

# **Cookbook for Northwood Middle School**

**Created by HPS Menu Planner**

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**Blueberry or Strawberry Yogurt Dessert- HS**

**Chocolate Chip Cookie**

**Broccoli (Nappanee)**

**Carrots (Nappanee)**

**Corn (Nappanee)**

**California Blend (Nappanee)**

**Mixed Vegetables (Nappanee)**

**Peas (Nappanee)**

**Green Beans (Nappanee)**

**French Fries (Nappanee)**

**Tater Tots (Nappanee)**

**Hashbrown Patties (Nappanee)**

**Sweet Potato Fries (Nappanee)**

**Sweet Potato Crispy Cubes (Nappanee)**

**Commodity Macaroni & Cheese**

**Sloppy Joe Sandwich**

**Traveling Taco**

**Brown Rice**

**Mashed Potatoes (Nappanee)**

**Baked Beans (Nappanee)**

**Refried Beans (Nappanee)**

**Grilled Cheese Sandwich**

**Choice of Cereal**

**Choice of 100% Juice**

**Choice of Yogurt**

**Choice of Muffin**

**Egg & Cheese Biscuit**

**Egg, Sausage & Cheese Biscuit**

**Egg, Bacon & Cheese Biscuit**

**Hamburger Boats**

**Chicken & Noodles**

**Yogurt Breakfast Parfait**

**Broccoli (Woodview)**

**Cooked Carrots (Woodview)**

**Creamed Turkey (Woodview)**

**Mixed Vegetables (Woodview)**

**Egg & Sausage Biscuit (Woodview)**

**Nachos (Woodview)**

**Refried Beans (Woodview)**

**Breakfast Casserole**

**Chicken & Noodles (Woodview)**

**Chili Soup (Woodview)**

**Green Beans (Woodview)**

**Corn (Woodview)**

**Grilled Cheese Sandwich (Woodview)**

**Baked Beans (Woodview)**

**Cheeseburger on Bun (Woodview)**

**Baked Oatmeal (Woodview)**

**Sub Sandwich (Woodview)**

**Meatball Sub**

**Cheeseburger on Bun Alternate (Woodview)**

**Grapes**

**Beef Burrito (Nappanee)**

**Bulldog Burger (Nappanee)**

**BBQ Pulled Pork Sandwich (Nappanee)**

**Cheeseburger Sandwich (Nappanee)**

**Chicken Bacon Swiss Sandwich (Nappanee)**

**Chicken Sandwich (Nappanee)**

**Cold Ham Sandwich (Nappanee)**

**Grilled Ham & Cheese Sandwich**

**Hamburger Sandwich (Nappanee)**

**Hotdog Sandwich (Nappanee)**

**Beef Burrito (homemade seasoning) (Nappanee)**

**Pantherburger-Northwood MS**

**Baked Beans-Northwood MS**

**Ravioli-Northwood MS**

**Hot Dog on Bun-Northwood MS**

**Rice-Norwood**

**Fish Sandwich-Northwood**

**Green Beans-Northwood**

**Taco Meat-Northwood**

**Taco Bar Fixings-Northwood**

**Ham Sub-Northwood**

**Corn-Northwood**

**BBQ Chicken Sandwich on Bun-Northwood**

**Broccoli w/ Cheese-Northwood**

**Cheeseburger-Northwood**

**Peas-Northwood**

**Rosy Applesauce-Northwood**

**Pizza Casserole-Northwood**

**Chicken Patty Sandwich-Northwood**

**Steamed Broccoli-Northwood**

**Pork Tenderlion Sandwich-Northwood**

**Taco Salad Meat-Northwood**

**Taco Salad (Cold Items)-Northwood**

**Cold Ham & Cheese-Northwood**

**Polish Sausage on Bun-Northwood**

**Pulled BBQ Pork Sandwich-Northwood**

**Cheese Lasagna Rollups-Northwood MS**

**Country Steak Sandwich-Northwood MS**

**Meatball Sub-Northwood MS**

**Buttered Carrots-Northwood MS**

**Jello w/ Fruit-Northwood MS**

**Spicy Chicken Patty Sandwich-Northwood MS**

**Chicken Wrap Bar-Northwood MS**

**Hot Dog Bar-Northwood MS**

**Hot Turkey Sandwich-Northwood MS**

**Philly Beef w/ Cheese-Northwood MS**

**Grilled Chicken Sandwich-Northwood MS**

**Spaghetti-Northwood MS**

**Turkey Burger-Northwood MS**

**Chicken Fajita Bar-Northwood MS**

**Creamy Turkey Sandwich-Northwood MS**

**Fiesta Refried Beans-Northwood MS**

**Pulled Pork Sandwich-Northwood MS**

**Creamed Turkey-Northwood MS**

**Sloppy Joe-Northwood MS**

**Hamburger-Northwood MS**

**Hot Ham & Cheese-Northwood MS**

**Turkey Bacon Ranch Wrap-Northwood MS**

**Turkey Sub-Northwood MS**

**BBQ Rib-Northwood MS**

**Lima Beans-Northwood MS**

**Hamburger Boat-Northwood HS**

**Black Beans-Northwood MS**

**Chili-Northwood MS**

**Baked Apples-Northwood MS**

**Nacho Bean Dip-Northwood MS**

**Roasted Butternut Squash-Northwood MS**



# Apple Crisp (Nappanee)

|                      |          |                       |                     |
|----------------------|----------|-----------------------|---------------------|
| <b>Servings:</b>     | 240.00   | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service    |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10969             |

## Ingredients

| Description                       | Measurement | DistPart # |
|-----------------------------------|-------------|------------|
| APPLE DCD W/P 6-10 GFS            | 8 #10 CAN   | 117803     |
| SPICE CINNAMON GRND 15Z TRDE      | 1/2 Cup     | 224723     |
| FLOUR ULTRAGRAIN 50 HLCHC         | 5 1/2 Pound | 515002     |
| SUGAR BEET GRANUL 25 GFS          | 3 1/2 Pound | 108588     |
| MARGARINE GLDN SWT ZTF 30-1#      | 3 Pound     | 791630     |
| OATS QUICK HOT CEREAL 12-42Z GCHC | 3 Pound     | 240869     |
| SUGAR BROWN LT 12-2 GFS           | 5 3/4 Pound | 314641     |

## Preparation Instructions

CINNAMON/SUGAR MIXTURE:

1/2 cup Cinnamon

1 1/2 lb. flour

3 1/2# white sugar

Crumb Mixture:

3# Margarine

4# flour

3# Quick Oats

5 3/4# Brown sugar

Spray 8-2B pans, put 1 can dcd apples per pan, if they look dry add apple juice. Sprinkle

1 1/2 cups of cinnamon/sugar mixture on each 2B pan. Then sprinkle 4 cups of crumb mixture on top and bake @350 for 20-25 min. Scoop with #8 dipper.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.52 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |

|                 |      |
|-----------------|------|
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 240.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

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|                      |         |
|----------------------|---------|
| <b>Calories</b>      | 206.29  |
| <b>Fat</b>           | 5.04g   |
| <b>SaturatedFat</b>  | 2.23g   |
| <b>Trans Fat</b>     | 0.05g   |
| <b>Cholesterol</b>   | 0.00mg  |
| <b>Sodium</b>        | 44.13mg |
| <b>Carbohydrates</b> | 41.12g  |
| <b>Fiber</b>         | 2.16g   |
| <b>Sugar</b>         | 26.94g  |
| <b>Protein</b>       | 2.06g   |

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|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 198.80IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 3.21mg   | <b>Iron</b>      | 0.70mg |

# Baked Apples (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 288.00   | <b>Category:</b>      | Fruit            |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10970          |

## Ingredients

| Description                  | Measurement   | DistPart # |
|------------------------------|---------------|------------|
| APPLE SLCD W/P 6-10 GFS      | 14 #10 CAN    | 117773     |
| SPICE CINNAMON GRND 15Z TRDE | 18 Tablespoon | 224723     |
| FLOUR ULTRAGRAIN 50 HLCHC    | 3 1/2 Cup     | 515002     |
| SUGAR BROWN LT 12-2 GFS      | 5 1/4 Cup     | 314641     |
| SUGAR BEET GRANUL 25 GFS     | 7 Cup         | 108588     |

## Preparation Instructions

MAKES 7-2B PANS IN EACH PAN: (SPRAY PANS WELL!!)

2-#10 Cans Sliced/Dcd. Apples

2 TBLSP. Cinnamon NOTE: Mix this amount all together in a large mixing bowl

½ C. Flour and then pour into a 2-B pan. Do this 7 times to make

¾ C. Brown Sugar your 7 pans.

1 C. White Sugar

Serving ½ C. or #8 scoop

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.05 |
| <b>Fruit</b>    | 0.63 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 98.59   |                  |        |
| <b>Fat</b>           | 0.03g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 12.60mg |                  |        |
| <b>Carbohydrates</b> | 24.33g  |                  |        |
| <b>Fiber</b>         | 2.62g   |                  |        |
| <b>Sugar</b>         | 19.48g  |                  |        |
| <b>Protein</b>       | 0.19g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |

**Calcium** 0.42mg **Iron** 0.06mg

# Blueberry Cobbler (Nappanee)

|                      |          |                       |                     |
|----------------------|----------|-----------------------|---------------------|
| <b>Servings:</b>     | 288.00   | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Complex Food Prep   |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10971             |

## Ingredients

| Description                        | Measurement   | DistPart # |
|------------------------------------|---------------|------------|
| STARCH CORN 24-1 ARGO              | 2 1/2 Pound   | 108413     |
| SUGAR BEET GRANUL 25 GFS           | 27 Cup        | 108588     |
| BLUEBERRY IQF 4-5 GFS              | 18 Pound      | 166720     |
| FLOUR ULTRAGRAIN 50 HLCHC          | 7 3/4 Pound   | 515002     |
| BAKING POWDER DBL ACTION 6-5 RDSTR | 1/2 Cup       | 683700     |
| Fat Free Skim Milk                 | 11 33/100 Cup | 51801      |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 9 Cup         | 840860     |

## Preparation Instructions

SAUCE: Mix cornstarch with 3 c. white sugar. Add enough water (@5 c.) to mixture to make a smooth, pourable consistency. Add this to 2 gallons of water. Microwave on high 3 minutes 3 times stirring in between for a total of 9 minutes. Should be thick and smooth. Add frozen blueberries. \*\*May want to add some blueberries to sauce while cooking for color.\*\*

BATTER: 10 ¼ # White Sugar 7 ¾ # Flour

½ C. Baking Powder 11 1/3 C. FF Milk

Melt 1 cup of margarine in bottom of 9 2B Pans. Add scant 1 qt. batter to each pan. Add @1 ½ qts. Of thickened fruit on top of batter.

Bake @300\* for 40 minutes.

288 - #8 Servings.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.45 |
| <b>Fruit</b>    | 0.20 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 0.50 Cup

### Amount Per Serving

**Calories** 177.33

**Fat** 5.95g

**SaturatedFat** 2.29g

**Trans Fat** 0.00g

**Cholesterol** 0.02mg

**Sodium** 104.45mg

**Carbohydrates** 30.64g

**Fiber** 1.66g

**Sugar** 20.49g

**Protein** 1.63g

**Vitamin A** 0.05IU      **Vitamin C** 0.75mg

**Calcium** 4.23mg      **Iron** 0.52mg

# Blueberry Yogurt Dessert (Nappanee)

|                      |          |                       |                     |
|----------------------|----------|-----------------------|---------------------|
| <b>Servings:</b>     | 300.00   | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | No Cook             |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10972             |

## Ingredients

| Description                          | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| TOPPING WHIP PRE-WHIPPED 12-16Z RICH | 12 Each     | 313165     |
| YOGURT BLUEB L/F 4-5 P/L             | 6 Each      | 558311     |
| BLUEBERRY IQF 4-5 GFS                | 15 Pound    | 166720     |

## Preparation Instructions

Stir whipped topping, yogurt and blueberries together.

Approx. 300 servings with a #8 dipper.

\*\*You can substitute yogurt with strawberry or peach, then stir in frozen Strawberries or diced peaches.\*\*

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 93.27   |                  |        |
| <b>Fat</b>           | 3.53g   |                  |        |
| <b>SaturatedFat</b>  | 3.32g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 2.00mg  |                  |        |
| <b>Sodium</b>        | 30.00mg |                  |        |
| <b>Carbohydrates</b> | 12.02g  |                  |        |
| <b>Fiber</b>         | 0.04g   |                  |        |
| <b>Sugar</b>         | 8.95g   |                  |        |
| <b>Protein</b>       | 1.60g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.04mg |
| <b>Calcium</b>       | 50.00mg | <b>Iron</b>      | 0.00mg |

# Cheesy Potato Soup

|                      |          |                       |                   |
|----------------------|----------|-----------------------|-------------------|
| <b>Servings:</b>     | 340.00   | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 0.75 Cup | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10973           |

## Ingredients

| Description                                    | Measurement  | DistPart # |
|--|--------------|------------|
| HASHBROWN SHRD IQF 6-3 GCHC                    | 12 Pound     | 316334     |
| MILK WHT FF 4-1GAL RGNLBRND                    | 9 Gallon     | 557862     |
| SPICE PEPR WHITE GRND 17Z TRDE                 | 2 Tablespoon | 513776     |
| SPICE GARLIC POWDER 21Z TRDE                   | 2 Tablespoon | 224839     |
| ONION DEHY CHPD 15 P/L                         | 1 1/2 Cup    | 263036     |
| FLOUR ULTRAGRAIN 50 HLCHC                      | 4 1/2 Pound  | 515002     |
| MARGARINE GLDN SWT ZTF 30-1#                   | 4 1/2 Pound  | 791630     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 7 1/2 Pound  | 100036     |
| SOUR CREAM L/F 4-5 RGNLBRND                    | 4 Pound      | 534331     |
| Ham, Cubed Frozen                              | 20 Pound     | 100188-H   |

## Preparation Instructions

IN FLOOR SOUP KETTLE:

12 gallons milk 2 TBSP garlic Powder

2 TBSP white pepper 2 cups dried onion

MAKE A PASTE WITH: 6# flour & 6# melted margarine, add to hot milk to thicken -heat until 170 give it time to thicken- then add American cheese slices-when melted -gently stir in thawed hash brown potatoes & sour cream. Heat diced ham in steamer -then put 2 1/2# ham in each of 10 - 1/2 10B pans then add soup to 1/2 10B pans, stir and put in warmer.

All 6oz spoodle

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.12 |
| <b>Grain</b>    | 0.22 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |



|                 |      |
|-----------------|------|
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

|                             |          |                  |        |
|-----------------------------|----------|------------------|--------|
| <b>Nutrition Facts</b>      |          |                  |        |
| Servings Per Recipe: 340.00 |          |                  |        |
| Serving Size: 0.75 Cup      |          |                  |        |
| <b>Amount Per Serving</b>   |          |                  |        |
| <b>Calories</b>             | 172.81   |                  |        |
| <b>Fat</b>                  | 7.42g    |                  |        |
| <b>SaturatedFat</b>         | 4.10g    |                  |        |
| <b>Trans Fat</b>            | 0.06g    |                  |        |
| <b>Cholesterol</b>          | 21.36mg  |                  |        |
| <b>Sodium</b>               | 394.39mg |                  |        |
| <b>Carbohydrates</b>        | 15.46g   |                  |        |
| <b>Fiber</b>                | 0.83g    |                  |        |
| <b>Sugar</b>                | 6.77g    |                  |        |
| <b>Protein</b>              | 10.56g   |                  |        |
| <b>Vitamin A</b>            | 422.26IU | <b>Vitamin C</b> | 1.02mg |
| <b>Calcium</b>              | 133.47mg | <b>Iron</b>      | 0.40mg |

# Cheesy Potatoes w/ Diced Ham

|                      |          |                       |                   |
|----------------------|----------|-----------------------|-------------------|
| <b>Servings:</b>     | 325.00   | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10974           |

## Ingredients

| Description                                    | Measurement  | DistPart # |
|--|--------------|------------|
| HASHBROWN SHRD IQF 6-3 GCHC                    | 14 Package   | 316334     |
| SOUR CREAM 4-5 GCHC                            | 15 1/2 Pound | 285218     |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 14 Pound     | 100012     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT             | 7 Pound      | 840860     |
| Ham, Cubed Frozen                              | 21 Pound     | 100188-H   |

## Preparation Instructions

In each of 7 pans mix:

2-(3#) bags hashbrowns (THAW OVERNIGHT)

4 cups sour cream

8 cups shredded cheddar cheese

1# melted margarine

3 # diced ham

Carefully stir all together in a 10B pan-then put in a 4B pan, COVER and bake @ 275 degrees for 45 minutes. Then increase the temperature to 300 degrees and bake 45 minutes longer. Stir gently and continue baking until 170 degrees.

