cooked. Place in warmer until meal time.

SLE Components

Amount Per Serving

Meat	1.00
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	302.60		
Fat	13.00g		
SaturatedFat	4.80g		
Trans Fat	0.00g		
Cholesterol	23.00mg		
Sodium	797.30mg		
Carbohydrates	35.00g		
Fiber	0.60g		
Sugar	3.00g		
Protein	12.50g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	38.40mg	Iron	2.36mg

Double Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13923

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB DBL DECKER 4 10-12CT GFS	1 Each		588341
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	2 Each	GRILL Flat grill: from frozen at 375 degree f (medium-high) for 10-12 minutes (5-6 minutes per side). From thawed at 375 degree f for 6 minutes (3 minutes per side).conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Microwave: from frozen place on microwave safe plate. Cover with paper towel and heat on high 60-70 seconds. From thawedplace on microwave safe plate. Cover with paper towel and heat on high 40-45 seconds.	226851

Preparation Instructions

Wash hands and put on gloves

Gather all supplies

Beef Patty:

conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes.

Once burgers are cooked assemble sandwich with 2 beef patty's per bun.

Place all assembled sandwiches and extra patties in warmer until meal time.

SLE Components

Amount Per Serving

Meat	4.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00
Fat	18.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	470.00mg
Carbohydrates	33.00g
Fiber	1.00g
Sugar	0.00g

Protein	29.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	4.68mg

Pizza/Salad Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13930

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
SPINACH BABY CLND 2-2 RSS	1 Cup		560545
CARROT BABY WHL CLEANED 12- 2 RSS	1 Ounce		510637
ONION RD SLIVERED 1/8 2-3 RSS	1 Ounce		313157
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1 Tablespoon		324531
CHIX DCD 1/2 WHT/DARK CKD 2- 5 TYSON	1 Ounce	UNSPECIFIED Not currently available	570533
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
OLIVE GRN SALAD BRKN MANZ 4-1GAL GFS	1 Tablespoon		107549
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439

Description	Measurement	Prep Instructions	DistPart #
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce		499943
EGG HRD CKD DCD IQF 4-5 GFS	1 Tablespoon		192198
CHEESE COTTAGE SML 1 4- 5 GCHC	1/4 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
POTATO BAKER IDAHO 90CT MRKN	2 Ounce		233277
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	1/2 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	1/2 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	627101
PIZZA PEPP 16 WGRAIN R/E BOLD 9CT	1/2 Slice	BAKE COOKING INSTRUCTIONS: COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVECTION OVEN: 350°F high fan for 13-17 minutes. CONVENTIONAL OVEN: 450°F for 15-17 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	503962
PIZZA 4MEAT 16 WGRAIN PRIMO 9CT	1/2 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F low fan for 15-17 minutes IMPINGEMENT OVEN: 420°F for 6:30-7:00 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	731211

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

PIZZA:

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

SLE Components

Amount Per Serving

Meat	6.06
Grain	4.50
Fruit	0.00
GreenVeg	1.25
RedVeg	0.78
OtherVeg	0.88
Legumes	0.00
Starch	2.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1070.39
Fat	46.04g
SaturatedFat	18.67g
Trans Fat	0.00g
Cholesterol	180.60mg
Sodium	2182.22mg
Carbohydrates	102.77g
Fiber	13.48g
Sugar	25.08g
Protein	63.87g
Vitamin A 4253.24IU	Vitamin C 43.94mg
Calcium 915.44mg	Iron 8.04mg

Pizza/Salad Bar W,F

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
SPINACH BABY CLND 2-2 RSS	1 Cup		560545
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
ONION RD SLIVERED 1/8 2-3 RSS	1 Ounce		313157
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1 Tablespoon		324531
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce		570533
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
OLIVE GRN SALAD BRKN MANZ 4-1GAL GFS	1 Tablespoon		107549
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce		499943
CHEESE COTTAGE SML 1 4-5 GCHC	1/4 Cup		329487
POTATO BAKER IDAHO 90CT MRKN	2 Ounce		233277
PIZZA CHS 6" WGRAIN 60-5.3Z	1/2 Piece		474094
PIZZA PEPP 6" WGRAIN 60-5.36Z ALPHA	1/2 Piece		174752

