

Cookbook for Newport Primary

Created by HPS Menu Planner

Table of Contents

Scrambled Eggs with Toast

Belgian Waffle - W/ Strawberries

Pancake Wrap

Donut Holes

Chicken Biscuit

Breakfast Burrito

Cinnamon Glazed Toast

Very Berry Parfait

Chunky Monkey Parfait

Pancakes W/ Syrup

Breakfast Pizza

Ham and Egg Cheese Muffin

Cinnamon Twist Stick

Biscuits & Gravy

Banana Muffin

Blueberry Muffin

Sausage Biscuit

Egg and Cheese Sliders

Bagel W/ Cream Cheese

Banana Cream Pie Parfait

Strawberry Shortcake Parfait

Fruit Smoothie

Oatmeal Cup

Sausage W/ French Toast Stick

Frozen Fruit Juice Cup - Strawberry Kiwi

Frozen Fruit Juice Cup - Raspberry

Birthday Treat - Orange

Watermelon Applesauce

Blue Raspberry Applesauce

Grilled Cheese Sandwich

Tomato Soup

Celery sticks

Beef Taco Salad

Pulled Pork Sandwich

Sweet n' Sour Chicken and Rice

Apple Cinnamon Cheerios

Cocoa Puffs

Lucky Charms

Smart Start Meal (1)

Smart Start Meal GF

Grab and Go

Grab and Go Bag (1)

Orange Slices

Mixed Fruit

Seedless Grapes

Banana

Pear Slices

Strawberries

Farm Fresh Apple

Diced Peaches

Pineapple

Mandarin Oranges

Meal Deal (1)

Pulled Pork Sandwich

Baked Beans

Creamy Cole Slaw

Sauteed Pepper Mix

Garden Side Salad

Frozen Fruit Juice Cup

Salisbury Steak w/ Roll

Seasoned Green Beans

Mashed Potatoes

Cheese Pizza

Pepperoni Pizza

Hot Dog or Cheese Coney

Chili Cheese Fries

Mini Corn Dogs

Spaghetti with Meatballs

Chicken Tenders w/ Funyuns

Fish Nuggets - W/ Mac & Cheese

Walking Taco - W/ Tostitos

Fiestada

Cheeseburger

Cheesy Bread Sticks

Chicken Sandwich

Brunch For Lunch

Beef Rotini - W/ Bread Stick

Marco's Pizza

Chef Salad - W/ Roll

Southwest Chicken Salad

Smart Start Meal (2)

Smart Start Meal (3)

Smart Start Meal (4)

Raisins

Farm Fresh Pear

Meal Deal (2)

Meal Deal (3)

Assorted Cereal

Fruit Smoothie (Blenderless)

Meal Deal (4)

Pancake Wrap

Pancake Wrap

Romaine Side Salad

Lo Mein

Bacon Ranch Salad

Deli Sub Sandwich

Chicken Wrap

Veggie Boat

Broccoli & Cheese

Chili Cheese Fries

Wedge Cut Fries

Salad Bar

Crispy Garbanzos

Smart Start Jammer

Fish Filet w/ Mac and Cheese

Carrot Side Salad

Cobb Salad

Cobb Salad

Smiley Fries

Belgian Waffle W/ Yogurt

Walking Taco

Fiesta Salsa

Crinkle Cut Fries

Fruit and Cottage Cheese Plate

Rodeo Burger

Pizza Burger

Deluxe Burger

Celery Sticks

Mixed Variety

Veggie Cup

Scrambled Eggs with Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17247

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	25 Cup	481492
BREAD WHEAT WHL SLCD 1/2 6-32Z GCHC	100 Slice	436820

Preparation Instructions

Pour eggs into steamtable pans (12" x 20" x 2 ½") that have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Heat in oven: 300° F for 15 minutes. Check and stir once after 10 minutes. DO NOT OVERCOOK. CCP: Heat to 145° F for 3 minutes. Eggs should have a slightly moist appearance. CCP: Hold for hot service 135° F or higher. Portion 1/4 cup and serve within 15 minutes.

SLE Components

Amount Per Serving

Meat	1.50
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	193.80		
Fat	8.60g		
SaturatedFat	1.80g		
Trans Fat	0.01g		
Cholesterol	155.00mg		
Sodium	411.80mg		
Carbohydrates	21.00g		
Fiber	2.90g		
Sugar	3.00g		
Protein	9.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.74mg	Iron	2.03mg

Belgian Waffle - W/ Strawberries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17248

Ingredients

Description	Measurement	DistPart #
WAFFLE BEL WHLWHE 48-3.5 GINNYS	1 Slice	243572
STRAWBERRY 8 MRKN	1/2 Cup	212768

Preparation Instructions

Warm in oven at 350 for 5 minutes and serve immediately.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.50
Fruit	0.45
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	326.72		
Fat	14.36g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	161.17mg		
Carbohydrates	46.00g		
Fiber	4.34g		
Sugar	23.40g		
Protein	4.81g		
Vitamin A	513.78IU	Vitamin C	67.51mg
Calcium	18.37mg	Iron	1.91mg

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17249

Ingredients

Description	Measurement	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each	497202
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each	666785

Preparation Instructions

Thaw in cooler overnight. PLACE SINGLE LAYER ON PARCHMENT LINED BAKING SHEET.

CONVECTION OVEN: 350 DEGREES Bake for 20 minutes. Best when flipped halfway through baking.

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE AT 135 DEGREES OR HIGHER FOR NO MORE THAN 4 HOURS

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 Serving

Amount Per Serving			
Calories	250.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	450.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17250

Ingredients

Description	Measurement	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	6 Each	839520

Preparation Instructions

Thaw, warm and serve immediately.

If served with a smoothie, as indicated on menu, all students receive three donuts to meet the 1oz Grain/1 oz Meat requirement.

If served alone, six donut holes are equivalent to 2oz grain requirement.

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 Serving

Amount Per Serving			
Calories	280.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	11.48IU	Vitamin C	0.00mg
Calcium	13.78mg	Iron	0.80mg

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17256

Ingredients

Description	Measurement	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Serving	237390
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Serving	138941

Preparation Instructions

BAKE Biscuits

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.

Cook frozen chicken at 350 for 9-11 minutes (conventional); at 325 for 5-7 (convection)

Assemble breakfast sandwich and serve immediately.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	270.00
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	630.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	2.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 2.08mg

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17297

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
EGG SCRMBD CKD FZ 4-5 GFS	2/15 Pound	584584
CHEESE CHED MLD SHRD 4-5 LOL	0 Cup	150250

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	10.54
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	258.03		
Fat	9.57g		
SaturatedFat	3.29g		
Trans Fat	0.00g		
Cholesterol	132.68mg		
Sodium	449.00mg		
Carbohydrates	30.09g		
Fiber	3.00g		
Sugar	3.05g		
Protein	11.59g		
Vitamin A	12.00IU	Vitamin C	0.00mg
Calcium	167.93mg	Iron	2.67mg

Cinnamon Glazed Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17298

Ingredients

Description	Measurement	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	1 Each	646262

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	200.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	100.00mg		
Sodium	280.00mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.00mg	Iron	1.00mg

Very Berry Parfait

Servings:	75.00	Category:	Entree
Serving Size:	1.00 1 serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17299

Ingredients

Description	Measurement	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	75 Ounce	649742
YOGURT VAN L/F PARFPR 6-4 YOPL	6 Ounce	811500
BLUEBERRY FREE-FLOW IQF 30 GFS	1/4 Cup	119873
STRAWBERRY 8 MRKN	1/4 Cup	212768

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.03
Grain	1.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 1 serving

Amount Per Serving

Calories	122.69		
Fat	3.52g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.07mg		
Sodium	76.20mg		
Carbohydrates	20.56g		
Fiber	2.02g		
Sugar	6.40g		
Protein	3.08g		
Vitamin A	0.07IU	Vitamin C	0.35mg
Calcium	2.78mg	Iron	0.72mg

Chunky Monkey Parfait

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17300

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Cup	197769
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	811500
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	1 Teaspoon	283610
CEREAL GRANOLA HNY OATS 4-44Z	2 Ounce	818961

Preparation Instructions

Slice banana and put 1 cup into a 9oz cup. Add 4oz of yogurt and 2oz of granola. Top with chocolate chips. Refrigerate until ready to serve.