USE 3 OVENS- 3 PANS PER OVEN.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 325.00

Serving Size: 0.50 Cup

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 252.48   |
| <b>Fat</b>           | 16.06g   |
| <b>SaturatedFat</b>  | 9.15g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 43.01mg  |
| <b>Sodium</b>        | 334.92mg |
| <b>Carbohydrates</b> | 14.81g   |
| <b>Fiber</b>         | 1.38g    |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Sugar</b>     |         |                  | 2.24g  |
| <b>Protein</b>   |         |                  | 11.14g |
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 42.52mg | <b>Iron</b>      | 0.50mg |

# Chicken Fajitas

|                      |           |                       |                   |
|----------------------|-----------|-----------------------|-------------------|
| <b>Servings:</b>     | 320.00    | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-10975           |

## Ingredients

| Description                                    | Measurement | DistPart # |
|--|-------------|------------|
| CHIX STRP FAJT SEAS FC 8-4.99 TYS              | 40 Pound    | 150160     |
| TORTILLA FLOUR ULTRGR 8 18-12CT                | 320 Each    | 882700     |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 5 Pound     | 100012     |
| CHEESE MOZZ 2 SHRD FTHR 4-5 P/L                | 5 Pound     | 731366     |

## Preparation Instructions

In each of 4-4B Pans:

10 lbs. meat in each pan. Bake covered at 325 degrees for approximately 1 hour-1 hour and 15 minutes.

Stir every 30 minutes. Needs to temp at 160 degrees. Adjust baking time accordingly.

\*\*Assemble- 1 shell + #16 scoop chicken + #30 scoop cheese.

Fold in half and layer in a pan as follows:

- 1/2 sheet parchment paper

-25 fajitas

-1/2 sheet parchment paper

-25 fajitas

-1/2 sheet parchment paper

-Cover with plastic wrap and put in warmer.

\*\*While meat is baking lay packages of shells out to get to room temperature so they don't break when you fold them.\*\*

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.75 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 239.72   |
| <b>Fat</b>           | 10.59g   |
| <b>SaturatedFat</b>  | 4.71g    |
| <b>Trans Fat</b>     | 0.07g    |
| <b>Cholesterol</b>   | 62.08mg  |
| <b>Sodium</b>        | 357.53mg |
| <b>Carbohydrates</b> | 20.83g   |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Fiber</b>     | 2.00g   |                  |        |
| <b>Sugar</b>     | 1.00g   |                  |        |
| <b>Protein</b>   | 17.39g  |                  |        |
| <b>Vitamin A</b> | 42.88IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 77.81mg | <b>Iron</b>      | 1.10mg |

# Chili Soup

|                      |          |                       |                   |
|----------------------|----------|-----------------------|-------------------|
| <b>Servings:</b>     | 341.00   | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 0.75 Cup | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10976           |

## Ingredients

| Description                           | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| BEEF CRUMBLES 8-5 COMM                | 40 Pound    | 581950     |
| BASE BEEF LO SOD 12-1 LEGO            | 1/5 Pound   | 130885     |
| ONION DEHY CHPD 15 P/L                | 3/4 Quart   | 263036     |
| CELERY DCD IQF 6-4 GFS                | 3/4 Quart   | 261513     |
| Beans, Vegetarian, Low Sodium, Canned | 3 #10 CAN   | 100364     |
| JUICE TOMATO 100 FRSH 12-46FLZ HV     | 4 #5 CAN    | 732790     |
| TOMATO PASTE 6-10 HUNTS               | 2 #10 CAN   | 444707     |
| Tap Water for Recipes                 | 3 #10 CAN   | 000001WTR  |
| SPICE CHILI POWDER MILD 16Z TRDE      | 2 1/2 Cup   | 331473     |
| SALT IODIZED 24-26Z GFS               | 3/4 Cup     | 108308     |
| SUGAR BROWN LT 12-2 GFS               | 2 1/2 Cup   | 314641     |
| TOMATO DCD I/JCE MW 6-10 GFS          | 2 #10 CAN   | 246131     |

## Preparation Instructions

Makes 64 Qts.-serves 341 6 oz. servings

Put all ingredients into floor soup pot and heat-TASTE to check seasoning. Stir and simmer till 170\*, put into 1/2-10B pans-serve with mini cornbread loaves-gfs#159791.

Mini cornbread GFS 159791= 1.5 oz. eq. whole grain

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.75 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.38 |

|                 |      |
|-----------------|------|
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

|                             |          |                  |        |
|-----------------------------|----------|------------------|--------|
| <b>Nutrition Facts</b>      |          |                  |        |
| Servings Per Recipe: 341.00 |          |                  |        |
| Serving Size: 0.75 Cup      |          |                  |        |
| <b>Amount Per Serving</b>   |          |                  |        |
| <b>Calories</b>             | 152.34   |                  |        |
| <b>Fat</b>                  | 5.51g    |                  |        |
| <b>SaturatedFat</b>         | 2.25g    |                  |        |
| <b>Trans Fat</b>            | 0.00g    |                  |        |
| <b>Cholesterol</b>          | 22.52mg  |                  |        |
| <b>Sodium</b>               | 775.92mg |                  |        |
| <b>Carbohydrates</b>        | 13.22g   |                  |        |
| <b>Fiber</b>                | 2.79g    |                  |        |
| <b>Sugar</b>                | 6.04g    |                  |        |
| <b>Protein</b>              | 12.42g   |                  |        |
| <b>Vitamin A</b>            | 75.07IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>              | 20.47mg  | <b>Iron</b>      | 1.71mg |

# Creamed Chicken

|                      |          |                       |                   |
|----------------------|----------|-----------------------|-------------------|
| <b>Servings:</b>     | 325.00   | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10977           |

## Ingredients

| Description                         | Measurement      | DistPart # |
|-------------------------------------|------------------|------------|
| BASE CHIX LO SOD NO MSG 6-1 MINR    | 24 Ounce         | 580589     |
| MILK WHT 2 4-1GAL RGNLBRND          | 6 Gallon         | 504602     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT  | 5 Pound          | 840860     |
| FLOUR ULTRAGRAIN 50 HLCHC           | 3 3/4 Pound      | 515002     |
| SALT SEA 36Z TRDE                   | 5 1/2 Tablespoon | 748590     |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 27 Pound         | 570533     |
| SPICE PEPR BLK REG GRIND 16Z TRDE   | 2 Tablespoon     | 225037     |
| SEASONING SALT 2-5 LAWR             | 1 Tablespoon     | 266566     |

## Preparation Instructions

Put 6 gallons of milk in soup pot. When warm add margarine and chicken base. Stir to dissolve. Add chicken and rest of seasonings. Heat to 160 degrees. Make paste of 1 gallon of milk and the flour. Watch closely so it doesn't scorch! Put in 10-B pans and put in warmer.

Yield: 50 quart. Use 4 oz. spoodle for all over 1 biscuit.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.89 |
| <b>Grain</b>    | 0.19 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 325.00

Serving Size: 0.50 Cup

Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 163.83   |
| <b>Fat</b>           | 9.21g    |
| <b>SaturatedFat</b>  | 3.78g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 30.28mg  |
| <b>Sodium</b>        | 274.73mg |
| <b>Carbohydrates</b> | 7.84g    |
| <b>Fiber</b>         | 0.37g    |
| <b>Sugar</b>         | 3.54g    |
| <b>Protein</b>       | 11.02g   |



|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 148.59IU | <b>Vitamin C</b> | 0.71mg |
| <b>Calcium</b>   | 93.96mg  | <b>Iron</b>      | 0.67mg |

# Magic Peach Cobbler

|                      |          |                       |                     |
|----------------------|----------|-----------------------|---------------------|
| <b>Servings:</b>     | 336.00   | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Complex Food Prep   |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10978             |

## Ingredients

| Description                        | Measurement   | DistPart # |
|------------------------------------|---------------|------------|
| PEACH DCD XL/S 6-10 P/L            | 12 #10 CAN    | 256760     |
| SUGAR BEET GRANUL 25 GFS           | 18 Pound      | 108588     |
| FLOUR ULTRAGRAIN 50 HLCHC          | 12 Pound      | 515002     |
| BAKING POWDER DBL ACTION 6-5 RDSTR | 12 Tablespoon | 683700     |
| Fat Free Skim Milk                 | 20 Cup        | 51801      |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 6 Pound       | 840860     |

## Preparation Instructions

DRAIN PEACHES FIRST-Reserve 12 cups peach juice,

SPRAY PANS WELL-Put 1 can drained, dcd peaches into a 2B pan.

Mix the rest of the ingredients in the floor mixer and divide and pour over dcd peaches in pans.

Sprinkle with white sugar and bake @325 for approx. 45 min in 4 ovens-check to see if middle is set/done.

Scoop with #8 dipper=1/2 cup servings.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.59 |
| <b>Fruit</b>    | 0.46 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 336.00

Serving Size: 0.50 Cup

Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 252.06   |                  |        |
| <b>Fat</b>           | 6.61g    |                  |        |
| <b>SaturatedFat</b>  | 2.63g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.04mg   |                  |        |
| <b>Sodium</b>        | 148.06mg |                  |        |
| <b>Carbohydrates</b> | 49.37g   |                  |        |
| <b>Fiber</b>         | 2.06g    |                  |        |
| <b>Sugar</b>         | 36.37g   |                  |        |
| <b>Protein</b>       | 2.17g    |                  |        |
| <b>Vitamin A</b>     | 277.22IU | <b>Vitamin C</b> | 3.36mg |

**Calcium** 5.53mg      **Iron** 1.02mg

# Nacho Dip

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.38 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10979          |

## Ingredients

| Description                         | Measurement   | DistPart # |
|-------------------------------------|---------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 35 Pound      | 722330     |
| BEAN REFRD 6-10 GRSZ                | 2 #10 CAN     | 293962     |
| Salsa, Low-Sodium, Canned           | 2 #10 CAN     | 100330     |
| SAUCE CHS CHED POUCH 6-106Z LOL     | 2 1/2 Package | 135261     |

## Preparation Instructions

In each of 4-4B Pans:

1.5 bags taco meat

1/2, #10 can refried beans

1/2, #10 can salsa

2 quart cheese sauce

Mix all together and bake UNCOVERED at 300 degrees for 50-55 minutes until 170 degrees. Stir at 20 minute.

Serve with #10 dipper.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.75 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.38 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 137.00   |                  |        |
| <b>Fat</b>           | 6.06g    |                  |        |
| <b>SaturatedFat</b>  | 2.96g    |                  |        |
| <b>Trans Fat</b>     | 0.17g    |                  |        |
| <b>Cholesterol</b>   | 28.68mg  |                  |        |
| <b>Sodium</b>        | 448.88mg |                  |        |
| <b>Carbohydrates</b> | 9.50g    |                  |        |
| <b>Fiber</b>         | 2.90g    |                  |        |
| <b>Sugar</b>         | 2.04g    |                  |        |
| <b>Protein</b>       | 10.94g   |                  |        |
| <b>Vitamin A</b>     | 379.81IU | <b>Vitamin C</b> | 2.94mg |
| <b>Calcium</b>       | 116.27mg | <b>Iron</b>      | 1.52mg |

# Nachos

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 340.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-10980          |

## Ingredients

| Description                          | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| CHIP TORTL SCOOP BKD 72-.875Z TOSTIT | 340 Package | 696871     |
| TACO FILLING BEEF REDC FAT 6-5 COMM  | 45 Pound    | 722330     |
| SAUCE CHS CHED DIP CUP 140-3Z LOL    | 340 Each    | 528690     |

## Preparation Instructions

- Put 3-5 lb. bags of taco meat in each of 3-4B pans. Bake at 350 degrees for 30-40 minutes. Temp at 160 degrees.
  - Stack cheese cups in 4B pans and place in warmer at 9:00am-9:30am.
  - Put single serve tostitos in 4-B pans.
- Use #16 disher to serve taco meat. Give them a choice of meat only or cheese only or both meat and cheese.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.25 |
| <b>Grain</b>    | 1.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 340.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 374.42   |                  |        |
| <b>Fat</b>           | 15.77g   |                  |        |
| <b>SaturatedFat</b>  | 7.20g    |                  |        |
| <b>Trans Fat</b>     | 0.19g    |                  |        |
| <b>Cholesterol</b>   | 53.38mg  |                  |        |
| <b>Sodium</b>        | 890.00mg |                  |        |
| <b>Carbohydrates</b> | 36.34g   |                  |        |
| <b>Fiber</b>         | 2.34g    |                  |        |
| <b>Sugar</b>         | 11.34g   |                  |        |
| <b>Protein</b>       | 20.55g   |                  |        |
| <b>Vitamin A</b>     | 430.88IU | <b>Vitamin C</b> | 3.34mg |
| <b>Calcium</b>       | 390.39mg | <b>Iron</b>      | 1.64mg |

# Orange Chicken

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 325.00   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10981          |

## Ingredients

| Description                      | Measurement | DistPart # |
|----------------------------------|-------------|------------|
| STIR FRY CHIX TANGR WGRAIN 6-7.2 | 15 Package  | 791710     |

## Preparation Instructions

Put 1 bag of chicken on paper lined cookie sheet (15 pans) and bake in 350 degree oven for 30 minutes until 165 degrees or hotter. Using 8-4B pans put 2 bags of sauce per pan and heat in combi oven. Add 2 cookie sheets (2 bags) of chicken per pan of sauce. Stir until coated well. Keep hot in pass through.

Use #8 dipper for all students (approximately 20-25 servings per bag).

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 325.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 259.05   |                  |        |
| <b>Fat</b>           | 5.45g    |                  |        |
| <b>SaturatedFat</b>  | 1.36g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 61.35mg  |                  |        |
| <b>Sodium</b>        | 518.09mg |                  |        |
| <b>Carbohydrates</b> | 34.09g   |                  |        |
| <b>Fiber</b>         | 2.73g    |                  |        |
| <b>Sugar</b>         | 17.72g   |                  |        |
| <b>Protein</b>       | 19.09g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.96mg |

# Peach Crisp

|                      |          |                       |                     |
|----------------------|----------|-----------------------|---------------------|
| <b>Servings:</b>     | 224.00   | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Complex Food Prep   |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10982             |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| PEACH DCD XL/S 6-10 P/L            | 10 #10 CAN   | 256760     |
| FLOUR ULTRAGRAIN 50 HLCHC          | 4 1/2 Pound  | 515002     |
| SUGAR BEET GRANUL 25 GFS           | 3 Cup        | 108588     |
| SPICE CINNAMON GRND 15Z TRDE       | 3 Tablespoon | 224723     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 2 3/4 Pound  | 840860     |
| OATS QUICK HOT CEREAL 12-42Z GCHC  | 3 Pound      | 240869     |
| SUGAR BROWN LT 12-2 GFS            | 5 1/4 Pound  | 314641     |

## Preparation Instructions

Spray 7-2B pans, put 1-#10 can + 3 cups drained diced peaches in each of the 7-2B pans.

Mix together flour, white sugar and cinnamon, sprinkle  $\frac{3}{4}$  cup on top of each pan of diced peaches.

Mix all the crumb mixture and spread 4 cups on each pan of peaches. Bake @325\* for 20-25 minutes.

Scoop with #8 dipper = 1/4 cup fruit.