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

PIZZA:

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND

QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

SLE Components

Amount Per Serving

Meat	3.87
Grain	2.00
Fruit	0.00
GreenVeg	1.25
RedVeg	0.71
OtherVeg	0.88
Legumes	0.00
Starch	2.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	686.53
Fat	29.69g
SaturatedFat	14.05g
Trans Fat	0.00g
Cholesterol	85.83mg
Sodium	1633.42mg
Carbohydrates	60.42g
Fiber	9.48g
Sugar	11.25g
Protein	45.73g
Vitamin A 4361.24IU	Vitamin C 43.94mg
Calcium 343.13mg	Iron 2.96mg

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18503

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.05Z 6-26CT	1 Each		536550
BUN HAMB SLCD 4 10-12CT GFS	1 Each		763233

Preparation Instructions

Wash Hands and Put on Gloves

Get buns out to thaw, if not already thawed.

Chicken Patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assemble Sandwich and put in warmer or leave separate and place cooked chicken patty's in warmer.

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: 5.00 Ounce

Amount Per Serving

Calories	360.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	480.00mg		
Carbohydrates	42.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	3.60mg

Cheddar Garlic Biscuits

Servings:	240.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18504

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT MIX CHED GARL 6-5 GCHC	5 Pound		535871
CHEESE CHED MLD SHRD 4-5 LOL	4 Cup		150250
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Cup		184622

Preparation Instructions

Wash hands and put on gloves.

Full Batch: 5 lb (Full Box) mix, 3 lbs (6 cups) water or 3 lb 12 oz (7 1/2 cups) buttermilk, 16 oz (4 cups) shredded cheddar cheese, and 8 oz (1 cup) of melted butter.

Half batch: 2.5 lbs mix, 1 lb 8 oz (3 cups) water or 1 lb 14 oz (3 3/4 cups) buttermilk, 8 oz (2 cups) shredded cheddar cheese, and 4 oz (1/2 cup) of melted butter.

Place water in mixer bowl. Add mix and shredded cheese. Mix on low speed for 30 seconds, using a paddle. Using a #20, #24, or #30 scoop drop dough onto an ungreased or parchment lined baking sheet 2 inches apart.

Bake for 7-9 minutes in a 400 degrees F convection oven or 10-13 minutes in a 450 degrees F standard oven.

Brush baked biscuit with melted butter immediately after taking them out of the oven.

TIP: For added flavor, stir in 1- 2 Tablespoons Garlic Herb Seasoning Mix (565164) to 1 cup melted butter and brush over biscuits.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	26.56
Fat	1.91g
SaturatedFat	0.80g
Trans Fat	0.01g
Cholesterol	2.00mg
Sodium	43.50mg
Carbohydrates	1.65g
Fiber	0.00g
Sugar	0.08g
Protein	0.63g

Vitamin A	20.00IU	Vitamin C	0.00mg
Calcium	15.77mg	Iron	0.09mg

Yogurt Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18513

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
PEACH DCD 3/8 IQF 2-5 DOLE	1/4 Cup		192151
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/4 Cup		621420
BLUEBERRY FREE-FLOW IQF 30 GFS	1/4 Cup		119873
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1 Ounce	READY_TO_EAT Ready to serve and eat	226671

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.49
Grain	0.88
Fruit	0.63
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 Cup

Amount Per Serving	
Calories	245.26
Fat	2.12g
SaturatedFat	1.12g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	171.64mg
Carbohydrates	52.54g
Fiber	3.37g
Sugar	31.00g
Protein	6.10g
Vitamin A 0.00IU	Vitamin C 0.90mg
Calcium 141.79mg	Iron 0.99mg

Colonel Chick-Filet

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18514

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GFS	1 Each		763233
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	4 Ounce		542832

Preparation Instructions

Wash Hands and put on gloves.

Conventional Oven: Heat 14-16 minutes at 375F. Turn after 6 minutes.

Convection Oven: 13-15 minutes at 375F. Turn after 6 minutes.

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: 4.00 Ounce

Amount Per Serving	
Calories	380.00
Fat	11.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	680.00mg
Carbohydrates	43.00g
Fiber	2.00g
Sugar	6.00g
Protein	28.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.80mg