SLE Components

Amount Per Serving

Meat	1.49
Grain	0.75
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	438.86
Fat	5.49g
SaturatedFat	2.06g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	80.94mg
Carbohydrates	96.51g
Fiber	7.84g
Sugar	51.94g
Protein	8.60g
Vitamin A 151.04IU	Vitamin C 20.54mg
Calcium 153.59mg	Iron 1.46mg

Pancakes W/ Syrup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17301

Ingredients

Description	Measurement	DistPart #
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package	269220
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each	666785

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	220.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17302

Ingredients

Description	Measurement	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	160432

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	145.00mg	Iron	1.80mg

Ham and Egg Cheese Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17303

Ingredients

Description	Measurement	DistPart #
TURKEY HAM DCD 2-5 JENNO	1/2	202150
EGG WHL LIQ W/CITRIC 20 EZEGGS	1 Tablespoon	533165
CHEESE CHED SHRD 6-5 COMM	1/2 Ounce	199720

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	91.46		
Fat	6.50g		
SaturatedFat	3.67g		
Trans Fat	0.00g		
Cholesterol	78.31mg		
Sodium	174.81mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.50g		
Vitamin A	0.00IU	Vitamin C	0.33mg
Calcium	8.67mg	Iron	1.00mg

Cinnamon Twist Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17304

Ingredients

Description	Measurement	DistPart #
BREADSTICK CINN BLUEB TWST 96-2.3Z	1 Each	480431

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Biscuits & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17305

Ingredients

Description	Measurement	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup	464694
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Hold each until service.

Place 1 biscuit on the tray and ladle 1/4 cup of gravy over biscuit.

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

CCP: Hold for hot service at 135 degrees F or higher

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00		
Fat	16.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	620.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Banana Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17307

Ingredients

Description	Measurement	DistPart #
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	557981

Preparation Instructions

No Preparation Instructions available.

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 Serving

Amount Per Serving			
Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	3.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Blueberry Muffin

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17308

Ingredients

Description	Measurement	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970

Preparation Instructions

No Preparation Instructions available.

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 Serving

Amount Per Serving

Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17310

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each	184970
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00		
Fat	12.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	470.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Egg and Cheese Sliders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17312

Ingredients

Description	Measurement	DistPart #
SAND SLIDER SAUS EGG & CHS IW 72-2CT	1 Each	523710

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.75
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 Serving

Amount Per Serving			
Calories	80.00		
Fat	2.50g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	145.00mg		
Carbohydrates	10.00g		
Fiber	2.50g		
Sugar	2.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.50mg	Iron	0.80mg

Bagel W/ Cream Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17313

Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	217911
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each	863106

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00		
Fat	8.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	270.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	7.00g		
Protein	7.00g		
Vitamin A	300.00IU	Vitamin C	1.20mg
Calcium	60.00mg	Iron	1.80mg

Banana Cream Pie Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17314

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	811500
BANANA TURNING 40 P/L	1/2 Cup	200999
CRACKER GRHM HNY L/F 200-2CT NAB	1 Package	256137

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.49
Grain	0.50
Fruit	0.37
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	250.69		
Fat	2.55g		
SaturatedFat	0.82g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	130.60mg		
Carbohydrates	54.38g		
Fiber	2.32g		
Sugar	30.92g		
Protein	4.71g		
Vitamin A	56.64IU	Vitamin C	7.70mg
Calcium	148.75mg	Iron	0.63mg

Strawberry Shortcake Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17787

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	6 Ounce	811500
STRAWBERRY 8 MRKN	1/2 Cup	212768
CRACKER GRHM HNY L/F 200-2CT NAB	1 Package	256137

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.24
Grain	0.50
Fruit	0.33
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	255.11		
Fat	2.89g		
SaturatedFat	1.12g		
Trans Fat	0.00g		
Cholesterol	5.60mg		
Sodium	160.42mg		
Carbohydrates	52.37g		
Fiber	1.73g		
Sugar	32.63g		
Protein	6.20g		
Vitamin A	10.21IU	Vitamin C	50.01mg
Calcium	225.10mg	Iron	0.75mg

Fruit Smoothie

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17790

Ingredients

Description	Measurement	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	1/2 Cup	244630
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	811500
JUICE APPLE 100 8-64FLZ HV	1/2 Cup	175470

Preparation Instructions

Place all ingredients into a blender.

Mixes can be made with any FROZEN fruit, but quantity should equal 1/2 cup per person.

Pour into 12 oz clear plastic cup with lid and straw. Offer additional fruit and milk.

SLE Components

Amount Per Serving

Meat	1.50
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: 1.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	144.44
Fat	0.75g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	61.26mg
Carbohydrates	31.51g
Fiber	1.50g
Sugar	22.54g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 27.00mg
Calcium 144.33mg	Iron 0.36mg

Oatmeal Cup

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17793

Ingredients

Description	Measurement	DistPart #
-------------	-------------	------------

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sausage W/ French Toast Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17794

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	1 Each	646222
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	1 Each	352740

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.33
Grain	0.33
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	113.33		
Fat	5.17g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	180.00mg		
Carbohydrates	7.67g		
Fiber	0.67g		
Sugar	2.67g		
Protein	8.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.67mg	Iron	0.69mg

Frozen Fruit Juice Cup - Strawberry Kiwi

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17800

Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	863880

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	35.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Frozen Fruit Juice Cup - Raspberry

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17802

Ingredients

Description	Measurement	DistPart #
SHERBET CUP RASPBERRY 96-4FLZ LUIGI	1 Each	702440

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	110.00		
Fat	1.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	20.00mg		
Carbohydrates	23.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	20.00mg	Iron	0.36mg

Birthday Treat - Orange

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17803

Ingredients

Description	Measurement	DistPart #
SHERBET CUP ORNG 48-4FLZ BLBNY	1 Each	519920

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	21.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

Watermelon Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17805

Ingredients

Description	Measurement	DistPart #
APPLESAUCE WILD WTRMLN 96-4.5Z COMM	1 Each	136701

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

Blue Raspberry Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17807

Ingredients

Description	Measurement	DistPart #
APPLESAUCE BLUE RASPB CUP 96-4.5Z	1 Each	753881

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	71.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	1.00mg
Calcium	0.00mg	Iron	0.00mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17809

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	3/200 Cup	191205
380 - Aunt Millie's WG Honey White Bread	2 Slice	380
CHEESE AMER 160CT SLCD 6-5 COMM	1/25 Slice	150260

Preparation Instructions

Directions:

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
3. Top each slice of bread with 4 slices (2 oz) of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	214.00
Fat	5.70g
SaturatedFat	2.34g
Trans Fat	0.00g
Cholesterol	10.10mg
Sodium	357.80mg
Carbohydrates	34.02g
Fiber	4.00g
Sugar	6.02g

Protein	6.10g		
Vitamin A	6.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	12.00mg

Tomato Soup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17810

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	11/150 #5 CAN	101427
MILK WHT 2 4-1GAL RGNLBRND	53/3976 Gallon	504602

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.78
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	110.28		
Fat	0.80g		
SaturatedFat	0.48g		
Trans Fat	0.00g		
Cholesterol	3.20mg		
Sodium	498.00mg		
Carbohydrates	21.80g		
Fiber	0.99g		
Sugar	13.85g		
Protein	3.27g		
Vitamin A	80.00IU	Vitamin C	0.38mg
Calcium	67.88mg	Iron	0.60mg

Celery sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17811

Ingredients

Description	Measurement	DistPart #
-------------	-------------	------------

Preparation Instructions

serve chilled

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Beef Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18093

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
CHEESE AMER SHRP SHRD 4-5 LOL	1/4 Cup	861960
TACO FILLING BEEF REDC FAT 6-5 COMM	1 1/2 Ounce	722330
CHIP TORTL RND YEL 5-1.5 KE	1 Ounce	163020

Preparation Instructions

1. Prepare Taco meat according to directions
CCP: Hold beef for hot service at 135F or higher.
3. Meanwhile, clean and chop (if needed) romaine lettuce.
4. At service, portion 1 cup salad and top with 1.5 oz beef, 1/2 cup corn and 1 oz cheese.
5. Serve with Tortilla chips.