\*\*Drain peaches well\*\*

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.49 |
| <b>Fruit</b>    | 0.58 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 224.00

Serving Size: 0.50 Cup

Amount Per Serving

|                      |         |
|----------------------|---------|
| <b>Calories</b>      | 201.03  |
| <b>Fat</b>           | 4.88g   |
| <b>SaturatedFat</b>  | 1.87g   |
| <b>Trans Fat</b>     | 0.00g   |
| <b>Cholesterol</b>   | 0.00mg  |
| <b>Sodium</b>        | 49.17mg |
| <b>Carbohydrates</b> | 40.28g  |
| <b>Fiber</b>         | 2.40g   |
| <b>Sugar</b>         | 28.20g  |
| <b>Protein</b>       | 1.94g   |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 346.43IU | <b>Vitamin C</b> | 4.16mg |
| <b>Calcium</b>   | 3.07mg   | <b>Iron</b>      | 1.08mg |



# Pizza Burgers

|                      |             |                       |                   |
|----------------------|-------------|-----------------------|-------------------|
| <b>Servings:</b>     | 315.00      | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 2.00 halves | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch       | <b>Recipe ID:</b>     | R-10983           |

## Ingredients

| Description                               | Measurement      | DistPart # |
|---|------------------|------------|
| BEEF CRUMBLES 8-5 COMM                    | 35 Pound         | 581950     |
| SAUCE PIZZA W/BASL 6-10 REDPK             | 1 3/4 #10 CAN    | 256013     |
| Salsa, Low-Sodium, Canned                 | 1 #10 CAN        | 100330     |
| SPICE PEPR WHITE GRND 17Z TRDE            | 1 Tablespoon     | 513776     |
| SPICE GARLIC POWDER 21Z TRDE              | 6 Teaspoon       | 224839     |
| SPICE OREGANO GRND 12Z TRDE               | 6 Teaspoon       | 513725     |
| SEASONING SPAGHETTI ITAL 12Z TRDE         | 6 Tablespoon     | 413453     |
| SALT SEA 36Z TRDE                         | 2 1/2 Tablespoon | 748590     |
| ONION DEHY CHPD 15 P/L                    | 1 1/2 Cup        | 263036     |
| CHEESE MOZZ 2 SHRD FTHR 4-5 P/L           | 18 Pound         | 731366     |
| 4 inch whole grain hamburger buns - 30 ct | 315 bun          | 3480       |

## Preparation Instructions

In each 4B Pan (120 halves per pan):

- 5 lbs. beef crumbles
- 1/4 #10 can pizza sauce
- 2 cups salsa
- 1/2 tsp. white pepper
- 1 tsp. garlic powder
- 1 tsp oregano
- 1 Tbsp. italian seasoning
- 1 tsp. salt
- 1/4 cup dried onion

Heat in steamer with a lid on the top shelf until 170 degrees. Use hamburger buns, both halves open faced. Use #30 dipper for meat on each half, #40 dipper for shredded mozzarella cheese on top of meat. Use pan liners on cookie sheets. Put in oven for 2-3 minutes at 350 degrees to melt cheese and bring back to temp.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.25 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 2.00 halves

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 333.78   |                  |        |
| <b>Fat</b>           | 12.19g   |                  |        |
| <b>SaturatedFat</b>  | 5.33g    |                  |        |
| <b>Trans Fat</b>     | 0.25g    |                  |        |
| <b>Cholesterol</b>   | 35.05mg  |                  |        |
| <b>Sodium</b>        | 758.81mg |                  |        |
| <b>Carbohydrates</b> | 4.37g    |                  |        |
| <b>Fiber</b>         | 2.94g    |                  |        |
| <b>Sugar</b>         | 5.50g    |                  |        |
| <b>Protein</b>       | 22.79g   |                  |        |
| <b>Vitamin A</b>     | 227.93IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 204.11mg | <b>Iron</b>      | 1.68mg |

# Soft Tacos

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 330.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-10984          |

## Ingredients

| Description                         | Measurement | DistPart # |
|-------------------------------------|-------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 60 Pound    | 722330     |
| TORTILLA FLOUR ULTRGR 8 18-12CT     | 330 Each    | 882700     |

## Preparation Instructions

In each of 3-4B pans:

3 bags of taco meat

Bake at 325 degrees for 1 hour 15 minutes. Stirring every 30 minutes. Temp to 160 degrees.

Serving Size- #12 scoop meat on each shell- approximately 26 servings per bag.

NOTE: Stack shells in to 4-B pans.

\*\*\*These are prepared on the serving line.\*\*\*

\*\*\*Enough to put some in crockpot for teachers to have taco salad.\*\*\*

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.75 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 330.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 212.23   |                  |        |
| <b>Fat</b>           | 7.50g    |                  |        |
| <b>SaturatedFat</b>  | 3.15g    |                  |        |
| <b>Trans Fat</b>     | 0.27g    |                  |        |
| <b>Cholesterol</b>   | 32.12mg  |                  |        |
| <b>Sodium</b>        | 362.87mg |                  |        |
| <b>Carbohydrates</b> | 23.59g   |                  |        |
| <b>Fiber</b>         | 3.84g    |                  |        |
| <b>Sugar</b>         | 2.84g    |                  |        |
| <b>Protein</b>       | 14.75g   |                  |        |
| <b>Vitamin A</b>     | 591.91IU | <b>Vitamin C</b> | 4.59mg |
| <b>Calcium</b>       | 57.63mg  | <b>Iron</b>      | 2.92mg |

# Spaghetti with Meat Sauce

|                      |          |                       |                   |
|----------------------|----------|-----------------------|-------------------|
| <b>Servings:</b>     | 378.00   | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 0.66 Cup | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10985           |

## Ingredients

| Description                              | Measurement     | DistPart # |
|--|-----------------|------------|
| SAUCE SPAGHETTI BF REDC FAT 6-5 COMM     | 18 Package      | 573201     |
| BEEF CRUMBLES 8-5 COMM                   | 9 Pound         | 581950     |
| SALT SEA 36Z TRDE                        | 9 Teaspoon      | 748590     |
| SPICE GARLIC POWDER 21Z TRDE             | 13 1/2 Teaspoon | 224839     |
| SPICE PEPR BLK REG GRIND 16Z TRDE        | 9 Teaspoon      | 225037     |
| SEASONING SPAGHETTI ITAL 12Z TRDE        | 36 Tablespoon   | 413453     |
| Whole Grain Spaghetti, Short Cut, Cooked | 36 Pound        | 40139      |

## Preparation Instructions

IN EACH OF 9-4B PANS:

2-5# Bags Spaghetti Sauce w/beef

1 lb. Beef Crumbles

1 tsp. Salt

1 1/2 tsp. Garlic Powder

1 tsp. Black Pepper

4 T. Italian Pizza Seasoning

Stir this together then add:

4 lbs. WG Spaghetti Noodles on top.

Put in steamer uncovered for 10-15 minutes. Stir. Must temp at 160\*

Serve with #6 scoop. 42 servings per pan.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.25 |
| <b>OtherVeg</b> | 0.00 |

|                |      |
|----------------|------|
| <b>Legumes</b> | 0.00 |
| <b>Starch</b>  | 0.00 |

|                             |          |                  |         |
|-----------------------------|----------|------------------|---------|
| <b>Nutrition Facts</b>      |          |                  |         |
| Servings Per Recipe: 378.00 |          |                  |         |
| Serving Size: 0.66 Cup      |          |                  |         |
| <b>Amount Per Serving</b>   |          |                  |         |
| <b>Calories</b>             | 200.74   |                  |         |
| <b>Fat</b>                  | 6.13g    |                  |         |
| <b>SaturatedFat</b>         | 2.36g    |                  |         |
| <b>Trans Fat</b>            | 0.00g    |                  |         |
| <b>Cholesterol</b>          | 41.99mg  |                  |         |
| <b>Sodium</b>               | 411.54mg |                  |         |
| <b>Carbohydrates</b>        | 20.11g   |                  |         |
| <b>Fiber</b>                | 2.90g    |                  |         |
| <b>Sugar</b>                | 5.07g    |                  |         |
| <b>Protein</b>              | 14.64g   |                  |         |
| <b>Vitamin A</b>            | 455.37IU | <b>Vitamin C</b> | 12.93mg |
| <b>Calcium</b>              | 33.07mg  | <b>Iron</b>      | 1.74mg  |

# Strawberry Yogurt Dessert

|                      |          |                       |                     |
|----------------------|----------|-----------------------|---------------------|
| <b>Servings:</b>     | 294.00   | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 0.38 Cup | <b>HACCP Process:</b> | No Cook             |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10986             |

## Ingredients

| Description                          | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| TOPPING WHIP PRE-WHIPPED 12-16Z RICH | 12 Each     | 313165     |
| YOGURT STRAWB L/F 4-5 GCHC           | 5 Each      | 640171     |
| Strawberries, Sliced Frz             | 30 Pound    | 100254     |

## Preparation Instructions

Drain the Strawberries-(approx. 12 ½#)

MIX IN 5 BATCHES:

2 ½ -16oz whipped Topping Tubs

1-5# Strawberry Yogurt

2.5# thawed/drained strawberries

Stir together gently and dip with a #10 dipper into a 5oz plastic cup

ONLY COUNTS AS A DESSERT-NOT FRUIT

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.13 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 294.00

Serving Size: 0.38 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 370.57   |                  |        |
| <b>Fat</b>           | 5.81g    |                  |        |
| <b>SaturatedFat</b>  | 4.45g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 13.61mg  |                  |        |
| <b>Sodium</b>        | 163.27mg |                  |        |
| <b>Carbohydrates</b> | 68.44g   |                  |        |
| <b>Fiber</b>         | 1.11g    |                  |        |
| <b>Sugar</b>         | 54.63g   |                  |        |
| <b>Protein</b>       | 9.52g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 952.38mg | <b>Iron</b>      | 0.98mg |

# Tomato Soup

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 200.00   | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.75 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10987          |

## Ingredients

| Description                       | Measurement  | DistPart # |
|-----------------------------------|--------------|------------|
| SOUP TOMATO LO SOD RTS 12-5 CAMP  | 12 #5 CAN    | 514829     |
| SOUP TOMATO 12-5 CAMP             | 6 #5 CAN     | 101427     |
| MILK WHT 2 4-1GAL RGNLBRND        | 2 1/2 Gallon | 504602     |
| SEASONING GARDEN NO SALT 19Z TRDE | 33/100 Cup   | 565148     |
| SALT SEA 36Z TRDE                 | 1/8 Cup      | 748590     |
| SUGAR BEET GRANUL 25 GFS          | 33/50 Cup    | 108588     |

## Preparation Instructions

57 QTS-per 304 - 6 oz servings

Put COLD milk in floor soup pot then add 12 cans of tomato soup (NOT concentrate)-then add the 6 cans of tomato soup (Concentrate)blend with wire whisk to make smooth then add rest of ingredients and TASTE to see what is needed. Slowly heat to 160 degrees, put in 1/2-10B pans and keep hot in pass through. THIS COUNTS AS A VEGETABLE SO IT IS A CHOICE (AFTER KINDERGARTEN).

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.75 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 123.70   |                  |        |
| <b>Fat</b>           | 2.70g    |                  |        |
| <b>SaturatedFat</b>  | 1.45g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 8.26mg   |                  |        |
| <b>Sodium</b>        | 314.08mg |                  |        |
| <b>Carbohydrates</b> | 20.82g   |                  |        |
| <b>Fiber</b>         | 1.70g    |                  |        |
| <b>Sugar</b>         | 13.69g   |                  |        |
| <b>Protein</b>       | 3.73g    |                  |        |
| <b>Vitamin A</b>     | 100.00IU | <b>Vitamin C</b> | 0.48mg |

**Calcium** 81.30mg **Iron** 0.55mg



# Baked Apples

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 35.00    | <b>Category:</b>      | Fruit            |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10988          |

## Ingredients

| Description                    | Measurement  | DistPart # |
|--------------------------------|--------------|------------|
| APPLE SLCD W/P 6-10 GFS        | 2 #10 CAN    | 117773     |
| SPICE CINNAMON GRND 15Z TRDE   | 2 Tablespoon | 224723     |
| FLOUR ULTRAGRAIN 50 HLCHC      | 1/2 Cup      | 515002     |
| SUGAR BROWN LT 12-2 P/L        | 3/4 Cup      | 860311     |
| SUGAR BEET GRANUL 50 BIG CHIEF | 1 Cup        | 589225     |

## Preparation Instructions

Spray Pans well. Mix together the ingredients and place in a 4B pan.

Bake at 350\* for approx.. 45 min.

Serves 35--1/2C. servings.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.06 |
| <b>Fruit</b>    | 0.74 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 0.50 Cup

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 102.73  |                  |        |
| <b>Fat</b>           | 0.03g   |                  |        |
| <b>SaturatedFat</b>  | 0.01g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 14.82mg |                  |        |
| <b>Carbohydrates</b> | 25.09g  |                  |        |
| <b>Fiber</b>         | 3.08g   |                  |        |
| <b>Sugar</b>         | 19.39g  |                  |        |
| <b>Protein</b>       | 0.22g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.49mg  | <b>Iron</b>      | 0.07mg |

# Chicken & Noodle Soup

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 325.00   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.75 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-10992          |

## Ingredients

| Description                         | Measurement | DistPart # |
|-------------------------------------|-------------|------------|
| Tap Water for Recipes               | 13 Gallon   | 000001WTR  |
| BASE CHIX LO SOD NO MSG 6-1 MINR    | 48 Ounce    | 580589     |
| SALT KOSHER 12-3 DIAC               | 1/2 Cup     | 424307     |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 30 Pound    | 570533     |
| CELERY DCD 1/4 2-5 RSS              | 5 Pound     | 198196     |
| ONION DEHY CHPD 15 P/L              | 1 1/4 Cup   | 263036     |
| PASTA NOODL KLUSKI 1/8 2-5 GCHC     | 9 Pound     | 270385     |

## Preparation Instructions

Heat water and chicken base in soup pot until boiling. Add seasonings, diced celery, and chicken. Bring to a boil again. Add noodles; approx. 15-20 minutes later begin dipping in to 10B pans. Temp needs to be at least 160\*. 6 oz. serving for all @ 64 qts.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.25 |
| <b>Grain</b>    | 0.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.06 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 325.00

Serving Size: 0.75 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 122.64   |                  |        |
| <b>Fat</b>           | 3.03g    |                  |        |
| <b>SaturatedFat</b>  | 0.85g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 37.05mg  |                  |        |
| <b>Sodium</b>        | 220.33mg |                  |        |
| <b>Carbohydrates</b> | 10.81g   |                  |        |
| <b>Fiber</b>         | 0.58g    |                  |        |
| <b>Sugar</b>         | 0.57g    |                  |        |
| <b>Protein</b>       | 10.70g   |                  |        |
| <b>Vitamin A</b>     | 31.26IU  | <b>Vitamin C</b> | 0.22mg |

**Calcium** 10.95mg **Iron** 0.93mg

# Blueberry or Strawberry Yogurt Dessert- HS

|                      |                  |                       |         |
|----------------------|------------------|-----------------------|---------|
| <b>Servings:</b>     | 300.00           | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 5.00 Fluid Ounce | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch            | <b>Recipe ID:</b>     | R-11949 |

## Ingredients

| Description              | Measurement | DistPart # |
|--------------------------|-------------|------------|
| TOPPING WHIP 12-32Z RICH | 8 Carton    | 307092     |
| YOGURT BLUEB L/F 4-5 P/L | 40 Pound    | 558311     |
| Blueberries, Frozen      | 16 Quart    | 110624     |

## Preparation Instructions

In a larger mixer bowl, whip topping according to carton instructions. Fold in yogurt & berries (if using frozen fruit, drain well). Dip into 5 oz. plastic souffle cups to serve. Keep cold.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.50 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.13 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 5.00 Fluid Ounce

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 140.27  |                  |        |
| <b>Fat</b>           | 6.47g   |                  |        |
| <b>SaturatedFat</b>  | 5.78g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 2.67mg  |                  |        |
| <b>Sodium</b>        | 40.43mg |                  |        |
| <b>Carbohydrates</b> | 20.04g  |                  |        |
| <b>Fiber</b>         | 0.85g   |                  |        |
| <b>Sugar</b>         | 17.43g  |                  |        |
| <b>Protein</b>       | 2.13g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 66.67mg | <b>Iron</b>      | 0.00mg |

# Chocolate Chip Cookie

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 375.00    | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11951          |

## Ingredients

| Description                         | Measurement      | DistPart # |
|-------------------------------------|------------------|------------|
| SHORTENING SLD A/V A/P 12-3 VENTU   | 3 1/2 Pound      | 335088     |
| MARGARINE GLDN SWT ZTF 30-1#        | 3 1/2 Pound      | 791630     |
| SUGAR BEET GRANUL 25 GFS            | 5 1/2 Pound      | 108588     |
| SUGAR BROWN LT 12-2 GFS             | 4 3/4 Pound      | 314641     |
| EGG SHL MED A GRD 6-30CT GCHC       | 24 Each          | 206547     |
| FLAVORING VANILLA IMIT 1-QT KE      | 6 3/4 Tablespoon | 110736     |
| FLOUR ULTRAGRAIN 50 HLCHC           | 11 1/2 Pound     | 515002     |
| SALT IODIZED 24-26Z GFS             | 5 1/2 Teaspoon   | 108308     |
| BAKING SODA 36Z GCHC                | 5 1/2 Teaspoon   | 513849     |
| CHOC CHIPS SMISWT MINI 4000/4-4 GFS | 3 1/2 Pound      | 283630     |

## Preparation Instructions

Cream together shortening, margarine, & sugars; add salt, vanilla & eggs. Add rest of dry ingredients. Add chocolate chips. Bake @ 350 degrees for 7-8 minutes. Dip with #30 dipper.

Counts as 0.75 oz. whole grain dessert grain

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.51 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 375.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 190.75   |
| <b>Fat</b>           | 9.50g    |
| <b>SaturatedFat</b>  | 3.98g    |
| <b>Trans Fat</b>     | 0.04g    |
| <b>Cholesterol</b>   | 21.43mg  |
| <b>Sodium</b>        | 106.26mg |
| <b>Carbohydrates</b> | 25.40g   |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Fiber</b>     | 1.26g    |                  |        |
| <b>Sugar</b>     | 14.64g   |                  |        |
| <b>Protein</b>   | 2.72g    |                  |        |
| <b>Vitamin A</b> | 148.44IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 7.91mg   | <b>Iron</b>      | 0.96mg |

# Broccoli (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 49.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14780          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| BROCCOLI CUTS IQF 30 GFS           | 9 Pound      | 285590     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 3 Ounce      | 840860     |
| SALT IODIZED 25 CARG               | 2 Tablespoon | 108286     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.50 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 28.96    |                  |        |
| <b>Fat</b>           | 1.35g    |                  |        |
| <b>SaturatedFat</b>  | 0.55g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 312.09mg |                  |        |
| <b>Carbohydrates</b> | 3.34g    |                  |        |
| <b>Fiber</b>         | 2.01g    |                  |        |
| <b>Sugar</b>         | 0.67g    |                  |        |
| <b>Protein</b>       | 2.01g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 24.17mg  | <b>Iron</b>      | 0.67mg |

# Carrots (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 44.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14781          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| Carrots fzn                        | 9 Pound      | 100352     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 3 Ounce      | 840860     |
| SALT IODIZED 25 CARG               | 2 Tablespoon | 108286     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 40.92    |                  |        |
| <b>Fat</b>           | 2.51g    |                  |        |
| <b>SaturatedFat</b>  | 0.61g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 24.25mg  |                  |        |
| <b>Sodium</b>        | 379.83mg |                  |        |
| <b>Carbohydrates</b> | 6.06g    |                  |        |
| <b>Fiber</b>         | 2.02g    |                  |        |
| <b>Sugar</b>         | 3.03g    |                  |        |
| <b>Protein</b>       | 0.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.85mg   | <b>Iron</b>      | 0.00mg |



# Corn (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 55.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14782          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| CORN SUPER SWT 30 GFS              | 10 Pound     | 358991     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 4 Ounce      | 840860     |
| SALT IODIZED 25 CARG               | 2 Tablespoon | 108286     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.50 |

### Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 89.17    |                  |        |
| <b>Fat</b>           | 2.35g    |                  |        |
| <b>SaturatedFat</b>  | 0.65g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 273.11mg |                  |        |
| <b>Carbohydrates</b> | 15.67g   |                  |        |
| <b>Fiber</b>         | 0.75g    |                  |        |
| <b>Sugar</b>         | 3.73g    |                  |        |
| <b>Protein</b>       | 2.24g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.72mg   | <b>Iron</b>      | 0.00mg |

# California Blend (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 47.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14783          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| VEG BLND CALIF 30 KE               | 9 Pound      | 283780     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 3 Ounce      | 840860     |
| SALT IODIZED 25 CARG               | 2 Tablespoon | 108286     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.50 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 29.68    |                  |        |
| <b>Fat</b>           | 1.40g    |                  |        |
| <b>SaturatedFat</b>  | 0.57g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 335.21mg |                  |        |
| <b>Carbohydrates</b> | 3.38g    |                  |        |
| <b>Fiber</b>         | 1.35g    |                  |        |
| <b>Sugar</b>         | 1.35g    |                  |        |
| <b>Protein</b>       | 0.68g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 14.33mg  | <b>Iron</b>      | 0.00mg |

# Mixed Vegetables (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 41.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14784          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| VEG MIXED 30 GFS                   | 9 Pound      | 285690     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 3 Ounce      | 840860     |
| SALT IODIZED 25 CARG               | 2 Tablespoon | 108286     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.50 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 59.85    |                  |        |
| <b>Fat</b>           | 1.61g    |                  |        |
| <b>SaturatedFat</b>  | 0.66g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 376.07mg |                  |        |
| <b>Carbohydrates</b> | 9.04g    |                  |        |
| <b>Fiber</b>         | 2.26g    |                  |        |
| <b>Sugar</b>         | 3.01g    |                  |        |
| <b>Protein</b>       | 1.51g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.92mg   | <b>Iron</b>      | 0.45mg |

# Peas (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 43.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14785          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| PEAS FRZN 30                       | 9 Pound      | 100350     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 3 Ounce      | 840860     |
| SALT IODIZED 25 CARG               | 2 Tablespoon | 108286     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.50 |

### Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 75.98    |                  |        |
| <b>Fat</b>           | 1.53g    |                  |        |
| <b>SaturatedFat</b>  | 0.63g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 402.23mg |                  |        |
| <b>Carbohydrates</b> | 11.01g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 4.00g    |                  |        |
| <b>Protein</b>       | 4.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.87mg   | <b>Iron</b>      | 0.00mg |

# Green Beans (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 48.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14786          |

## Ingredients

| Description                        | Measurement    | DistPart # |
|------------------------------------|----------------|------------|
| Green Beans cnd                    | 2 #10 CAN      | 100307     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 2 Ounce        | 840860     |
| SALT IODIZED 25 CARG               | 1 1/2 Teaspoon | 108286     |
| ONION DEHY SUPER TOPPER 6-2 P/L    | 2 Ounce        | 223255     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.50 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 29.51    |                  |        |
| <b>Fat</b>           | 0.93g    |                  |        |
| <b>SaturatedFat</b>  | 0.38g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 235.03mg |                  |        |
| <b>Carbohydrates</b> | 4.23g    |                  |        |
| <b>Fiber</b>         | 2.28g    |                  |        |
| <b>Sugar</b>         | 1.16g    |                  |        |
| <b>Protein</b>       | 1.19g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 1.83mg   | <b>Iron</b>      | 0.03mg |

# French Fries (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 32.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14787          |

## Ingredients

| Description                       | Measurement | DistPart # |
|-----------------------------------|-------------|------------|
| FRIES 3/8 R/C CRSPY COAT 6-5 LAMB | 5 Pound     | 547115     |
| SALT IODIZED 25 CARG              | 1 Teaspoon  | 108286     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.50 |

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 133.33   |                  |        |
| <b>Fat</b>           | 6.67g    |                  |        |
| <b>SaturatedFat</b>  | 1.67g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 306.98mg |                  |        |
| <b>Carbohydrates</b> | 17.50g   |                  |        |
| <b>Fiber</b>         | 1.67g    |                  |        |
| <b>Sugar</b>         | 0.83g    |                  |        |
| <b>Protein</b>       | 1.67g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.16mg   | <b>Iron</b>      | 0.60mg |

# Tater Tots (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 28.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14788          |

## Ingredients

| Description                   | Measurement | DistPart # |
|-------------------------------|-------------|------------|
| POTATO TATER TOTS 6-5 LMBSUPR | 4 1/2 Pound | 233404     |
| SALT IODIZED 25 CARG          | 1 Teaspoon  | 108286     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.50 |

### Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 142.86   |                  |        |
| <b>Fat</b>           | 7.14g    |                  |        |
| <b>SaturatedFat</b>  | 1.53g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 369.89mg |                  |        |
| <b>Carbohydrates</b> | 16.33g   |                  |        |
| <b>Fiber</b>         | 2.04g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 2.04g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 8.35mg   | <b>Iron</b>      | 1.02mg |

# Hashbrown Patties (Nappanee)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 36.00     | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-14789          |

## Ingredients

| Description                    | Measurement | DistPart # |
|--------------------------------|-------------|------------|
| HASHBROWN FAST 2.5Z 6-3.5 LAMB | 36 Each     | 242241     |
| SALT IODIZED 25 CARG           | 1 Teaspoon  | 108286     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.25 |

### Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 130.00   |                  |        |
| <b>Fat</b>           | 6.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.75g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 310.47mg |                  |        |
| <b>Carbohydrates</b> | 14.50g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 2.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 8.14mg   | <b>Iron</b>      | 0.50mg |



# Sweet Potato Fries (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 15.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14790          |

## Ingredients

| Description                       | Measurement  | DistPart # |
|-----------------------------------|--------------|------------|
| FRIES SWT C/C SLIM 5-3 SWT THINGS | 3 Pound      | 767650     |
| SALT IODIZED 25 CARG              | 1/2 Teaspoon | 108286     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 138.67   |                  |        |
| <b>Fat</b>           | 4.80g    |                  |        |
| <b>SaturatedFat</b>  | 0.53g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 259.89mg |                  |        |
| <b>Carbohydrates</b> | 23.47g   |                  |        |
| <b>Fiber</b>         | 3.20g    |                  |        |
| <b>Sugar</b>         | 7.47g    |                  |        |
| <b>Protein</b>       | 1.07g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 21.50mg  | <b>Iron</b>      | 0.38mg |

# Sweet Potato Crispy Cubes (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 15.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14791          |

## Ingredients

| Description                          | Measurement  | DistPart # |
|--------------------------------------|--------------|------------|
| FRIES SWT POT CRSPY CUBE 3-5 SWTTHNG | 3 Pound      | 538320     |
| SALT IODIZED 25 CARG                 | 1/2 Teaspoon | 108286     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.53 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 170.67   |                  |        |
| <b>Fat</b>           | 7.47g    |                  |        |
| <b>SaturatedFat</b>  | 0.53g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 451.89mg |                  |        |
| <b>Carbohydrates</b> | 23.47g   |                  |        |
| <b>Fiber</b>         | 2.13g    |                  |        |
| <b>Sugar</b>         | 5.33g    |                  |        |
| <b>Protein</b>       | 1.07g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 21.50mg  | <b>Iron</b>      | 0.77mg |

# Commodity Macaroni & Cheese

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 303.00   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 3.00 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14794          |

## Ingredients

| Description                      | Measurement | DistPart # |
|----------------------------------|-------------|------------|
| ENTREE MAC & CHS WGRAIN 6-5# LOL | 13 Package  | 527582     |
| Skim White Milk                  | 13 Cup      | 5404       |

## Preparation Instructions

IN EACH OF 3-4B PANS:

3 Bags of macaroni & cheese

3 cartons F.F. White Milk

IN EACH OF 2-4B PANS:

2 Bags of Macaroni & Cheese

2 Carotns of F.F. White Milk

Bake at 325 degrees for 45 min. to 1 hour. Temp at 160 degrees.

Use #10 scoop for all.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 303.00

Serving Size: 3.00 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 182.73   |                  |        |
| <b>Fat</b>           | 7.04g    |                  |        |
| <b>SaturatedFat</b>  | 3.20g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 16.22mg  |                  |        |
| <b>Sodium</b>        | 434.19mg |                  |        |
| <b>Carbohydrates</b> | 19.04g   |                  |        |
| <b>Fiber</b>         | 1.28g    |                  |        |
| <b>Sugar</b>         | 3.84g    |                  |        |
| <b>Protein</b>       | 11.23g   |                  |        |
| <b>Vitamin A</b>     | 480.27IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 256.15mg | <b>Iron</b>      | 0.69mg |

# Sloppy Joe Sandwich

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-14795          |

## Ingredients

| Description                               | Measurement | DistPart # |
|---|-------------|------------|
| SLOPPY JOE REDUCED FAT 6-5 COMM           | 30 Pound    | 564790     |
| BEEF CRUMBLES 8-5 COMM                    | 15 Pound    | 581950     |
| 4 inch whole grain hamburger buns - 30 ct | 300 bun     | 3480       |

## Preparation Instructions

IN EACH OF 3-4B PANS:

2 Bags Sloppy Jo Mix

1 Bag Beef Crumbles

Bake in oven at 300 degrees- uncovered until 170 degrees. Use a #16 dipper for all sandwiches.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.06 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 262.31   |                  |        |
| <b>Fat</b>           | 6.88g    |                  |        |
| <b>SaturatedFat</b>  | 1.93g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 28.99mg  |                  |        |
| <b>Sodium</b>        | 511.40mg |                  |        |
| <b>Carbohydrates</b> | 4.73g    |                  |        |
| <b>Fiber</b>         | 2.88g    |                  |        |
| <b>Sugar</b>         | 7.53g    |                  |        |
| <b>Protein</b>       | 15.89g   |                  |        |
| <b>Vitamin A</b>     | 234.31IU | <b>Vitamin C</b> | 2.64mg |
| <b>Calcium</b>       | 21.39mg  | <b>Iron</b>      | 1.46mg |

# Traveling Taco

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 324.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-14798          |

## Ingredients

| Description                         | Measurement | DistPart # |
|-------------------------------------|-------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 13 Package  | 722330     |
| CHIP CORN 104-1Z SSV FRITOS         | 324 Package | 105040     |

## Preparation Instructions

Per 4-4B PANS:

3- 5 lbs. bags taco meat

Divide extra bag between pans

Bake at 350 degrees to 160 degrees.

\*\*Open each bag of corn chips and slightly crust. Set upright in 4B pans- double stack if possible.\*\*

Serving Size= #12 scooped into 1 bag of corn chips.