SLE Components

Amount Per Serving

Meat	1.95
Grain	1.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.06
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	302.71		
Fat	15.82g		
SaturatedFat	7.35g		
Trans Fat	0.14g		
Cholesterol	41.56mg		
Sodium	638.12mg		
Carbohydrates	25.37g		
Fiber	3.95g		
Sugar	2.95g		
Protein	15.06g		
Vitamin A	305.21IU	Vitamin C	2.37mg
Calcium	225.40mg	Iron	1.67mg

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18094

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810
PORK SHRDD BBQ 6-5 JTM	2 Ounce	366320

Preparation Instructions

1. Cook Pork according to manufacturer's instructions. Be sure to heat to proper internal temperature.
2. Scoop 2 oz meat onto bun.
3. Wrap with foil and hold for hot service.

**Allergens: Wheat, Soy

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
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	239.00		
Fat	5.10g		
SaturatedFat	1.55g		
Trans Fat	0.02g		
Cholesterol	22.00mg		
Sodium	269.95mg		
Carbohydrates	35.00g		
Fiber	4.70g		
Sugar	12.00g		
Protein	13.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.00mg	Iron	1.00mg

Sweet n' Sour Chicken and Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18095

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	1 Serving	281831
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup	676463
SAUCE SWEET & SOUR DIP CUP 100-1Z GFS	1 Each	714510

Preparation Instructions

Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher

Serve chicken over top 1 cup cooked brown rice with a sweet and sour dip cup.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.06
OtherVeg	0.00
Legumes	0.00
Starch	0.06

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	442.50		
Fat	16.25g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	740.00mg		
Carbohydrates	54.25g		
Fiber	4.50g		
Sugar	12.75g		
Protein	19.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.50mg	Iron	4.50mg

Apple Cinnamon Cheerios

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18141

Ingredients

Description	Measurement	DistPart #
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052

Preparation Instructions

No Preparation Instructions available.

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 Serving

Amount Per Serving

Calories	110.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	110.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	4.50mg

Cocoa Puffs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18142

Ingredients

Description	Measurement	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401

Preparation Instructions

No Preparation Instructions available.

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 Serving

Amount Per Serving

Calories	110.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	120.00mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	4.50mg

Lucky Charms

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18143

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811

Preparation Instructions

No Preparation Instructions available.

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 Serving

Amount Per Serving

Calories	110.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	6.00mg
Calcium	100.00mg	Iron	4.50mg

Smart Start Meal (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18144

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	649742

Preparation Instructions

Place yogurt, granola and fruit of the day in a small, hinged-lid clear container.

Offer a milk and allow students to take a juice if requested.

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 Serving

Amount Per Serving

Calories	200.00
Fat	4.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	140.00mg
Carbohydrates	35.00g
Fiber	2.00g
Sugar	15.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 0.72mg

Smart Start Meal GF

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18145

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052

Preparation Instructions

In a hinged-lid clear container, arrange cheese stick, cereal and fruit of the day.

Gluten Free Options:

Hard boiled egg in place of cheese stick.

Lucky Charms Pouch-235240 is preferred over the bowl cereal in the Smart Start meal. It is not always available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00		
Fat	8.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	310.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	8.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	4.50mg

Grab and Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18146

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB L/F POUZ 4Z 6-8CT YOPL	1 Each	707193
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each	282431

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.00		
Fat	6.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	210.00mg		
Carbohydrates	45.00g		
Fiber	3.00g		
Sugar	22.00g		
Protein	6.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.72mg

Grab and Go Bag (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18147

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	1 Each	707193
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	265931

Preparation Instructions

Grab and Go bags are late arrivals.

Place yogurt, cereal bar and fruit of the day into a bag. Offer students a milk.

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 Serving

Amount Per Serving

Calories	250.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	155.00mg
Carbohydrates	48.00g
Fiber	3.00g
Sugar	21.00g
Protein	6.00g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 200.00mg	Iron 3.75mg

Orange Slices

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18153

Ingredients

Description	Measurement	DistPart #
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup	117897

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	400.00IU	Vitamin C	18.00mg
Calcium	20.00mg	Iron	0.36mg

Mixed Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18154

Ingredients

Description	Measurement	DistPart #
FRUIT COCKTAIL IN JCE 6-10 GFS	1/2 Cup	610232

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Seedless Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18155

Ingredients

Description	Measurement	DistPart #
GRAPES GREEN SEEDLESS 17AVG	1/2 Cup	197858

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.50 Serving

Amount Per Serving			
Calories	56.27		
Fat	0.27g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.67mg		
Carbohydrates	14.67g		
Fiber	0.73g		
Sugar	13.33g		
Protein	0.53g		
Vitamin A	84.00IU	Vitamin C	3.36mg
Calcium	11.76mg	Iron	0.25mg

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18156

Ingredients

Description	Measurement	DistPart #
BANANA TURNING 40 P/L	1 Each	200999

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

Pear Slices

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18157

Ingredients

Description	Measurement	DistPart #
PEAR DCD XL/S 6-10 GFS	1/2 Cup	290203

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18158

Ingredients

Description	Measurement	DistPart #
STRAWBERRY 8 MRKN	3/4 Cup	212768

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	36.72		
Fat	0.36g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.17mg		
Carbohydrates	9.00g		
Fiber	2.34g		
Sugar	5.40g		
Protein	0.81g		
Vitamin A	13.78IU	Vitamin C	67.51mg
Calcium	18.37mg	Iron	0.47mg

Farm Fresh Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18160

Ingredients

Description	Measurement	DistPart #
Apples, Gala	1 Serving	310

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	98.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	23.53g		
Fiber	4.00g		
Sugar	17.84g		
Protein	0.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	0.21mg

Diced Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18161

Ingredients

Description	Measurement	DistPart #
PEACH DCD XL/S 6-10 GFS	1/2 Cup	268348

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Pineapple

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18162

Ingredients

Description	Measurement	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Cup	189979

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	0.00mg	Iron	0.36mg

Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18163

Ingredients

Description	Measurement	DistPart #
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup	117897

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	400.00IU	Vitamin C	18.00mg
Calcium	20.00mg	Iron	0.36mg

Meal Deal (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18169

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	528690
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each	142411

Preparation Instructions

In a hinged lid clear container, arrange all components: grain, meat, vegetable of the day and fruit of the day. Offer students pack with a milk.

SLE Components

Amount Per Serving

Meat	1.00
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: 1.00 Serving

Amount Per Serving

Calories	330.00
Fat	10.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	720.00mg
Carbohydrates	44.00g
Fiber	3.00g
Sugar	11.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 1.20mg
Calcium 353.00mg	Iron 1.80mg

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18171

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810
PORK SHRDD BBQ 6-5 JTM	4 Ounce	366320

Preparation Instructions

1. Cook Pork according to manufacturer's instructions. Be sure to heat to proper internal temperature.
2. Scoop 4 oz meat onto bun.
3. Wrap with foil and hold for hot service.