\*\*Put 2 bags in a crock pot for teachers.\*\*

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 324.00

Serving Size: 1.00 Each

Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 272.80   |                  |        |
| <b>Fat</b>           | 14.96g   |                  |        |
| <b>SaturatedFat</b>  | 3.32g    |                  |        |
| <b>Trans Fat</b>     | 0.29g    |                  |        |
| <b>Cholesterol</b>   | 35.44mg  |                  |        |
| <b>Sodium</b>        | 465.57mg |                  |        |
| <b>Carbohydrates</b> | 21.06g   |                  |        |
| <b>Fiber</b>         | 3.03g    |                  |        |
| <b>Sugar</b>         | 2.03g    |                  |        |
| <b>Protein</b>       | 14.96g   |                  |        |
| <b>Vitamin A</b>     | 653.11IU | <b>Vitamin C</b> | 5.06mg |
| <b>Calcium</b>       | 68.52mg  | <b>Iron</b>      | 2.03mg |

# Brown Rice

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00   | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14799          |

## Ingredients

| Description                        | Measurement   | DistPart # |
|------------------------------------|---------------|------------|
| RICE BRN PARBL WGRAIN 25 GCHC      | 17 1/2 Pound  | 516371     |
| Tap Water for Recipes              | 4 Gallon      | 000001WTR  |
| SALT IODIZED 25 CARG               | 15 Tablespoon | 108286     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 2 1/2 Cup     | 840860     |

## Preparation Instructions

Each of 5-4B Pans:

3 lbs. brown rice

3.5 quarts boiling water

2.5 T. salt

1/2 cup margarine

Bake at 350 degrees for 35 minutes, covered.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.14 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.50 Cup

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 108.53   |                  |        |
| <b>Fat</b>           | 2.31g    |                  |        |
| <b>SaturatedFat</b>  | 0.60g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 368.19mg |                  |        |
| <b>Carbohydrates</b> | 20.16g   |                  |        |
| <b>Fiber</b>         | 0.56g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 2.24g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.92mg   | <b>Iron</b>      | 0.00mg |

# Mashed Potatoes (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 320.00   | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14800          |

## Ingredients

| Description                           | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| POTATO PRLS CNTRY STYL 12-30.7Z BAMER | 8 Package   | 325406     |
| Tap Water for Recipes                 | 8 Gallon    | 000001WTR  |

## Preparation Instructions

Use 6-4B PANS:

In each 4-B pan put: 2 gallons heated water and 2 bags Potato Pearls (stir into water)

Serve with #8 dipper for all

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.50 |

### Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 0.50 Cup

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 109.65   |                  |        |
| <b>Fat</b>           | 1.10g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 438.62mg |                  |        |
| <b>Carbohydrates</b> | 21.93g   |                  |        |
| <b>Fiber</b>         | 2.19g    |                  |        |
| <b>Sugar</b>         | 1.10g    |                  |        |
| <b>Protein</b>       | 2.19g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 10.97mg  | <b>Iron</b>      | 0.33mg |

# Baked Beans (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 270.00   | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14802          |

## Ingredients

| Description                           | Measurement  | DistPart # |
|---------------------------------------|--------------|------------|
| Beans, Vegetarian, Low Sodium, Canned | 7 #10 CAN    | 100364     |
| ONION DEHY CHPD 15 P/L                | 1 1/2 Cup    | 263036     |
| SUGAR BROWN LT 12-2 GFS               | 7 1/2 Cup    | 314641     |
| KETCHUP CAN NAT LO SOD 6-10 REDG      | 6 Cup        | 200621     |
| SPICE MUSTARD GRND 14Z TRDE           | 6 Tablespoon | 224928     |
| SAUCE WORCESTERSHIRE 4-1GAL FRENC     | 3 Tablespoon | 109843     |

## Preparation Instructions

IN EACH OF 3-4B Pans:

2 1/3- #10 cans vegetarian beans- slightly drained

2 cups ketchup

1/2 cup dry onion

2.5 cups brown sugar

2 Tbsp. Dry Mustard

1 Tbsp. Worcestershire Sauce

Spray pans well before baking. Bake at 350 degrees for 45 minutes to 1 hour. Stir at 20 minute intervals. Temp at 160 degrees.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.50 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 270.00

Serving Size: 0.50 Cup

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 108.00   |
| <b>Fat</b>                | 0.73g    |
| <b>SaturatedFat</b>       | 0.00g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 0.00mg   |
| <b>Sodium</b>             | 122.41mg |
| <b>Carbohydrates</b>      | 21.54g   |
| <b>Fiber</b>              | 3.66g    |



|                  |        |                  |        |
|------------------|--------|------------------|--------|
| <b>Sugar</b>     | 10.41g |                  |        |
| <b>Protein</b>   | 5.11g  |                  |        |
| <b>Vitamin A</b> | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 0.42mg | <b>Iron</b>      | 0.01mg |

# Refried Beans (Nappanee)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 112.00   | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14804          |

## Ingredients

| Description                      | Measurement | DistPart # |
|----------------------------------|-------------|------------|
| BEAN REFRD VEGTAR 6-27.09Z SANTG | 4 Package   | 703753     |

## Preparation Instructions

IN EACH OF 2-4B Pans Put:

1 gallon boiling water

2 bags of beans

Stir well. Cover with lid and put in pas thru warmer until serving time.

Allow to sit for approximately 25 minutes before serving.

Stir before serving.

Serving Size- #8 scoop

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.50 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 112.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 101.54   |                  |        |
| <b>Fat</b>           | 0.90g    |                  |        |
| <b>SaturatedFat</b>  | 0.30g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 364.34mg |                  |        |
| <b>Carbohydrates</b> | 17.92g   |                  |        |
| <b>Fiber</b>         | 5.97g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 5.97g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.53mg |
| <b>Calcium</b>       | 30.39mg  | <b>Iron</b>      | 1.37mg |

# Grilled Cheese Sandwich

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-14805          |

## Ingredients

| Description                                    | Measurement | DistPart # |
|--|-------------|------------|
| 380 - Aunt Millie's WG Honey White Bread       | 600 Each    | 380        |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 600 Slice   | 100036     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT             | 9 Pound     | 840860     |

## Preparation Instructions

Melt butter in 4-B pan. Line cookie sheets with parchment paper. Put 1/4 cup melted margarine on the cookie sheet with paper liner. Spread margarine with brush. Lay out bread slices, then 2 slices cheese on bread. Dip the top of a piece of bread in the melted margarine and put on top of sandwich.

Bake at 475 degrees for 5 minutes until toasted. WATCH CLOSELY!!

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 356.00   |                  |         |
| <b>Fat</b>           | 17.56g   |                  |         |
| <b>SaturatedFat</b>  | 7.32g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 15.00mg  |                  |         |
| <b>Sodium</b>        | 725.60mg |                  |         |
| <b>Carbohydrates</b> | 36.00g   |                  |         |
| <b>Fiber</b>         | 4.00g    |                  |         |
| <b>Sugar</b>         | 8.00g    |                  |         |
| <b>Protein</b>       | 12.00g   |                  |         |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg  |
| <b>Calcium</b>       | 5.09mg   | <b>Iron</b>      | 12.00mg |

# Choice of Cereal

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 11.00     | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-14808 |

## Ingredients

| Description                          | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| CEREAL TRIX R/S WGRAIN BWL 96CT GENM | 1 Package   | 265782     |
| CEREAL LUCKY CHARMS WGRAIN BWL 96CT  | 1 Package   | 265811     |
| CEREAL CHEERIOS FRTY WGRAIN BWL 96CT | 1 Package   | 265803     |
| CEREAL CHEERIOS HNYNUT BWL 96CT GENM | 1 Each      | 509396     |
| CEREAL CHEERIOS WGRAIN BWL 96CT GENM | 1 Each      | 264702     |
| CEREAL CINN TOAST R/S BWL 96CT GENM  | 1 Each      | 365790     |
| CEREAL COCOA PUFFS WGRAIN R/S 96CT   | 1 Each      | 270401     |
| CEREAL CORN FROSTIES BWLPK 96CT GENM | 1 Each      | 704280     |
| CEREAL FRSTD MINI WHE BWL 96CT KELL  | 1 Each      | 662186     |
| CEREAL FRSTD MINI WHE CHOC BWL 96CT  | 1 Each      | 805630     |
| CEREAL RICE KRISPIES WGRAIN 96-1Z    | 1 Each      | 509303     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 106.36   |
| <b>Fat</b>                | 1.36g    |
| <b>SaturatedFat</b>       | 0.14g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 0.00mg   |
| <b>Sodium</b>             | 135.45mg |
| <b>Carbohydrates</b>      | 23.18g   |
| <b>Fiber</b>              | 2.00g    |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Sugar</b>     |          |                  | 6.45g  |
| <b>Protein</b>   |          |                  | 2.00g  |
| <b>Vitamin A</b> | 345.45IU | <b>Vitamin C</b> | 4.15mg |
| <b>Calcium</b>   | 84.55mg  | <b>Iron</b>      | 5.89mg |

# Choice of 100% Juice

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 7.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-14810 |

## Ingredients

| Description                          | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| JUICE BOX ORNG TANGR 100 125ML 40CT  | 1 Each      | 733240     |
| JUICE BX WHT GRP 100 40CT 125ML      | 1 Each      | 733260     |
| JUICE BOX APPLE 100 40CT 125ML       | 1 Each      | 733220     |
| JUICE BOX PNCH 100 125ML 40CT        | 1 Each      | 733230     |
| JUICE BOX GRP 100 40-4.23FLZ         | 1 Each      | 698211     |
| JUICE BOX MXD BRY 100 40-4.23FLZ A&E | 1 Each      | 659712     |
| JUICE BOX STRAWB KIWI 100 40-4.23FLZ | 1 Each      | 659731     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.43 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

|                           |          |                  |         |
|---------------------------|----------|------------------|---------|
| <b>Amount Per Serving</b> |          |                  |         |
| <b>Calories</b>           | 71.43    |                  |         |
| <b>Fat</b>                | 0.00g    |                  |         |
| <b>SaturatedFat</b>       | 0.00g    |                  |         |
| <b>Trans Fat</b>          | 0.00g    |                  |         |
| <b>Cholesterol</b>        | 0.00mg   |                  |         |
| <b>Sodium</b>             | 12.86mg  |                  |         |
| <b>Carbohydrates</b>      | 17.14g   |                  |         |
| <b>Fiber</b>              | 0.00g    |                  |         |
| <b>Sugar</b>              | 15.57g   |                  |         |
| <b>Protein</b>            | 0.00g    |                  |         |
| <b>Vitamin A</b>          | 357.14IU | <b>Vitamin C</b> | 42.86mg |
| <b>Calcium</b>            | 15.71mg  | <b>Iron</b>      | 0.00mg  |

# Choice of Yogurt

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 3.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-14811 |

## Ingredients

| Description                           | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| YOGURT VAR PK STRAWB/VAN CRMY 48-4Z   | 1 Each      | 552931     |
| YOGURT STRAWB BAN BASH L/F 48-4Z TRIX | 1 Each      | 551760     |
| YOGURT RASPB RNBW L/F 48-4Z TRIX      | 1 Each      | 551770     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 76.67    |                  |        |
| <b>Fat</b>           | 0.67g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 5.00mg   |                  |        |
| <b>Sodium</b>        | 64.17mg  |                  |        |
| <b>Carbohydrates</b> | 14.67g   |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 9.33g    |                  |        |
| <b>Protein</b>       | 4.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 143.33mg | <b>Iron</b>      | 0.00mg |

# Choice of Muffin

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 2.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-14813 |

## Ingredients

| Description                          | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN | 1 Each      | 273442     |
| MUFFIN CHOCOLATE CHIP IW 96-2Z       | 1 Each      | 273681     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 165.00  |                  |        |
| <b>Fat</b>           | 5.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.75g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 20.00mg |                  |        |
| <b>Sodium</b>        | 97.50mg |                  |        |
| <b>Carbohydrates</b> | 27.50g  |                  |        |
| <b>Fiber</b>         | 1.00g   |                  |        |
| <b>Sugar</b>         | 14.50g  |                  |        |
| <b>Protein</b>       | 3.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 14.50mg | <b>Iron</b>      | 1.00mg |



# Egg & Cheese Biscuit

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-14828          |

## Ingredients

| Description                        | Measurement | DistPart # |
|------------------------------------|-------------|------------|
| EGG SCRMBD PTY RND 3.25 200-1Z GFS | 1 Each      | 462519     |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1/2 Slice   | 722360     |
| DOUGH BISCUIT WGRAIN 216-2.1Z RICH | 1 Each      | 237390     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 232.50   |                  |        |
| <b>Fat</b>           | 12.50g   |                  |        |
| <b>SaturatedFat</b>  | 6.13g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 78.75mg  |                  |        |
| <b>Sodium</b>        | 575.00mg |                  |        |
| <b>Carbohydrates</b> | 23.50g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 2.25g    |                  |        |
| <b>Protein</b>       | 8.75g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 103.00mg | <b>Iron</b>      | 1.08mg |

# Egg, Sausage & Cheese Biscuit

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-14940          |

## Ingredients

| Description                        | Measurement | DistPart # |
|------------------------------------|-------------|------------|
| EGG SCRMBD PTY RND 3.25 200-1Z GFS | 1 Each      | 462519     |
| SAUSAGE PTY TKY CKD 1Z 10.25 JENNO | 1 Each      | 184970     |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1/2 Slice   | 722360     |
| DOUGH BISCUIT WGRAIN 216-2.1Z RICH | 1 Each      | 237390     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 292.50                  |
| <b>Fat</b>              | 16.50g                  |
| <b>SaturatedFat</b>     | 7.13g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 108.75mg                |
| <b>Sodium</b>           | 665.00mg                |
| <b>Carbohydrates</b>    | 23.50g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 2.25g                   |
| <b>Protein</b>          | 14.75g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 103.00mg | <b>Iron</b> 1.44mg      |

# Egg, Bacon & Cheese Biscuit

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-14989          |

## Ingredients

| Description                           | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| EGG SCRMBD PTY RND 3.25 200-1Z GFS    | 1 Each      | 462519     |
| BACON CKD RND WHOLE MUSCLE 2-96CT GFS | 1 Slice     | 365620     |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL    | 1/2 Slice   | 722360     |
| DOUGH BISCUIT WGRAIN 216-2.1Z RICH    | 1 Each      | 237390     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 267.50                  |
| <b>Fat</b>              | 15.35g                  |
| <b>SaturatedFat</b>     | 7.18g                   |
| <b>Trans Fat</b>        | 0.02g                   |
| <b>Cholesterol</b>      | 83.75mg                 |
| <b>Sodium</b>           | 700.30mg                |
| <b>Carbohydrates</b>    | 23.50g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 2.25g                   |
| <b>Protein</b>          | 10.90g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 103.00mg | <b>Iron</b> 1.17mg      |

# Hamburger Boats

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 315.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-14991          |

## Ingredients

| Description                             | Measurement | DistPart # |
|---|-------------|------------|
| BEEF CRUMBLES 8-5 COMM                  | 17 Pound    | 581950     |
| SOUP CRM OF MUSHRM 12-5 CAMP            | 4 #5 CAN    | 101346     |
| SAUCE WORCESTERSHIRE 4-1GAL FRENC       | 1 Cup       | 109843     |
| ONION DEHY SUPER TOPPER 6-2 P/L         | 1 Cup       | 223255     |
| Cheese, Mozzarella, Part Skim, Shredded | 10 Pound    | 100021     |
| Aunt Millie's Whole Grain Hot Dog Buns  | 315 bun     | 2918       |

## Preparation Instructions

IN EACH OF 3-4B PANS:

5 2/3# Beef Crumbles

1 1/3 - #5 Can Mushroom Soup

1/3 C. Worcestershire Sauce

1/3 C. Dried Onion

Bake in oven at 350\* till 170\*. Using #24 scoop; put hamburger mixture on a hotdog bun and top with Mozzarella Cheese (#40 scoop). Put in horizontal bags and put in warmer until serving time.

Approx. 105 servings per pan

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Each

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 204.98   |
| <b>Fat</b>                | 7.84g    |
| <b>SaturatedFat</b>       | 3.62g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 23.51mg  |
| <b>Sodium</b>             | 508.50mg |
| <b>Carbohydrates</b>      | 22.82g   |
| <b>Fiber</b>              | 2.20g    |
| <b>Sugar</b>              | 2.61g    |

|                  |         |                  |         |
|------------------|---------|------------------|---------|
| <b>Protein</b>   | 11.73g  |                  |         |
| <b>Vitamin A</b> | 34.54IU | <b>Vitamin C</b> | 0.00mg  |
| <b>Calcium</b>   | 11.15mg | <b>Iron</b>      | 10.63mg |

# Chicken & Noodles

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 340.00   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-14992          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| Chicken, diced, cooked, frozen     | 30 Pound     | 100101     |
| Tap Water for Recipes              | 7 1/2 Gallon | 000001WTR  |
| BASE CHIX LO SOD 12-1 LEGO         | 25 Ounce     | 130869     |
| PASTA NOODL KLUSKI 1/8 2-5 GCHC    | 13 Pound     | 270385     |
| SALT IODIZED 25 CARG               | 1/4 Cup      | 108286     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 1 Pound      | 840860     |

## Preparation Instructions

Heat water and chicken base until boiling in soup kettle; add chicken. Bring to boil again. Add noodles; approx. 15 20 minutes later start dipping into 10-B pans and put in warmer.