**Allergens: Wheat, Soy

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	338.00		
Fat	8.20g		
SaturatedFat	2.60g		
Trans Fat	0.04g		
Cholesterol	44.00mg		
Sodium	389.90mg		
Carbohydrates	44.00g		
Fiber	5.40g		
Sugar	20.00g		
Protein	21.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	93.00mg	Iron	1.00mg

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18173

Ingredients

Description	Measurement	DistPart #
BEAN BAKED FCY 6-10 ALLEN	1/2 Cup	583375

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	150.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	590.00mg		
Carbohydrates	29.00g		
Fiber	5.00g		
Sugar	11.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Creamy Cole Slaw

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18175

Ingredients

Description	Measurement	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 1/2 Gallon	198226
DRESSING SALAD LT 4-1GAL GCHC	1 3/4 Cup	429422
SUGAR CANE GRANUL XFINE 50# P/L	1/8 Cup	563191
SPICE MUSTARD DRY 1 COLMANS	1 Teaspoon	400018

Preparation Instructions

Directions:

Place cabbage and carrots in large bowl and toss lightly to mix.

Combine reduced calorie mayonnaise, sugar, and dry mustard.

Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide.

2: Special Tips:

3: 1) For best results, shred cabbage and store overnight; add dressing just before serving.

4: 2) If recipe is prepared in advance, the yield will be reduced.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.32
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	58.94
Fat	2.80g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	11.20mg
Sodium	113.60mg
Carbohydrates	7.56g

Fiber	1.28g		
Sugar	5.16g		
Protein	0.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.40mg	Iron	0.00mg

Sauteed Pepper Mix

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18177

Ingredients

Description	Measurement	DistPart #
PEPPERS & ONION FLME RSTD 6-2.5	1/2 Cup	847208

Preparation Instructions

Coat kettle with a thin layer of olive oil.

Sauté pepper and onion mix until they are slightly softened.

Prepare just before service. If held for too long, mix will lose color and become mushy.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	24.17		
Fat	0.45g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	66.48mg		
Carbohydrates	4.23g		
Fiber	0.91g		
Sugar	2.12g		
Protein	0.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.07mg	Iron	0.21mg

Garden Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18179

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup	600504

Preparation Instructions

PREPARATION: RINSE THOROUGHLY. READY TO USE

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.06
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	3.76		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.51mg		
Carbohydrates	0.75g		
Fiber	0.25g		
Sugar	0.25g		
Protein	0.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.51mg	Iron	0.25mg

Frozen Fruit Juice Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18181

Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	863890

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	35.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1750.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Salisbury Steak w/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18183

Ingredients

Description	Measurement	DistPart #
BEEF STK SALIS CKD 72-2.67Z GFS	1 Each	512606
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Tablespoon	552050
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each	233140

Preparation Instructions

Cook rice & chicken according to directions. CCP: Hold hot at 135 F or higher

Serve chicken over top 1 cup cooked brown rice with a sweet and sour dip cup.

SLE Components

Amount Per Serving

Meat	0.75
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	355.00		
Fat	20.00g		
SaturatedFat	8.00g		
Trans Fat	0.50g		
Cholesterol	50.00mg		
Sodium	570.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	7.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	2.44mg

Seasoned Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 #8 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18184

Ingredients

Description	Measurement	DistPart #
BUTTER SUB 24-4Z BTRBU DS	0 Package	209810
SPICE ONION POWDER 19Z TRDE	1/17 Teaspoon	126993
SPICE GARLIC POWDER 6 TRDE	1/17 Teaspoon	513857
BEAN GREEN CUT MXD SV 6-10 GCHC	1/20 #10 CAN	273856

Preparation Instructions

Stir all ingredients together and heat.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.65
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 #8 Scoop

Amount Per Serving

Calories	26.56		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	181.79mg		
Carbohydrates	5.67g		
Fiber	2.61g		
Sugar	2.59g		
Protein	1.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.95mg	Iron	0.53mg

Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18185

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	613738
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon	209810

Preparation Instructions

Prepare water to boiling.

Add potato pearls and butter buds.

Whisk to desired texture. Hold in warmer 145 degrees or higher.

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: 0.50 Serving

Amount Per Serving

Calories	436.07		
Fat	4.82g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1995.90mg		
Carbohydrates	82.59g		
Fiber	4.82g		
Sugar	0.00g		
Protein	9.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.19mg	Iron	1.45mg

Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18186

Ingredients

Description	Measurement	DistPart #
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	1 Each	153650

Preparation Instructions

1. Prepare Taco meat according to directions
CCP: Hold beef for hot service at 135F or higher.
3. Meanwhile, clean and chop (if needed) romaine lettuce.
4. At service, portion 1 cup salad and top with 1.5 oz beef, 1/2 cup corn and 1 oz cheese.
5. Serve with Tortilla chips.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	300.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	440.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	8.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 263.00mg	Iron 2.30mg

Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18187

Ingredients

Description	Measurement	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96-4.5Z	1 Each	152111

Preparation Instructions

1. Prepare Taco meat according to directions
CCP: Hold beef for hot service at 135F or higher.
3. Meanwhile, clean and chop (if needed) romaine lettuce.
4. At service, portion 1 cup salad and top with 1.5 oz beef, 1/2 cup corn and 1 oz cheese.
5. Serve with Tortilla chips.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	310.00
Fat	12.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	530.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	8.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 222.00mg	Iron 2.50mg

Hot Dog or Cheese Coney

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18197

Ingredients

Description	Measurement	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each	656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	564053
CHILI CINCINNATI STYLE 6-5 COMM	1 Ounce	343990
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250

Preparation Instructions

Prepare chili as directed on package.

Serve: 1 hotdog in 1 bun with the option to add 1oz of chili and/or .25 cup of cheese on top.

SLE Components

Amount Per Serving

Meat	3.36
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	409.78		
Fat	23.87g		
SaturatedFat	10.06g		
Trans Fat	0.18g		
Cholesterol	89.68mg		
Sodium	637.01mg		
Carbohydrates	28.08g		
Fiber	5.18g		
Sugar	3.18g		
Protein	21.51g		
Vitamin A	300.00IU	Vitamin C	9.00mg
Calcium	284.73mg	Iron	2.16mg

Chili Cheese Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18198

Ingredients

Description	Measurement	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	3 Ounce	509661
CHILI CINCINNATI STYLE 6-5 COMM	3 Ounce	343990
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	406321

Preparation Instructions

Chili: Keep frozen. Place in a sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. Portion no more than 3oz into a serving bowl.

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

Cheese: Portion 1oz in soufflé cup to serve on the side. Additional option: 1 ounce of cheese may be put directly on top of chili.

SLE Components

Amount Per Serving

Meat	2.08
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.07
Legumes	0.00
Starch	0.56

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	399.73		
Fat	21.39g		
SaturatedFat	9.17g		
Trans Fat	0.54g		
Cholesterol	59.03mg		
Sodium	504.48mg		
Carbohydrates	34.95g		
Fiber	3.77g		
Sugar	2.54g		
Protein	18.76g		
Vitamin A	300.00IU	Vitamin C	4.01mg
Calcium	242.20mg	Iron	2.88mg

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18199

Ingredients

Description	Measurement	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each	722301

Preparation Instructions

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

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

Serving Size: 1 ea

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: 6.00 Each

Amount Per Serving			
Calories	267.00		
Fat	11.00g		
SaturatedFat	1.90g		
Trans Fat	0.00g		
Cholesterol	34.00mg		
Sodium	365.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	12.00g		
Protein	9.00g		
Vitamin A	114.00IU	Vitamin C	51.00mg
Calcium	66.00mg	Iron	1.00mg

Spaghetti with Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18200

Ingredients

Description	Measurement	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce	221460
MEATBALL CKD .65Z 6-5 COMM	4 Each	785860
SAUCE MARINARA A/P 6-10 REDPK	4 Ounce	592714

Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes. Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer.

Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.71
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	418.14		
Fat	13.36g		
SaturatedFat	3.50g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	673.14mg		
Carbohydrates	54.57g		
Fiber	7.86g		
Sugar	9.71g		
Protein	21.86g		
Vitamin A	559.29IU	Vitamin C	9.57mg
Calcium	106.86mg	Iron	3.80mg

Chicken Tenders w/ Funyuns

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18201

Ingredients

Description	Measurement	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	3 Piece	283951
SNACK ONIO WGRAIN 104-.75Z FUNYUN	1 Each	865601

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.

Serving Size: 3 each

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: 3.00 Serving

Amount Per Serving			
Calories	360.00		
Fat	18.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	515.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.70mg

Fish Nuggets - W/ Mac & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18202

Ingredients

Description	Measurement	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	4 Each	523291
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup	119122

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.

Serving Size: 3 each

SLE Components

Amount Per Serving

Meat	3.49
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: 4.00 Serving

Amount Per Serving			
Calories	436.42		
Fat	18.21g		
SaturatedFat	5.98g		
Trans Fat	0.00g		
Cholesterol	47.39mg		
Sodium	1501.34mg		
Carbohydrates	44.13g		
Fiber	3.49g		
Sugar	5.48g		
Protein	25.69g		
Vitamin A	559.70IU	Vitamin C	0.00mg
Calcium	59.85mg	Iron	2.61mg

Walking Taco - W/ Tostitos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18203

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	722330
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup	135261
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package	284751

Preparation Instructions

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater

Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater

Hold ingredients at 135 degrees F or greater until service

Serving: Place 3oz of taco meat into 1 bag of Reduced Fat Doritos. Place .25 cup of cheese sauce in bag or in soufflé cup on side and serve.

SLE Components

Amount Per Serving

Meat	2.89
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	325.43		
Fat	16.14g		
SaturatedFat	6.70g		
Trans Fat	0.27g		
Cholesterol	53.12mg		
Sodium	776.25mg		
Carbohydrates	25.73g		
Fiber	3.89g		
Sugar	1.89g		
Protein	19.11g		
Vitamin A	610.41IU	Vitamin C	4.73mg
Calcium	270.80mg	Iron	1.89mg

Fiestada

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18204

Ingredients

Description	Measurement	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	1 Each	487272

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	360.00
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	710.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	8.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	Iron 3.10mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18205

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. Once assembled line on sheet pan, cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

SLE Components

Amount Per Serving

Meat	2.50
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	15.50g
SaturatedFat	6.50g
Trans Fat	0.50g
Cholesterol	52.50mg
Sodium	640.00mg
Carbohydrates	23.00g
Fiber	4.00g
Sugar	3.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 142.00mg	Iron 2.44mg

Cheesy Bread Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18206

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	232930
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	700.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	9.00g		
Protein	21.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	374.00mg	Iron	1.90mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18207

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810

Preparation Instructions

Place chicken patties on paper lined cookie sheets.

Bake @350* approx. 8-10 minutes.

Layer chicken patties upright in 4B pans.

Place hamburger buns in 4B pans.

Assemble on serving line.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	410.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	550.00mg
Carbohydrates	42.00g
Fiber	7.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 101.00mg	Iron 3.00mg

Brunch For Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18208

Ingredients

Description	Measurement	DistPart #
HASHBROWN FAST 2.5Z 6-3.5 LAMB	2 Each	242241
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	109000
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice	204822
JELLY ASST 1 200-.5Z SMUCK	1 Each	284912

Preparation Instructions

Cook sausage, bacon and hash browns according to instructions on the box.

Offer students two sausage patties but pre tray one.

Students may also have two hash browns.

Serve with toast and offer jelly assortment.

SLE Components

Amount Per Serving

Meat	1.18
Grain	1.00
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 Serving

Amount Per Serving			
Calories	485.00		
Fat	20.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	980.00mg		
Carbohydrates	56.00g		
Fiber	6.00g		
Sugar	11.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	2.36mg

Beef Rotini - W/ Bread Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18209

Ingredients

Description	Measurement	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	7 Ounce	728590
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

1. Prepare Taco meat according to directions
CCP: Hold beef for hot service at 135F or higher.
3. Meanwhile, clean and chop (if needed) romaine lettuce.
4. At service, portion 1 cup salad and top with 1.5 oz beef, 1/2 cup corn and 1 oz cheese.
5. Serve with Tortilla chips.

SLE Components

Amount Per Serving

Meat	1.88
Grain	2.47
Fruit	0.00
GreenVeg	0.00
RedVeg	0.47
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	445.43
Fat	18.05g
SaturatedFat	6.83g
Trans Fat	0.94g
Cholesterol	50.81mg
Sodium	750.16mg
Carbohydrates	48.58g
Fiber	3.76g
Sugar	9.53g
Protein	21.94g
Vitamin A 576.75IU	Vitamin C 21.64mg
Calcium 67.75mg	Iron 3.82mg

Marco's Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18210

Ingredients

Description	Measurement	DistPart #
-------------	-------------	------------

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chef Salad - W/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18212

Ingredients

Description	Measurement	DistPart #
CROUTON CHS GARL WGRAIN 250-.5Z	1 Ounce	661022
EGG HARD CKD PLD 25 GFS	2 Tablespoon	711160
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CUCUMBER SLCD 1/4 2-3 RSS	1/2 Cup	329517
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
TURKEY BRST DCD 2-5	1 Ounce	451300
CHEESE AMER SHRD R/F 4-5 LOL	1/2 Ounce	861950
CARROT SHRD MED 2-5 RSS	1 Ounce	313408
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each	233140

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.76
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.78
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	512.79
Fat	18.23g
SaturatedFat	5.45g
Trans Fat	0.00g
Cholesterol	413.95mg
Sodium	896.52mg
Carbohydrates	55.44g
Fiber	8.94g
Sugar	22.58g

Protein	32.92g
Vitamin A 7803.91IU	Vitamin C 52.38mg
Calcium 177.02mg	Iron 6.01mg

Southwest Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18213

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	150160
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
TOMATO GRAPE SWT 10 MRKN	6 Each	129631
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	163760
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/2 Cup	712131

Preparation Instructions

Assemble all ingredients in this order:

Lettuce

Tomatoes

corn and black bean

Bag of Tortilla Chips

Cheese (Bag)

Chicken

in clear container and label accordingly. Seal.

Serve with Breadsticks.

SLE Components

Amount Per Serving

Meat	2.33
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	515.27
Fat	26.27g
SaturatedFat	13.48g
Trans Fat	0.00g
Cholesterol	103.33mg
Sodium	843.50mg
Carbohydrates	41.83g
Fiber	11.30g
Sugar	15.50g

Protein	35.07g
Vitamin A 2897.47IU	Vitamin C 49.91mg
Calcium 483.36mg	Iron 2.58mg

Smart Start Meal (2)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18238

Ingredients

Description	Measurement	DistPart #
BAR OATML APPLE SFT IW 216-1.2Z	1 Each	526290
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	853800

Preparation Instructions

Egg and oatmeal bar is precooked and ready to eat.

Place hard boiled egg, oatmeal bar and fruit of the day in a hinged lid, clear container.

Offer a milk and allow students to take a juice if requested.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	210.00
Fat	9.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	175.00mg
Sodium	145.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	10.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.00mg	Iron 2.00mg

Smart Start Meal (3)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18240

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	770960
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760

Preparation Instructions

In a hinged-lid clear container, arrange yogurt, grahams and fruit of the day.
Offer students a milk and allow them to take a juice if requested.

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 Serving

Amount Per Serving			
Calories	200.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	180.00mg		
Carbohydrates	34.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	4.40mg

Smart Start Meal (4)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18241

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	262362

Preparation Instructions

In a hinged-lid clear container, arrange cheese stick and muffin.

Offer a milk to students and allow them to take a juice if requested.

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 Serving

Amount Per Serving

Calories	280.00		
Fat	14.00g		
SaturatedFat	5.50g		
Trans Fat	0.10g		
Cholesterol	25.00mg		
Sodium	310.00mg		
Carbohydrates	32.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	8.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	208.26mg	Iron	0.81mg

Raisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18418

Ingredients

Description	Measurement	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Cup	544426

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	2.00
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	504.00		
Fat	1.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	31.20mg		
Carbohydrates	124.00g		
Fiber	9.20g		
Sugar	116.00g		
Protein	4.80g		
Vitamin A	14.80IU	Vitamin C	0.40mg
Calcium	63.60mg	Iron	4.68mg

Farm Fresh Pear

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18531

Ingredients

Description	Measurement	DistPart #
PEAR 40	1 Ounce	762560

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Meal Deal (2)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18532

Ingredients

Description	Measurement	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1 Each	630302
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280

Preparation Instructions

In a hinged lid clear container, arrange all components: grains, meat, vegetable of the day and fruit of the day. Offer students pack with a milk.