Serving Size: #8

Approx. 46 qt.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.25 |
| <b>Grain</b>    | 0.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 340.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 132.74   |                  |        |
| <b>Fat</b>           | 3.39g    |                  |        |
| <b>SaturatedFat</b>  | 0.58g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 45.15mg  |                  |        |
| <b>Sodium</b>        | 177.83mg |                  |        |
| <b>Carbohydrates</b> | 12.93g   |                  |        |
| <b>Fiber</b>         | 0.61g    |                  |        |
| <b>Sugar</b>         | 0.96g    |                  |        |
| <b>Protein</b>       | 11.27g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 6.41mg   | <b>Iron</b>      | 0.58mg |

# Yogurt Breakfast Parfait

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-14993          |

## Ingredients

| Description                         | Measurement      | DistPart # |
|-------------------------------------|------------------|------------|
| YOGURT VAN L/F 6-32Z DANN           | 1/4 Cup          | 541966     |
| CEREAL GRANOLA HNY OATS 4-44Z       | 2 1/5 Tablespoon | 818961     |
| STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY | 2 3/5 Tablespoon | 621420     |

## Preparation Instructions

40-Yogurt Breakfast Parfaits

5-32oz Vanilla yogurt gfs#541966

5 cups Granola gfs#818961

Frozen Dcd. Strawberries gfs#620420 or

Frozen Blueberries - commodity

Totals:

Per Serving:

LAYER IN 7 OZ PLASTIC CUPS:

#16 dipper of Vanilla Yogurt

#30 dipper granola

#24 dipper fruit

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.50 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.16 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |         |
|----------------------|---------|
| <b>Calories</b>      | 109.78  |
| <b>Fat</b>           | 2.19g   |
| <b>SaturatedFat</b>  | 0.75g   |
| <b>Trans Fat</b>     | 0.00g   |
| <b>Cholesterol</b>   | 3.75mg  |
| <b>Sodium</b>        | 45.36mg |
| <b>Carbohydrates</b> | 19.44g  |
| <b>Fiber</b>         | 1.21g   |
| <b>Sugar</b>         | 11.89g  |
| <b>Protein</b>       | 3.73g   |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 25.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 91.60mg | <b>Iron</b>      | 0.59mg |



# Broccoli (Woodview)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 47.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-15202          |

## Ingredients

| Description                       | Measurement  | DistPart # |
|-----------------------------------|--------------|------------|
| BROCCOLI FLORETS 6-4 GFS          | 4 Pound      | 610902     |
| BROCCOLI CUTS 6-4 GFS             | 4 Pound      | 610871     |
| BUTTER PRINT SLTD GRD AA 36-1 GFS | 1/2 Pound    | 191205     |
| SEASONING GARDEN NO SALT 19Z TRDE | 1 Tablespoon | 565148     |

## Preparation Instructions

Put in 1-4B pan and heat in Steamer

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.87 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 70.90    |                  |         |
| <b>Fat</b>           | 3.85g    |                  |         |
| <b>SaturatedFat</b>  | 2.40g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 10.21mg  |                  |         |
| <b>Sodium</b>        | 55.24mg  |                  |         |
| <b>Carbohydrates</b> | 7.27g    |                  |         |
| <b>Fiber</b>         | 4.22g    |                  |         |
| <b>Sugar</b>         | 1.57g    |                  |         |
| <b>Protein</b>       | 4.15g    |                  |         |
| <b>Vitamin A</b>     | 399.87IU | <b>Vitamin C</b> | 21.81mg |
| <b>Calcium</b>       | 57.40mg  | <b>Iron</b>      | 1.33mg  |

# Cooked Carrots (Woodview)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 47.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-15203          |

## Ingredients

| Description                       | Measurement  | DistPart # |
|-----------------------------------|--------------|------------|
| Carrots fzn                       | 10 Pound     | 100352     |
| BUTTER PRINT SLTD GRD AA 36-1 GFS | 1/2 Pound    | 191205     |
| SEASONING GARDEN NO SALT 19Z TRDE | 1 Tablespoon | 565148     |

## Preparation Instructions

Put in 1-4B pan and heat in Steamer

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 63.70   |                  |        |
| <b>Fat</b>           | 4.80g   |                  |        |
| <b>SaturatedFat</b>  | 2.38g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 35.44mg |                  |        |
| <b>Sodium</b>        | 75.83mg |                  |        |
| <b>Carbohydrates</b> | 6.56g   |                  |        |
| <b>Fiber</b>         | 2.10g   |                  |        |
| <b>Sugar</b>         | 3.15g   |                  |        |
| <b>Protein</b>       | 0.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

# Creamed Turkey (Woodview)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 332.00   | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-15204          |

## Ingredients

| Description                           | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| TURKEY & GRAVY CKD 4-7 JENNO          | 10 Package  | 653171     |
| MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO | 2 Package   | 552061     |

## Preparation Instructions

Divide Turkey gravy between 8 (2-10B) pans. Make Poultry gravy according to package directions, divide between the 8 pans-should be approx. 1 1/4 qts per 1/2-10B pan. Heat in steamer. Serve over a biscuit in bowls.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 332.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 103.46   |                  |        |
| <b>Fat</b>           | 3.80g    |                  |        |
| <b>SaturatedFat</b>  | 1.22g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 37.26mg  |                  |        |
| <b>Sodium</b>        | 441.64mg |                  |        |
| <b>Carbohydrates</b> | 2.55g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.15g    |                  |        |
| <b>Protein</b>       | 14.75g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.29mg |

# Mixed Vegetables (Woodview)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 45.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-15205          |

## Ingredients

| Description                       | Measurement      | DistPart # |
|-----------------------------------|------------------|------------|
| VEG MIXED 12-2.5 GFS              | 10 Pound         | 119393     |
| BUTTER PRINT SLTD GRD AA 36-1 GFS | 45/94 Pound      | 191205     |
| SEASONING GARDEN NO SALT 19Z TRDE | 45/47 Tablespoon | 565148     |

## Preparation Instructions

Put in 1-4B pan and heat in Steamer

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.50 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 102.28  |                  |        |
| <b>Fat</b>           | 3.75g   |                  |        |
| <b>SaturatedFat</b>  | 2.39g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 10.24mg |                  |        |
| <b>Sodium</b>        | 53.01mg |                  |        |
| <b>Carbohydrates</b> | 13.63g  |                  |        |
| <b>Fiber</b>         | 3.34g   |                  |        |
| <b>Sugar</b>         | 4.46g   |                  |        |
| <b>Protein</b>       | 2.23g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.67mg |

# Egg & Sausage Biscuit (Woodview)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-15206          |

## Ingredients

| Description                          | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| EGG SCRMBD PTY RND 3.25 200-1Z GFS   | 1 Each      | 462519     |
| SAUSAGE PTY CKD 250-1.2Z COMM        | 1 Each      | 109000     |
| BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS | 1 Each      | 631902     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.75 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 315.00   |                  |        |
| <b>Fat</b>           | 17.50g   |                  |        |
| <b>SaturatedFat</b>  | 9.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 100.00mg |                  |        |
| <b>Sodium</b>        | 760.00mg |                  |        |
| <b>Carbohydrates</b> | 28.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 2.00g    |                  |        |
| <b>Protein</b>       | 14.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 185.00mg | <b>Iron</b>      | 1.44mg |

# Nachos (Woodview)

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 350.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-15207          |

## Ingredients

| Description                         | Measurement | DistPart # |
|-------------------------------------|-------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 10 Package  | 722330     |
| SAUCE CHS CHED POUCH 6-106Z LOL     | 4 Package   | 135261     |
| CHIP TORTL RND WGRAIN 8-16Z TOSTIT  | 22 Package  | 739741     |

## Preparation Instructions

Put 1oz Tostito chips in a 1# paper boat-do total chips ahead on cookie sheets. Warm Taco meat and cheese sauce in steamer-keep warm until serving.

Use #16 for Taco meat on top of chips-then use #30 with cheese sauce-get 1 grade level done at a time so chips don't get soggy.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.09 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 276.51   |                  |        |
| <b>Fat</b>           | 13.44g   |                  |        |
| <b>SaturatedFat</b>  | 4.80g    |                  |        |
| <b>Trans Fat</b>     | 0.21g    |                  |        |
| <b>Cholesterol</b>   | 36.31mg  |                  |        |
| <b>Sodium</b>        | 547.67mg |                  |        |
| <b>Carbohydrates</b> | 25.38g   |                  |        |
| <b>Fiber</b>         | 3.45g    |                  |        |
| <b>Sugar</b>         | 1.44g    |                  |        |
| <b>Protein</b>       | 14.01g   |                  |        |
| <b>Vitamin A</b>     | 465.07IU | <b>Vitamin C</b> | 3.61mg |
| <b>Calcium</b>       | 165.43mg | <b>Iron</b>      | 1.80mg |

# Refried Beans (Woodview)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 90.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-15208          |

## Ingredients

| Description                                    | Measurement  | DistPart # |
|--|--------------|------------|
| Beans, Refried, Low sodium, canned             | 2 #10 CAN    | 100362     |
| BEAN REFRIED SEAS DEHY 6-1.75 SANTG            | 2 Package    | 183910     |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 22 1/2 Ounce | 100012     |

## Preparation Instructions

Prepare 2 BAGS of Refried beans per instructions on bag and heat, heat 2 CANS of refried beans in steamer. Combine all beans together and scoop into foam 4 oz. cups on cookie sheets and top with 1/4 ounce of cheese-cover and put in warmer.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.25 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.50 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 153.03   |                  |        |
| <b>Fat</b>           | 2.06g    |                  |        |
| <b>SaturatedFat</b>  | 1.19g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 5.00mg   |                  |        |
| <b>Sodium</b>        | 323.50mg |                  |        |
| <b>Carbohydrates</b> | 23.34g   |                  |        |
| <b>Fiber</b>         | 6.61g    |                  |        |
| <b>Sugar</b>         | 0.57g    |                  |        |
| <b>Protein</b>       | 9.51g    |                  |        |
| <b>Vitamin A</b>     | 0.26IU   | <b>Vitamin C</b> | 0.37mg |
| <b>Calcium</b>       | 20.92mg  | <b>Iron</b>      | 0.90mg |

# Breakfast Casserole

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 64.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.50 Cup  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-15209          |

## Ingredients

| Description                                    | Measurement | DistPart # |
|--|-------------|------------|
| EGG SHL MED A GRD 6-30CT GCHC                  | 36 Each     | 206547     |
| Prairie Farms 1% Low Fat White Milk            | 8 Cup       |            |
| SPICE MUSTARD GRND 14Z TRDE                    | 4 Teaspoon  | 224928     |
| Ham, Cubed Frozen                              | 4 Pound     | 100188-H   |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 4 Cup       | 100012     |
| 380 - Aunt Millie's WG Honey White Bread       | 36 Each     | 380        |

## Preparation Instructions

EACH 2B PAN:

18 eggs

2# diced ham

4 cups milk

2 cups shredded cheese

2 tsp mustard

18 slices bread-cubed

Combine all ingredients

and put in greased 2B pans and bake UNCOVERED for 25 minutes @300 degrees until eggs are set and it is at least 170 degrees.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.75 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

### Amount Per Serving

**Calories** 168.80

**Fat** 7.48g

**SaturatedFat** 3.26g

**Trans Fat** 0.00g

**Cholesterol** 208.31mg

**Sodium** 351.90mg

**Carbohydrates** 11.62g

**Fiber** 1.13g

**Sugar** 2.68g

**Protein** 13.23g

**Vitamin A** 0.16IU      **Vitamin C** 0.03mg

**Calcium** 21.84mg      **Iron** 4.10mg

# Chicken & Noodles (Woodview)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 233.00   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.75 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-15210          |

## Ingredients

| Description                       | Measurement  | DistPart # |
|-----------------------------------|--------------|------------|
| Chicken, diced, cooked, frozen    | 30 Pound     | 100101     |
| Tap Water for Recipes             | 8 1/2 Gallon | 000001WTR  |
| BASE CHIX LO SOD NO MSG 6-1 MINR  | 2 Cup        | 580589     |
| SALT IODIZED 24-26Z GFS           | 1/4 Cup      | 108308     |
| BUTTER PRINT SLTD GRD AA 36-1 GFS | 1/2 Pound    | 191205     |
| PASTA NOODL KLUSKI 1/8 2-5 GCHC   | 14 Pound     | 270385     |

## Preparation Instructions

Heat water, chix base & salt in floor kettle. Bring to boil, add heated chicken then noodles. Cook until noodles are slightly tender BUT NOT completely done.

Scoop into 1/2-10B pans and put in pass-through until served.

approx.44QT.

ALL- 6 oz. scoop

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.75 |
| <b>Grain</b>    | 0.75 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 233.00

Serving Size: 0.75 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 186.80   |                  |        |
| <b>Fat</b>           | 4.02g    |                  |        |
| <b>SaturatedFat</b>  | 0.72g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 66.95mg  |                  |        |
| <b>Sodium</b>        | 189.57mg |                  |        |
| <b>Carbohydrates</b> | 19.23g   |                  |        |
| <b>Fiber</b>         | 0.96g    |                  |        |
| <b>Sugar</b>         | 0.96g    |                  |        |
| <b>Protein</b>       | 16.21g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |

**Calcium** 9.71mg **Iron** 0.91mg

# Chili Soup (Woodview)

|                      |          |                       |                   |
|----------------------|----------|-----------------------|-------------------|
| <b>Servings:</b>     | 245.00   | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 0.75 Cup | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-15215           |

## Ingredients

| Description                      | Measurement | DistPart # |
|----------------------------------|-------------|------------|
| BEEF CRUMBLES 8-5 COMM           | 20 Pound    | 581950     |
| BASE BEEF LO SOD 12-1 LEGO       | 1/4 Cup     | 130885     |
| ONION DEHY CHPD 15 P/L           | 7 Cup       | 263036     |
| CELERY DCD IQF 6-4 GFS           | 7 Cup       | 261513     |
| BEAN RED 6-10 GCHC               | 2 #10 CAN   | 190209     |
| SAUCE TOMATO MW 6-10 GCHC        | 5 #10 CAN   | 306347     |
| SPICE CHILI POWDER MILD 16Z TRDE | 2 Cup       | 331473     |
| SUGAR BROWN LT 12-2 GFS          | 1 1/2 Cup   | 314641     |
| TOMATO DCD I/JCE MW 6-10 GFS     | 2 #10 CAN   | 246131     |
| Salsa, Low-Sodium, Canned        | 1 #10 CAN   | IN100330   |

## Preparation Instructions

Makes Approx. 46QT=245-6oz servings

Put all ingredients into floor soup pot and heat-TASTE to check seasoning. Stir & simmer till 160 degrees, put into 2 -10B pans.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.04 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.55 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 245.00

Serving Size: 0.75 Cup

Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 125.64   |
| <b>Fat</b>           | 3.72g    |
| <b>SaturatedFat</b>  | 1.57g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 15.67mg  |
| <b>Sodium</b>        | 660.34mg |
| <b>Carbohydrates</b> | 13.23g   |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Fiber</b>     |         | 2.73g            |        |
| <b>Sugar</b>     |         | 4.58g            |        |
| <b>Protein</b>   |         | 9.69g            |        |
| <b>Vitamin A</b> | 52.24IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 24.09mg | <b>Iron</b>      | 2.23mg |

# Green Beans (Woodview)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 72.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-15217          |

## Ingredients

| Description                       | Measurement  | DistPart # |
|-----------------------------------|--------------|------------|
| BEAN GREEN CUT FNCY 4SV 6-10 GCHC | 3 #10 CAN    | 118737     |
| BUTTER PRINT SLTD GRD AA 36-1 GFS | 1/2 Pound    | 191205     |
| SEASONING GARDEN NO SALT 19Z TRDE | 1 Tablespoon | 565148     |

## Preparation Instructions

Put in 1-4B pan and heat in Steamer

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.50 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 44.61    |                  |        |
| <b>Fat</b>           | 2.44g    |                  |        |
| <b>SaturatedFat</b>  | 1.56g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 6.67mg   |                  |        |
| <b>Sodium</b>        | 170.89mg |                  |        |
| <b>Carbohydrates</b> | 4.48g    |                  |        |
| <b>Fiber</b>         | 2.16g    |                  |        |
| <b>Sugar</b>         | 2.16g    |                  |        |
| <b>Protein</b>       | 1.08g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 32.33mg  | <b>Iron</b>      | 0.43mg |

# Corn (Woodview)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 55.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-15218          |

## Ingredients

| Description                       | Measurement  | DistPart # |
|-----------------------------------|--------------|------------|
| CORN SUPER SWT 30 GFS             | 10 Pound     | 358991     |
| BUTTER PRINT SLTD GRD AA 36-1 GFS | 1/2 Pound    | 191205     |
| SEASONING GARDEN NO SALT 19Z TRDE | 1 Tablespoon | 565148     |

## Preparation Instructions

Put in 1-4B pan and heat in Steamer

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.50 |

### Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 104.81  |                  |        |
| <b>Fat</b>           | 3.95g   |                  |        |
| <b>SaturatedFat</b>  | 2.04g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 8.73mg  |                  |        |
| <b>Sodium</b>        | 26.18mg |                  |        |
| <b>Carbohydrates</b> | 15.89g  |                  |        |
| <b>Fiber</b>         | 0.75g   |                  |        |
| <b>Sugar</b>         | 3.73g   |                  |        |
| <b>Protein</b>       | 2.24g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

# Grilled Cheese Sandwich (Woodview)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 320.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15219          |

## Ingredients

| Description                                    | Measurement | DistPart # |
|--|-------------|------------|
| 380 - Aunt Millie's WG Honey White Bread       | 640 Each    | 380        |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 640 Slice   | 100036     |
| BUTTER PRINT SLTD GRD AA 36-1 GFS              | 16 Pound    | 191205     |

## Preparation Instructions

Melt 6# butter in microwave, line cookie sheet pans with baking paper, spread 1/3 cup melted butter on paper, lay 20 slices on cookie sheet, put 2 slices of cheese on each slice of bread then dip a slice of bread in melted butter and put on top of cheese.

Bake @ 400 till bread is toasted.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 420.00   |                  |         |
| <b>Fat</b>           | 24.60g   |                  |         |
| <b>SaturatedFat</b>  | 14.20g   |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 63.00mg  |                  |         |
| <b>Sodium</b>        | 764.00mg |                  |         |
| <b>Carbohydrates</b> | 36.00g   |                  |         |
| <b>Fiber</b>         | 4.00g    |                  |         |
| <b>Sugar</b>         | 8.00g    |                  |         |
| <b>Protein</b>       | 12.00g   |                  |         |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg  |
| <b>Calcium</b>       | 4.00mg   | <b>Iron</b>      | 12.00mg |



# Baked Beans (Woodview)

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 219.00   | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-15220          |

## Ingredients

| Description                           | Measurement        | DistPart # |
|---------------------------------------|--------------------|------------|
| Beans, Vegetarian, Low Sodium, Canned | 8 #10 CAN          | 100364     |
| ONION DEHY CHPD 15 P/L                | 1 Quart            | 263036     |
| SUGAR BROWN LT 12-2 GFS               | 1 Quart            | 314641     |
| KETCHUP CAN 33 FCY 6-10 CRWNCOLL      | 2 Quart            | 100129     |
| SPICE MUSTARD GRND 14Z TRDE           | 1/2 Cup            | 224928     |
| SAUCE WORCESTERSHIRE 4-1GAL FRENC     | 2 13/30 Tablespoon | 109843     |
| MOLASSES 4-1GAL P/L                   | 3 Cup              | 234303     |

## Preparation Instructions

IN EACH OF 4 - 4B PANS:

2-#10 cans Veg. beans

2 cups ketchup

1 cup dcd onions

2 TBSP mustard

1 cup brown sugar

3/4 cup molasses

Bake @300 for 1 hour uncovered until 180 degrees & thickened

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.05 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 1.02 |
| <b>Legumes</b>  | 1.02 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 219.00

Serving Size: 0.50 Cup

Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 153.92   |
| <b>Fat</b>           | 1.03g    |
| <b>SaturatedFat</b>  | 0.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 0.00mg   |
| <b>Sodium</b>        | 241.58mg |
| <b>Carbohydrates</b> | 31.04g   |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Fiber</b>     | 5.22g   |                  |        |
| <b>Sugar</b>     | 14.32g  |                  |        |
| <b>Protein</b>   | 7.25g   |                  |        |
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 10.14mg | <b>Iron</b>      | 0.26mg |

# Cheeseburger on Bun (Woodview)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15221          |

## Ingredients

| Description                        | Measurement | DistPart # |
|------------------------------------|-------------|------------|
| BEEF STK BRGR CHARB 160-3Z ADV     | 1 Each      | 203260     |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice     | 722360     |
| 3.5 WG Hamburger Bun               | 1 Each      | 3354       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.25 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 355.00   |                  |        |
| <b>Fat</b>           | 17.50g   |                  |        |
| <b>SaturatedFat</b>  | 7.25g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 67.50mg  |                  |        |
| <b>Sodium</b>        | 480.00mg |                  |        |
| <b>Carbohydrates</b> | 22.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 3.50g    |                  |        |
| <b>Protein</b>       | 26.50g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 98.00mg  | <b>Iron</b>      | 9.80mg |

# Baked Oatmeal (Woodview)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 72.00     | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 0.50 Cup  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-15222          |

## Ingredients

| Description                         | Measurement  | DistPart # |
|-------------------------------------|--------------|------------|
| BUTTER PRINT SLTD GRD AA 36-1 GFS   | 1 1/2 Pound  | 191205     |
| EGG SHL MED A GRD 6-30CT GCHC       | 12 Each      | 206547     |
| SUGAR BROWN LT 12-2 GFS             | 6 Cup        | 314641     |
| OATS QUICK HOT CEREAL 12-42Z GCHC   | 18 Cup       | 240869     |
| BAKING POWDER 6-5 CLABBER GIRL      | 4 Tablespoon | 361032     |
| SALT IODIZED 24-26Z GFS             | 2 Tablespoon | 108308     |
| Prairie Farms 1% Low Fat White Milk | 6 Cup        |            |
| SPICE CINNAMON GRND 15Z TRDE        | 2 Tablespoon | 224723     |
| APPLE DCD W/P 6-10 GFS              | 1 #10 CAN    | 117803     |

## Preparation Instructions

Cream together: Butter, eggs & brown sugar. Add oats, baking powder, salt & cinnamon- mix- then stir in milk and diced apples.

Spray pans then pour into 2 -2B pans. Bake @325 for 30-35 minutes.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 1.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 246.87   |
| <b>Fat</b>                | 10.14g   |
| <b>SaturatedFat</b>       | 5.46g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 77.05mg  |
| <b>Sodium</b>             | 369.40mg |
| <b>Carbohydrates</b>      | 35.95g   |
| <b>Fiber</b>              | 2.36g    |
| <b>Sugar</b>              | 20.87g   |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Protein</b>   |         | 4.82g            |        |
| <b>Vitamin A</b> | 0.83IU  | <b>Vitamin C</b> | 0.17mg |
| <b>Calcium</b>   | 34.29mg | <b>Iron</b>      | 1.12mg |

# Sub Sandwich (Woodview)

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15223 |

## Ingredients

| Description                                     | Measurement | DistPart # |
|---|-------------|------------|
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO            | 1 Ounce     | 244190     |
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 1 Ounce     | 100187     |
| PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG             | 2 Slice     | 776221     |
| MINI SUB BUN, W GRAIN                           | 1 bun       | 5157       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.25 |
| <b>Grain</b>    | 2.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 266.99   |                  |        |
| <b>Fat</b>           | 8.39g    |                  |        |
| <b>SaturatedFat</b>  | 2.65g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 36.00mg  |                  |        |
| <b>Sodium</b>        | 716.00mg |                  |        |
| <b>Carbohydrates</b> | 29.89g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 4.82g    |                  |        |
| <b>Protein</b>       | 17.27g   |                  |        |
| <b>Vitamin A</b>     | 50.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.21mg |

# Meatball Sub

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 324.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15251          |

## Ingredients

| Description                             | Measurement   | DistPart # |
|---|---------------|------------|
| MEATBALL CKD 6-5 JTM                    | 9 Package     | 135071     |
| SAUCE SPAGHETTI 6-10 P/L                | 2 1/2 #10 CAN | 744520     |
| Cheese, Mozzarella, Part Skim, Shredded | 10 Pound      | 100021     |
| MINI SUB BUN, W GRAIN                   | 324 bun       | 5157       |

## Preparation Instructions

In each of 5-4B Pans:

2-5# Bags Meatballs

½ #10 can Spaghetti Sauce

\*\*Last pan will only have 1 bag\*\*

Heat in Combi to 170\*. Put 4 meatballs per sub bun. Sprinkle with ½ oz. mozzarella cheese. Put in large sandwich bags. Allow 1 ½ hours to assemble

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 324.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 354.81   |                  |        |
| <b>Fat</b>           | 14.08g   |                  |        |
| <b>SaturatedFat</b>  | 5.98g    |                  |        |
| <b>Trans Fat</b>     | 0.48g    |                  |        |
| <b>Cholesterol</b>   | 42.46mg  |                  |        |
| <b>Sodium</b>        | 577.34mg |                  |        |
| <b>Carbohydrates</b> | 34.85g   |                  |        |
| <b>Fiber</b>         | 4.19g    |                  |        |
| <b>Sugar</b>         | 6.88g    |                  |        |
| <b>Protein</b>       | 19.66g   |                  |        |
| <b>Vitamin A</b>     | 5.55IU   | <b>Vitamin C</b> | 0.79mg |
| <b>Calcium</b>       | 35.30mg  | <b>Iron</b>      | 1.78mg |

# Cheeseburger on Bun Alternate (Woodview)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15317          |

## Ingredients

| Description                        | Measurement | DistPart # |
|------------------------------------|-------------|------------|
| BEEF PTY CKD 2.5Z 6-5 COMM         | 1 Each      | 785850     |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice     | 722360     |
| 3.5 WG Hamburger Bun               | 1 Each      | 3354       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 303.00                  |
| <b>Fat</b>              | 13.50g                  |
| <b>SaturatedFat</b>     | 4.85g                   |
| <b>Trans Fat</b>        | 0.60g                   |
| <b>Cholesterol</b>      | 46.50mg                 |
| <b>Sodium</b>           | 619.00mg                |
| <b>Carbohydrates</b>    | 24.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 3.50g                   |
| <b>Protein</b>          | 22.50g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 131.00mg | <b>Iron</b> 10.00mg     |



# Grapes

|                      |          |                       |         |
|----------------------|----------|-----------------------|---------|
| <b>Servings:</b>     | 375.00   | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-15430 |

## Ingredients

| Description                       | Measurement | DistPart # |
|-----------------------------------|-------------|------------|
| GRAPES RED LUNCH BUNCH 21AVG MRKN | 63 Pound    | 280895     |

## Preparation Instructions

\*Wash \*Destem \*Put in 4B pans.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.50 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 375.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 55.44  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 14.11g |                  |        |
| <b>Fiber</b>         | 0.50g  |                  |        |
| <b>Sugar</b>         | 12.10g |                  |        |
| <b>Protein</b>       | 0.50g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 7.56mg | <b>Iron</b>      | 0.50mg |

# Beef Burrito (Nappanee)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 315.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15618          |

## Ingredients

| Description                                    | Measurement  | DistPart # |
|--|--------------|------------|
| BEEF CRUMBLES 8-5 COMM                         | 35 Pound     | 581950     |
| Cheese, Mozzarella, Part Skim, Shredded        | 5 Pound      | 100021     |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 5 Pound      | 100012     |
| SEASONING BURRITO MEAT 10 GFS                  | 2 Cup        | 265756     |
| TORTILLA FLOUR ULTRGR 8 18-12CT                | 315 Each     | 882700     |
| BEAN REFRD 6-10 GRSZ                           | 2 #10 CAN    | 293962     |
| SAUCE BURRITO 4-1GAL GRSZ                      | 1 1/4 Gallon | 837830     |

## Preparation Instructions

In Each of 3-4B Pans: \*\*divide 7 th bag between the 3 pans\*\*:

2-5# bags Beef Crumbles

½ C. Burrito Seasoning

2 ½ C. Water

\*\*Added ½ #10 can refried beans per pan to bind it together\*\*

Bake at 325\* approximately 1 hour. Temp to 170\*. Scoop meat mixture down center of shell using a #12 scoop. Fold in all sides and place face down on paper lined cookie sheet. Top with 1 Tbsp. Burrito Sauce and shredded cheese. Place in warmer to melt cheese. Cover with another cookie sheet so they dont dry out.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.08 |

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Each

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 270.39   |                  |        |
| <b>Fat</b>           | 11.61g   |                  |        |
| <b>SaturatedFat</b>  | 6.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 32.76mg  |                  |        |
| <b>Sodium</b>        | 718.44mg |                  |        |
| <b>Carbohydrates</b> | 25.27g   |                  |        |
| <b>Fiber</b>         | 2.99g    |                  |        |
| <b>Sugar</b>         | 1.67g    |                  |        |
| <b>Protein</b>       | 16.86g   |                  |        |
| <b>Vitamin A</b>     | 71.11IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 42.83mg  | <b>Iron</b>      | 2.84mg |

# Bulldog Burger (Nappanee)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15619          |

## Ingredients

| Description                                    | Measurement | DistPart # |
|--|-------------|------------|
| BEEF PTY CKD 2.5Z 6-5 COMM                     | 300 Each    | 785850     |
| BACON CKD RND WHOLE MUSCLE 2-96CT GFS          | 300 Slice   | 365620     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 300 Slice   | 100036     |
| 4 inch whole grain hamburger buns - 30 ct      | 300 bun     | 3480       |

## Preparation Instructions

Pan Bacon on paper lined cookie sheets. Pan Beef Patties on paper lined cookie sheets. Bake Bacon at 350\* till slightly crisp. Keep warm. Bake Beef Patties at 350\* @ 7-9 minutes or until temp reaches 165\*. Assemble and wrap before serving. Place in warmer until serving time.

To assemble place 1 beef patty, 1 bacon round, and 1 slice cheese on hamburger bun and wrap.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 383.00   |                  |        |
| <b>Fat</b>           | 17.35g   |                  |        |
| <b>SaturatedFat</b>  | 6.15g    |                  |        |
| <b>Trans Fat</b>     | 0.62g    |                  |        |
| <b>Cholesterol</b>   | 51.50mg  |                  |        |
| <b>Sodium</b>        | 734.30mg |                  |        |
| <b>Carbohydrates</b> | 3.00g    |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 25.15g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 33.00mg  | <b>Iron</b>      | 2.09mg |

# BBQ Pulled Pork Sandwich (Nappanee)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15621          |

## Ingredients

| Description                               | Measurement | DistPart # |
|---|-------------|------------|
| PORK BBQ W/TEXAS SCE 4-5 COMM             | 40 Pound    | 651590     |
| 4 inch whole grain hamburger buns - 30 ct | 300 bun     | 3480       |

## Preparation Instructions

IN EACH 4B PAN PLACE:

2 5lb. containers of pulled pork

Bake at 350\* until temperature reaches 160\*

Put hamburger buns in 4B Pans.

Assemble on serving line.

2 oz. pulled pork per sandwich

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |          |
|----------------------|----------|------------------|----------|
| <b>Calories</b>      |          |                  | 286.40   |
| <b>Fat</b>           |          |                  | 8.88g    |
| <b>SaturatedFat</b>  |          |                  | 2.24g    |
| <b>Trans Fat</b>     |          |                  | 0.00g    |
| <b>Cholesterol</b>   |          |                  | 39.47mg  |
| <b>Sodium</b>        |          |                  | 569.20mg |
| <b>Carbohydrates</b> |          |                  | 6.40g    |
| <b>Fiber</b>         |          |                  | 2.11g    |
| <b>Sugar</b>         |          |                  | 4.00g    |
| <b>Protein</b>       |          |                  | 15.55g   |
| <b>Vitamin A</b>     | 134.08IU | <b>Vitamin C</b> | 2.19mg   |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.69mg   |

# Cheeseburger Sandwich (Nappanee)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15622          |

## Ingredients

| Description                                    | Measurement | DistPart # |
|--|-------------|------------|
| BEEF PTY CKD 2.5Z 6-5 COMM                     | 300 Each    | 785850     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 300 Slice   | 100036     |
| 4 inch whole grain hamburger buns - 30 ct      | 300 bun     | 3480       |

## Preparation Instructions

Place hamburger patties on paper lined cookie sheets and bake at 350\* approx. 8-10 minutes.