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 Serving

Amount Per Serving

Calories	470.00
Fat	25.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	570.00mg
Carbohydrates	43.00g
Fiber	5.00g
Sugar	11.00g
Protein	18.00g
Vitamin A 700.00IU	Vitamin C 0.00mg
Calcium 390.00mg	Iron 3.70mg

Meal Deal (3)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18533

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	649742

Preparation Instructions

In a hinged lid clear container, arrange all components: grains, meat, vegetable of the day and fruit of the day. Offer students pack with a milk.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	380.00		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	490.00mg		
Carbohydrates	50.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	16.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	450.00mg	Iron	1.72mg

Assorted Cereal

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18534

Ingredients

Description	Measurement	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052

Preparation Instructions

These cereals credit as a 1 ounce grain. Students may take an additional grain (toast, grahams) or meat alternate (cheese, yogurt, egg) to meet the 2 ounce grain requirement.

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 Each

Amount Per Serving

Calories	330.00
Fat	6.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	390.00mg
Carbohydrates	69.00g
Fiber	7.00g
Sugar	23.00g
Protein	5.00g
Vitamin A 400.00IU	Vitamin C 4.80mg
Calcium 400.00mg	Iron 12.60mg

Fruit Smoothie (Blenderless)

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18535

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	811500
JUICE APPLE 100 8-64FLZ HV	1/2 Cup	175470
BANANA TURNING 40 P/L	1/2 Cup	200999

Preparation Instructions

Yogurt-8 cups

Juice- 4 cups

Bananas (ripe, mashed smooth and chilled)- 4 cups

Combine yogurt (can be vanilla or strawberry) and juice (apple or unsweetened juice from canned fruit) in 8 quart or larger container and mix until well combined.

Add mashed bananas 2 cups at a time stirring until smooth.

Pour into 8 oz of mixture into 9 oz clear plastic cup with lid and straw. Serve chilled.

Offer students a 1 ounce grain (3 donut holes) and a milk.

SLE Components

Amount Per Serving

Meat	1.00
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: 1.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	198.19		
Fat	1.05g		
SaturatedFat	0.82g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	62.16mg		
Carbohydrates	45.26g		
Fiber	2.32g		
Sugar	28.54g		
Protein	4.71g		
Vitamin A	56.64IU	Vitamin C	7.70mg
Calcium	138.75mg	Iron	0.23mg

Meal Deal (4)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18536

Ingredients

Description	Measurement	DistPart #
-------------	-------------	------------

Preparation Instructions

In a hinged lid clear container, arrange deli sandwich of the day, vegetable of the day and fruit of the day.

Deli Sandwich may be leftover from the previous day's menu. Other grain options for this MD includes: bagel, breadsticks or tortilla.

Meat options could include lunchmeat or cheese.

Offer students MD pack with a milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18641

Ingredients

Description	Measurement	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each	497202
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each	666785

Preparation Instructions

Thaw in cooler overnight. PLACE SINGLE LAYER ON PARCHMENT LINED BAKING SHEET.

CONVECTION OVEN: 350 DEGREES Bake for 20 minutes. Best when flipped halfway through baking.

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE AT 135 DEGREES OR HIGHER FOR NO MORE THAN 4 HOURS

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 Serving

Amount Per Serving			
Calories	250.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	450.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18642

Ingredients

Description	Measurement	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each	497202
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each	666785

Preparation Instructions

Thaw in cooler overnight. PLACE SINGLE LAYER ON PARCHMENT LINED BAKING SHEET.

CONVECTION OVEN: 350 DEGREES Bake for 20 minutes. Best when flipped halfway through baking.

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE AT 135 DEGREES OR HIGHER FOR NO MORE THAN 4 HOURS

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 Serving

Amount Per Serving			
Calories	250.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	450.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Romaine Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18800

Ingredients

Description	Measurement	DistPart #
CARROT SHRD MED 2-5 RSS	1 Ounce	313408
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
TOMATO GRAPE SWT 10 MRKN	2 Each	129631

Preparation Instructions

Arrange lettuce attractively in salad container with carrots and two grape tomatoes layered on top. Use DOD tomatoes when available.

Serve salad chilled.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.40
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	37.31
Fat	0.20g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	24.50mg
Carbohydrates	8.17g
Fiber	2.99g
Sugar	4.83g
Protein	2.02g
Vitamin A 5505.26IU	Vitamin C 14.06mg
Calcium 34.33mg	Iron 0.61mg

Lo Mein

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18808

Ingredients

Description	Measurement	DistPart #
PASTA SPAG 51 WGRAIN 2-10	6 Pound	221460

Preparation Instructions

1 pint- olive oil

1 pint- diced onions

1 quart- diced celery

1 quart- shredded carrots

Prepare spaghetti al dente; drain and keep warm.

Heat oil in a tilt skillet or kettle; add diced onion, diced celery and shredded carrots. Sauté until vegetables are tender but crisp.

Add spaghetti, soy sauce to the vegetable mixture. Toss gently to mix all ingredients well.

Heat thoroughly until the temperature reaches 135° F for 15 seconds.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	201.60		
Fat	1.44g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	39.36g		
Fiber	3.84g		
Sugar	1.92g		
Protein	6.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.20mg	Iron	1.73mg

Bacon Ranch Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18975

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	150160
CORN WHL KERNEL FCY GRADE 6-10 GFS	1/4 Cup	118966
DRESSING RNCH LT 4-1GAL LTHSE	2 Ounce	861850
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504

Preparation Instructions

Thaw precooked chicken strips, turkey bacon and breadsticks. (Use commodity chicken strips when available or 150160, 860390). Heat chicken, bacon, corn and breadsticks according to directions. Chop 1/4 inch bits and store in walk-in until salad assembly. Assemble each salad into an 8 inch 3 compartment container.

- Fill the large compartment of the container with 2 cups of chopped romaine. Starting at top left corner and working clockwise, top romaine with:
 - ¼ cup corn
 - 1 Tbsp. bacon bits (about 1 strip)
 - 1 oz. cheese (using 2 oz. spoodle oar 1/4 cup measure)

Place 3 strips of chicken in center of salad, two ranch cups inside one corner and breadsticks in the other corner.

CCP: Hold and Serve at 41 degrees F. or lower.

SLE Components

Amount Per Serving

Meat	2.33
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	334.19
Fat	20.17g
SaturatedFat	8.33g
Trans Fat	0.00g
Cholesterol	88.33mg
Sodium	625.01mg
Carbohydrates	20.34g
Fiber	1.50g
Sugar	6.00g

Protein	19.17g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 225.03mg	Iron 0.70mg

Deli Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19059

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
TURKEY HAM 2-7AVG JENNO	3 Ounce	434663
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	276142

Preparation Instructions

Assemble sandwich by placing turkey slices on sub bun first, followed by a slice of cheese.

Hold sandwiches for cold service at 41F or lower.

Serve in small, clear hinge lid container.

SLE Components

Amount Per Serving

Meat	3.50
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 Serving

Amount Per Serving			
Calories	315.00		
Fat	11.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	1165.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	21.00g		
Vitamin A	150.00IU	Vitamin C	1.80mg
Calcium	131.00mg	Iron	3.08mg

Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19062

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	150160
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
CHEESE AMER SHRP SHRD 4-5 LOL	1/4 Cup	861960

Preparation Instructions

On each tortilla fill bottom half with chicken, shredded cheese. Roll in the form of a burrito. Cut seam side down, cut diagonally and server immediately.

SLE Components

Amount Per Serving

Meat	3.00
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 Serving

Amount Per Serving

Calories	350.00
Fat	19.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	105.00mg
Sodium	825.00mg
Carbohydrates	22.00g
Fiber	2.00g
Sugar	2.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 179.00mg	Iron 1.08mg

Veggie Boat

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19137

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	768146
CUCUMBER SELECT 24CT MRKN	1/4 Cup	418439
TOMATO CHERRY 11 MRKN	1/4 Cup	569551
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	732486

Preparation Instructions

Wash all fresh vegetables under cold running water. Drain well. Slice or separate as necessary. Place required amounts into container/trays. Refrigerate at 40 degrees until serving time.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
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	24.97		
Fat	0.18g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	24.67mg		
Carbohydrates	5.25g		
Fiber	1.79g		
Sugar	3.00g		
Protein	1.14g		
Vitamin A	388.50IU	Vitamin C	18.58mg
Calcium	18.75mg	Iron	0.27mg

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19138

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED 6-5 JTM	1 Ounce	271081
BROCCOLI CUTS 6-4 GFS	1/2 Cup	610871

Preparation Instructions

1. Steam broccoli according to manufacturer's instructions. Be careful not to overcook. Broccoli should be bright green and slightly crisp. CCP: Heat to 135 F or higher.
2. Prepare cheese sauce according to manufacturer's instructions. CCP: Heat to 135 F or higher.
3. Ensure broccoli is fully drained before mixing in cheese sauce.

**Allergens: Milk, Soy

SLE Components

Amount Per Serving

Meat	0.55
Grain	0.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.26		
Fat	4.54g		
SaturatedFat	2.54g		
Trans Fat	0.00g		
Cholesterol	15.38mg		
Sodium	238.31mg		
Carbohydrates	3.55g		
Fiber	1.49g		
Sugar	1.25g		
Protein	5.25g		
Vitamin A	727.09IU	Vitamin C	28.03mg
Calcium	138.82mg	Iron	0.40mg

Chili Cheese Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19195

Ingredients

Description	Measurement	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	3 Ounce	509661
CHILI CININNATI STYLE 6-5 COMM	5 Ounce	343990
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	150250
BREADSTICK WGRAIN 1Z 12-20CT	2 Each	406321

Preparation Instructions

Chili: Keep frozen. Place in a sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. Portion no more than 5.5 into a serving bowl.

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

Cheese: Serve students 2oz on the side in a soufflé cup or directly on chili.

SLE Components

Amount Per Serving

Meat	3.79
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.12
Legumes	0.00
Starch	0.56

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	659.30		
Fat	37.13g		
SaturatedFat	17.29g		
Trans Fat	0.90g		
Cholesterol	108.39mg		
Sodium	913.49mg		
Carbohydrates	52.10g		
Fiber	5.13g		
Sugar	4.90g		
Protein	32.78g		
Vitamin A	600.00IU	Vitamin C	4.01mg
Calcium	478.67mg	Iron	4.60mg

Wedge Cut Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19196

Ingredients

Description	Measurement	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	2 3/4 Ounce	509661

Preparation Instructions

CONVECTION

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

Portion no more than 3 ounces to serve.

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	0.51

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	92.01		
Fat	2.56g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.67mg		
Carbohydrates	15.33g		
Fiber	2.04g		
Sugar	0.00g		
Protein	2.04g		
Vitamin A	0.00IU	Vitamin C	3.68mg
Calcium	0.00mg	Iron	0.74mg

Salad Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19197

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 3/35 Ounce	570533
EGG HRD CKD DCD IQF 4-5 GFS	33/35 Tablespoon	192198
CHEESE AMER SHRD R/F 4-5 LOL	47/3289 Ounce	861950
TOMATO 6X6 LRG 10 MRKN	1/20 Cup	199001
PEPPERS GREEN LRG 5 MRKN	13/140 Cup	592315
CUCUMBER SDLSS 12-1CT P/L	3/28 Cup	532312
ONION DCD 1/4 2-5 RSS	0 Cup	198307
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	202150
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.08
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.05
OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	141.07		
Fat	5.71g		
SaturatedFat	1.79g		
Trans Fat	0.00g		
Cholesterol	108.03mg		
Sodium	330.03mg		
Carbohydrates	4.07g		
Fiber	1.37g		
Sugar	2.10g		
Protein	16.44g		
Vitamin A	131.04IU	Vitamin C	13.08mg

Calcium 30.93mg **Iron** 1.67mg

Crispy Garbanzos

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19198

Ingredients

Description	Measurement	DistPart #
BEAN GARBANZO 6-10 GCHC	1/2 Cup	118753
OIL OLV XVGRN 3-1GAL FILIPPO	1/2 Tablespoon	645142

Preparation Instructions

Preheat oven to 425F. Drain beans using a colander or strainer. Remove all moisture with a paper towel.

Toss in olive oil and dried seasonings- garlic, cumin and paprika. Spread on a parchment lined sheet tray and bake until crispy, checking after 6-8 minutes.

Serve .5 cup in a soufflé cup.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	170.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	18.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.72mg

Smart Start Jammer

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19199

Ingredients

Description	Measurement	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1 Each	630302

Preparation Instructions

In a hinged lid clear container (clear baggie), arrange jammer and fruit of the day.

Offer students Smart Start with a milk.

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 Serving

Amount Per Serving

Calories	290.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.70mg

Fish Filet w/ Mac and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19205

Ingredients

Description	Measurement	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	1 Each	576255
ENTREE MACAR & CHS R/F WGRAIN 6-5	1 Cup	119122

Preparation Instructions

Fish:

FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM. Basic Preparation

Mac and Cheese: THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN. HEAT INTERNAL TEMPERATURE TO 165 DEGREES F. WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE POURED INTO SERVING PANS. IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY.

SLE Components

Amount Per Serving

Meat	4.49
Grain	2.49
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	602.84		
Fat	23.42g		
SaturatedFat	9.96g		
Trans Fat	0.00g		
Cholesterol	64.78mg		
Sodium	2042.69mg		
Carbohydrates	62.27g		
Fiber	3.99g		
Sugar	9.96g		
Protein	34.37g		
Vitamin A	1119.40IU	Vitamin C	0.00mg
Calcium	59.70mg	Iron	2.91mg

Carrot Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19240

Ingredients

Description	Measurement	DistPart #
CARROT SHRD MED 2-5 RSS	3/4 Cup	313408
PINEAPPLE CHUNKS IN JCE 6-10 GFS	1 Tablespoon	189952

Preparation Instructions

Prepare carrot salad by adding just the juice from the canned pineapple. Students need a minimum of 3/4 cup to meet the red/orange requirement.

Serve pineapple as a second fruit option for the day.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.06
GreenVeg	0.00
RedVeg	0.83
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	43.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	61.25mg		
Carbohydrates	10.25g		
Fiber	2.92g		
Sugar	6.25g		
Protein	0.67g		
Vitamin A	14266.67IU	Vitamin C	6.70mg
Calcium	28.00mg	Iron	0.00mg

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19241

Ingredients

Description	Measurement	DistPart #
EGG HARD CKD PLD 25 GFS	1/2 Each	711160
TOMATO GRAPE SWT 10 MRKN	4 Each	129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	202150
TURKEY BRST DCD 2-5	1 1/2 Ounce	451300
BACON TKY CKD 12-50CT JENNO	1 Tablespoon	834770
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

SLE Components

Amount Per Serving

Meat	2.44
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	266.86
Fat	8.03g
SaturatedFat	1.79g
Trans Fat	0.00g
Cholesterol	142.81mg
Sodium	732.28mg
Carbohydrates	23.15g
Fiber	3.70g
Sugar	9.00g
Protein	23.74g

Vitamin A	1499.40IU	Vitamin C	25.56mg
Calcium	61.53mg	Iron	3.25mg

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19242

Ingredients

Description	Measurement	DistPart #
EGG HARD CKD PLD 25 GFS	1/2 Each	711160
TOMATO GRAPE SWT 10 MRKN	4 Each	129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Cup	600504
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	202150
TURKEY BRST DCD 2-5	1 1/2 Ounce	451300
BACON TKY CKD 12-50CT JENNO	1 Tablespoon	834770
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

SLE Components

Amount Per Serving

Meat	2.44
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.19
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	350.62
Fat	9.03g
SaturatedFat	1.79g
Trans Fat	0.00g
Cholesterol	142.81mg
Sodium	824.78mg
Carbohydrates	36.90g
Fiber	4.95g
Sugar	12.25g
Protein	26.99g

Vitamin A	1499.40IU	Vitamin C	25.56mg
Calcium	87.04mg	Iron	4.58mg

Smiley Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19290

Ingredients

Description	Measurement	DistPart #
POTATO SMILES 26/ 6-4 OREI	2 3/4 Ounce	228818

Preparation Instructions

CONVECTION

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

Portion no more than 3 ounces to serve.

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	0.57

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	148.34		
Fat	5.13g		
SaturatedFat	0.57g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	205.39mg		
Carbohydrates	22.82g		
Fiber	2.28g		
Sugar	0.00g		
Protein	2.28g		
Vitamin A	0.00IU	Vitamin C	2.74mg
Calcium	0.00mg	Iron	0.41mg

Belgian Waffle W/ Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19326

Ingredients

Description	Measurement	DistPart #
WAFFLE BEL WHLWHE 48-3.5 GINNYS	1 Slice	243572
STRAWBERRY 8 MRKN	1/2 Cup	212768
YOGURT VAN L/F PARFPR 6-4 YOPL	2 Ounce	811500

Preparation Instructions

Warm waffles in oven at 350F for 5 minutes and serve immediately.

Serve: Offer 2 ounces of vanilla yogurt on top of the waffle or on the side in a soufflé cup to meet the grain requirement.

SLE Components

Amount Per Serving

Meat	0.75
Grain	1.50
Fruit	0.45
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		382.69	
Fat		14.73g	
SaturatedFat		6.37g	
Trans Fat		0.00g	
Cholesterol		16.87mg	
Sodium		191.02mg	
Carbohydrates		57.57g	
Fiber		4.34g	
Sugar		31.61g	
Protein		6.68g	
Vitamin A	513.78IU	Vitamin C	67.51mg
Calcium	85.53mg	Iron	1.91mg

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19328

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	722330
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup	135261
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	163020

Preparation Instructions

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater

Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater

Hold ingredients at 135 degrees F or greater until service

Serving: Place 2oz of chips (approximately 16 chips) in a large boat. Pour 3oz of taco meat onto chips. Place .25 cup of cheese sauce in bag or in soufflé cup on side and serve.

SLE Components

Amount Per Serving

Meat	2.89
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	465.43		
Fat	20.64g		
SaturatedFat	7.20g		
Trans Fat	0.27g		
Cholesterol	53.12mg		
Sodium	876.25mg		
Carbohydrates	47.73g		
Fiber	5.89g		
Sugar	1.89g		
Protein	21.11g		
Vitamin A	610.41IU	Vitamin C	4.73mg
Calcium	327.80mg	Iron	2.61mg

Fiesta Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19329

Ingredients

Description	Measurement	DistPart #
CORN WHL KERNEL STD GRADE 6-10 KE	1/4 Cup	244805
BEANS BLACK LO SOD 6-10 BUSH	1/4 Cup	231981
SALSA 103Z 6-10 REDG	2 Ounce	452841

Preparation Instructions

Drain a #10 can of corn and a #10 can of black beans. Mix together beans and corn.

Add salsa (half of #10 can) to bean and corn mixture and refrigerate at least an hour before service.

Portion 4oz into soufflé cup.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
OtherVeg	0.00
Legumes	0.13
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	120.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	273.67mg		
Carbohydrates	22.50g		
Fiber	3.50g		
Sugar	5.33g		
Protein	4.50g		
Vitamin A	237.33IU	Vitamin C	2.67mg
Calcium	52.67mg	Iron	1.05mg

Crinkle Cut Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19336

Ingredients

Description	Measurement	DistPart #
FRIES 3/8 C/C OVATIONS 6-5 MCC	2 1/2 Ounce	510081

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

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	0.61

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	109.22		
Fat	3.64g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	139.56mg		
Carbohydrates	16.99g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.21g		
Vitamin A	0.00IU	Vitamin C	2.91mg
Calcium	0.00mg	Iron	0.44mg

Fruit and Cottage Cheese Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19363

Ingredients

Description	Measurement	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	1/2 Cup	329487
WATERMELON RED SDLSS 2CT P/L	1/4 Cup	326089
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Cup	702595
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Cup	189979

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	176.80
Fat	1.15g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	440.48mg
Carbohydrates	26.75g
Fiber	1.65g
Sugar	21.25g
Protein	14.73g
Vitamin A 2882.02IU	Vitamin C 15.39mg
Calcium 115.62mg	Iron 0.76mg

Rodeo Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19367

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810
ONION RING BRD WGRAIN 6-5#TASTY BRAND	1 Each	234061
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon	655937

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. When finished cooking and before the line, put 1T bbq sauce, an onion ring and top bun.

Cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.20
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	405.00		
Fat	17.60g		
SaturatedFat	7.30g		
Trans Fat	0.50g		
Cholesterol	52.50mg		
Sodium	866.00mg		
Carbohydrates	43.60g		
Fiber	5.60g		
Sugar	14.00g		
Protein	20.10g		
Vitamin A	0.00IU	Vitamin C	0.48mg

Calcium 178.00mg **Iron** 2.66mg

Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19372

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940
SAUCE MARINARA A/P 6-10 REDPK	1 Tablespoon	592714

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. When finished cooking and before the line, put sauce on and top bun.

Cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.18
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	344.29
Fat	16.71g
SaturatedFat	7.00g
Trans Fat	0.50g
Cholesterol	52.50mg
Sodium	789.29mg
Carbohydrates	31.14g
Fiber	5.71g
Sugar	5.93g
Protein	20.21g
Vitamin A 138.57IU	Vitamin C 2.14mg
Calcium 163.71mg	Iron 2.44mg

Deluxe Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19374

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. At the service line, offer a side of deluxe toppings: lettuce, tomato and onion.

Cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

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	330.00		
Fat	16.50g		
SaturatedFat	7.00g		
Trans Fat	0.50g		
Cholesterol	52.50mg		
Sodium	665.00mg		
Carbohydrates	28.50g		
Fiber	5.00g		
Sugar	4.50g		
Protein	19.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	158.00mg	Iron	2.44mg

Celery Sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19394

Ingredients

Description	Measurement	DistPart #
CELERY STIX 4-3 RSS	4 Ounce	781592

Preparation Instructions

Serve celery sticks chilled. Offer a Ranch dip cup. Use DOD celery when available.

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: 0.50 Cup

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	1.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.00g		
Vitamin A	556.76IU	Vitamin C	3.84mg
Calcium	49.60mg	Iron	0.00mg

Mixed Variety

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19396

Ingredients

Description	Measurement	DistPart #
-------------	-------------	------------

Preparation Instructions

Combine fruit leftover from the week into a mixing bowl.

Portion .5 serving into an attractive container.

Serve chilled.

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 Cup

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

Veggie Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19397

Ingredients

Description	Measurement	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup	560715
PEPPERS GREEN 2 20 P/L	1/2 Cup	280437

Preparation Instructions

Use DOD when available. Use 3 grape tomatoes when red pepper is unavailable.

Slice into stirps. Place required amounts into container/trays. Refrigerate at 40 degrees until serving time.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	33.90
Fat	0.25g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.65mg
Carbohydrates	8.50g
Fiber	2.05g
Sugar	5.00g
Protein	1.25g
Vitamin A 2275.53IU	Vitamin C 176.18mg
Calcium 13.57mg	Iron 0.57mg