To assemble sandwiches, place 1 pattie and 1 slice of cheese on each hamburger bun. Put sandwiches in bags and place in 4B pans. Approx. 36 per pan. Place in warmer until serving time.

300 servings 1 each

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 348.00   |                  |        |
| <b>Fat</b>           | 14.50g   |                  |        |
| <b>SaturatedFat</b>  | 5.10g    |                  |        |
| <b>Trans Fat</b>     | 0.60g    |                  |        |
| <b>Cholesterol</b>   | 46.50mg  |                  |        |
| <b>Sodium</b>        | 609.00mg |                  |        |
| <b>Carbohydrates</b> | 3.00g    |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 23.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 33.00mg  | <b>Iron</b>      | 2.00mg |

# Chicken Bacon Swiss Sandwich (Nappanee)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15623          |

## Ingredients

| Description                               | Measurement | DistPart # |
|---|-------------|------------|
| CHIX PTY BRD WGRAIN 3.26Z 4-7.7           | 300 Each    | 558061     |
| BACON CKD RND WHOLE MUSCLE 2-96CT GFS     | 300 Slice   | 365620     |
| CHEESE SWS 184CT SLCD PROC 4-5            | 300 Slice   | 487589     |
| 4 inch whole grain hamburger buns - 30 ct | 300 bun     | 3480       |

## Preparation Instructions

Bake Chicken Patties on paper lined cookies sheets at 350\* approx. 8-10 minutes.

Place Bacon Rounds on paper lined cookie sheets at bake at 350\* till slightly crispy.

To assemble sandwiches:

Place 1 chicken pattie

1 slice bacon round

1 slice swiss cheese on a bun.

Wrap in bags.

Place in 4B pans and place in warmer until serving time. Approximately 30 per pan.

300 servings 1 each

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.44 |
| <b>Grain</b>    | 3.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 475.00   |
| <b>Fat</b>                | 21.35g   |
| <b>SaturatedFat</b>       | 5.55g    |
| <b>Trans Fat</b>          | 0.02g    |
| <b>Cholesterol</b>        | 40.00mg  |
| <b>Sodium</b>             | 985.30mg |
| <b>Carbohydrates</b>      | 16.00g   |
| <b>Fiber</b>              | 5.00g    |
| <b>Sugar</b>              | 5.50g    |
| <b>Protein</b>            | 24.65g   |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 108.50mg | <b>Iron</b>      | 2.09mg |



# Chicken Sandwich (Nappanee)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15624          |

## Ingredients

| Description                               | Measurement | DistPart # |
|---|-------------|------------|
| CHIX PTY BRD WGRAIN 3.26Z 4-7.7           | 300 Each    | 558061     |
| 4 inch whole grain hamburger buns - 30 ct | 300 bun     | 3480       |

## 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.

300 servings 1 each

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 3.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 400.00   |                  |        |
| <b>Fat</b>           | 15.00g   |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 650.00mg |                  |        |
| <b>Carbohydrates</b> | 15.00g   |                  |        |
| <b>Fiber</b>         | 5.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 20.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 35.00mg  | <b>Iron</b>      | 2.00mg |

# Cold Ham Sandwich (Nappanee)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15625          |

## Ingredients

| Description                                     | Measurement | DistPart # |
|---|-------------|------------|
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 65 Pound    | 100187     |
| 4 inch whole grain hamburger buns - 30 ct       | 300 bun     | 3480       |

## Preparation Instructions

Place ham in strainer pans inside 4B pans to drain water. Cover with plastic wrap and place in cooler until ready to assemble.

To assemble place 2 oz. of ham on each bun and put in bags. Approximately 36 per pan. Put in cold pass thru until serving time.

300 servings 1 each

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.75 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 265.14   |                  |        |
| <b>Fat</b>           | 7.68g    |                  |        |
| <b>SaturatedFat</b>  | 2.84g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 51.15mg  |                  |        |
| <b>Sodium</b>        | 849.23mg |                  |        |
| <b>Carbohydrates</b> | 5.68g    |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 6.84g    |                  |        |
| <b>Protein</b>       | 20.21g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

# Grilled Ham & Cheese Sandwich

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15627          |

## Ingredients

| Description                                     | Measurement | DistPart # |
|---|-------------|------------|
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 30 Pound    | 100187     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED  | 10 Pound    | 100036     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT              | 11 Pound    | 840860     |
| 380 - Aunt Millie's WG Honey White Bread        | 600 Each    | 380        |

## Preparation Instructions

Per Sandwich:

1.5 oz (3 slices) Shaved Ham

1 slice (.5 oz) Cheese

Melt margarine in 4-B pan. Line cookie sheets with parchment paper. Put ¼ cup melted margarine on paper lined cookie sheet. Spread margarine with brush. Lay out bread slices, then 1 slice cheese and 3 slices ham on bread. Dip the top of a piece of bread in the melted margarine and put on top of sandwich.

Bake at 475\* for 5 minutes until toasted. WATCH CLOSELY!!!!

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.75 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 388.52   |                  |         |
| <b>Fat</b>           | 20.20g   |                  |         |
| <b>SaturatedFat</b>  | 8.19g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 31.61mg  |                  |         |
| <b>Sodium</b>        | 913.33mg |                  |         |
| <b>Carbohydrates</b> | 37.69g   |                  |         |
| <b>Fiber</b>         | 4.00g    |                  |         |
| <b>Sugar</b>         | 8.38g    |                  |         |
| <b>Protein</b>       | 15.76g   |                  |         |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg  |
| <b>Calcium</b>       | 5.34mg   | <b>Iron</b>      | 12.00mg |

# Hamburger Sandwich (Nappanee)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15629          |

## Ingredients

| Description                               | Measurement | DistPart # |
|---|-------------|------------|
| BEEF PTY CKD 2.5Z 6-5 COMM                | 300 Each    | 785850     |
| 4 inch whole grain hamburger buns - 30 ct | 300 bun     | 3480       |

## Preparation Instructions

Place patties on paper lined cookie sheets. Bake at 350\* for 8 10 minutes. Temp at 160\*. After baking set patties upright in 4B pane. Cover with plastic wrap and put in pass thru warmer. Stack buns in 4B pans and cover with plastic wrap.

Assemble sandwiches on serving line.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 308.00   |                  |        |
| <b>Fat</b>           | 12.00g   |                  |        |
| <b>SaturatedFat</b>  | 3.60g    |                  |        |
| <b>Trans Fat</b>     | 0.60g    |                  |        |
| <b>Cholesterol</b>   | 39.00mg  |                  |        |
| <b>Sodium</b>        | 459.00mg |                  |        |
| <b>Carbohydrates</b> | 2.00g    |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 4.00g    |                  |        |
| <b>Protein</b>       | 20.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 33.00mg  | <b>Iron</b>      | 2.00mg |

# Hotdog Sandwich (Nappanee)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 280.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15632          |

## Ingredients

| Description                            | Measurement | DistPart # |
|--|-------------|------------|
| FRANKS BEEF 8/ 2-5 GFS                 | 280 Each    | 265039     |
| Aunt Millie's Whole Grain Hot Dog Buns | 280 Each    | 2918       |

## Preparation Instructions

4-4B Pans:

Put @ 80 hotdogs in each 4B pan

Place in steamer for 20 - 30 minutes.

Temp at 160\*

280 servings

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 280.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 280.00   |                  |         |
| <b>Fat</b>           | 17.50g   |                  |         |
| <b>SaturatedFat</b>  | 6.00g    |                  |         |
| <b>Trans Fat</b>     | 0.50g    |                  |         |
| <b>Cholesterol</b>   | 35.00mg  |                  |         |
| <b>Sodium</b>        | 690.00mg |                  |         |
| <b>Carbohydrates</b> | 22.00g   |                  |         |
| <b>Fiber</b>         | 2.00g    |                  |         |
| <b>Sugar</b>         | 2.00g    |                  |         |
| <b>Protein</b>       | 10.00g   |                  |         |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg  |
| <b>Calcium</b>       | 12.89mg  | <b>Iron</b>      | 10.77mg |

# Beef Burrito (homemade seasoning) (Nappanee)

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 315.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-15636          |

## Ingredients

| Description                                    | Measurement      | DistPart # |
|--|------------------|------------|
| BEEF CRUMBLES 8-5 COMM                         | 35 Pound         | 581950     |
| Cheese, Mozzarella, Part Skim, Shredded        | 5 Pound          | 100021     |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 5 Pound          | 100012     |
| TORTILLA FLOUR ULTRGR 8 18-12CT                | 315 Each         | 882700     |
| BEAN REFRD 6-10 GRSZ                           | 2 #10 CAN        | 293962     |
| SAUCE BURRITO 4-1GAL GRSZ                      | 1 1/4 Gallon     | 837830     |
| SPICE CHILI POWDER MILD 16Z TRDE               | 12 Tablespoon    | 331473     |
| SPICE CUMIN GRND 15Z TRDE                      | 9 Tablespoon     | 273945     |
| SPICE PAPRIKA 16Z TRDE                         | 9 Tablespoon     | 518331     |
| ONION DEHY CHPD 15 P/L                         | 6 Tablespoon     | 263036     |
| SPICE GARLIC POWDER 21Z TRDE                   | 3 Tablespoon     | 224839     |
| SPICE PEPR RED CAYENNE GRND 16Z TRDE           | 1 1/2 Tablespoon | 225088     |
| SPICE GARLIC SALT NO MSG 37Z TRDE              | 3 Tablespoon     | 224847     |

## Preparation Instructions

In Each of 3-4B Pans: **\*\*divide 7 th bag between the 3 pans\*\***:

2-5# bags Beef Crumbles

½ C. Burrito Seasoning

2 ½ C. Water

**\*\*Added ½ #10 can refried beans per pan to bind it together\*\***

Bake at 325\* approximately 1 hour. Temp to 170\*. Scoop meat mixture down center of shell using a #12 scoop. Fold in all sides and place face down on paper lined cookie sheet. Top with 1 Tbsp. Burrito Sauce

and shredded cheese. Place in warmer to melt cheese. Cover with another cookie sheet so they dont dry out.

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.08 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Each

### Amount Per Serving

|                           |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 271.91                  |
| <b>Fat</b>                | 11.64g                  |
| <b>SaturatedFat</b>       | 6.00g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 32.76mg                 |
| <b>Sodium</b>             | 691.85mg                |
| <b>Carbohydrates</b>      | 25.44g                  |
| <b>Fiber</b>              | 3.11g                   |
| <b>Sugar</b>              | 1.68g                   |
| <b>Protein</b>            | 16.91g                  |
| <b>Vitamin A</b> 201.42IU | <b>Vitamin C</b> 0.05mg |
| <b>Calcium</b> 42.34mg    | <b>Iron</b> 3.01mg      |

# Pantherburger-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19344          |

## Ingredients

| Description                               | Measurement | DistPart # |
|---|-------------|------------|
| BEEF STK BRGR CHARB 160-3Z ADV            | 1 Each      | 203260     |
| BACON CKD RND WHOLE MUSCLE 2-96CT GFS     | 1 Slice     | 365620     |
| CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC        | 1 Slice     | 726567     |
| 4 inch whole grain hamburger buns - 30 ct | 1 bun       | 3480       |

## Preparation Instructions

Prepare hamburger:

Use paper liners- 24 per tray

Bake @ 325 degrees for approximately 16 minutes

Prepare Bacon:

Several sheets in microwave for 30 seconds.

Put together and wrap:

Bacon- 1 slice

Mozzarella Cheese- 1 slice

Burger- 1 ea.

Bun- 1 ea.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.50 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 465.00   |
| <b>Fat</b>           | 23.85g   |
| <b>SaturatedFat</b>  | 10.55g   |
| <b>Trans Fat</b>     | 0.02g    |
| <b>Cholesterol</b>   | 75.00mg  |
| <b>Sodium</b>        | 555.30mg |
| <b>Carbohydrates</b> | 0.00g    |
| <b>Fiber</b>         | 2.00g    |
| <b>Sugar</b>         | 4.00g    |
| <b>Protein</b>       | 31.15g   |



|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 100.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 150.00mg | <b>Iron</b>      | 1.89mg |

# Baked Beans-Northwood MS

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 72.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19347          |

## Ingredients

| Description                 | Measurement  | DistPart # |
|-----------------------------|--------------|------------|
| BEAN PORK & NAVY 6-10 GCHC  | 3 #10 CAN    | 118826     |
| SUGAR BROWN MED 25 GFS      | 1 Quart      | 108626     |
| SPICE MUSTARD DRY 1 COLMANS | 2 Tablespoon | 400018     |
| ONION DEHY CHPD 15 P/L      | 1/2 Cup      | 263036     |
| SAUCE BBQ 5GAL SWTBRAY      | 1 Cup        | 262595     |

## Preparation Instructions

Crush dry onions in baggie with rolling pin.

Combine all ingredients.

Put in 1-4B pan.

Bake uncovered at 250 degrees in convection oven for 2 hours.

Yield: 9qt. per 4B pan.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.54 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 189.19   |                  |        |
| <b>Fat</b>           | 1.08g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 442.22mg |                  |        |
| <b>Carbohydrates</b> | 39.94g   |                  |        |
| <b>Fiber</b>         | 5.43g    |                  |        |
| <b>Sugar</b>         | 20.12g   |                  |        |
| <b>Protein</b>       | 7.58g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 54.41mg  | <b>Iron</b>      | 2.16mg |

# Ravioli-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 21.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 3.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19348          |

## Ingredients

| Description                       | Measurement  | DistPart # |
|-----------------------------------|--------------|------------|
| SAUCE MARINARA A/P 6-10 REDPK     | 8 Cup        | 592714     |
| RAVIOLI CHS JMBO WGRAIN 24.91     | 5 Pound      | 232950     |
| SEASONING PIZZA ITAL MIX 12Z TRDE | 1 Tablespoon | 413461     |
| SPICE GARLIC POWDER 21Z TRDE      | 1 Teaspoon   | 224839     |

## Preparation Instructions

1. Spray sides and bottom of 4B pans.
2. Place 4 cups of marinara on bottom, add ravioli and cover with 4 cups marinara.
3. Sprinkle Italian seasoning and garlic powder on top.
4. Put in steamer for 30 minutes with no lid.

Frozen, leftover ravioli can be pulled out day of service.

Serving size is 3 ravioli, 21 servings per pan.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 3.00 Each

#### Amount Per Serving

|                           |                          |
|---------------------------|--------------------------|
| <b>Calories</b>           | 246.08                   |
| <b>Fat</b>                | 6.71g                    |
| <b>SaturatedFat</b>       | 2.52g                    |
| <b>Trans Fat</b>          | 0.00g                    |
| <b>Cholesterol</b>        | 25.21mg                  |
| <b>Sodium</b>             | 737.15mg                 |
| <b>Carbohydrates</b>      | 31.00g                   |
| <b>Fiber</b>              | 4.21g                    |
| <b>Sugar</b>              | 6.37g                    |
| <b>Protein</b>            | 17.32g                   |
| <b>Vitamin A</b> 624.00IU | <b>Vitamin C</b> 12.58mg |
| <b>Calcium</b> 219.23mg   | <b>Iron</b> 1.14mg       |

# Hot Dog on Bun-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19349          |

## Ingredients

| Description              | Measurement | DistPart # |
|--------------------------|-------------|------------|
| HOT DOG BUN, W GRAIN, AM | 1 bun       | 4040       |
| FRANKS BEEF 8/ 2-5 GFS   | 1 Each      | 265039     |

## Preparation Instructions

- Pull hot dogs day before
- Put hot dogs in 4B pans (2 packs per pan)
- Combi oven on steam/ Lid off
- 20 min- 160
- Check after 10 minutes.
- Put in hot dog buns and wrap

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 310.00   |                  |         |
| <b>Fat</b>           | 18.00g   |                  |         |
| <b>SaturatedFat</b>  | 6.00g    |                  |         |
| <b>Trans Fat</b>     | 0.50g    |                  |         |
| <b>Cholesterol</b>   | 35.00mg  |                  |         |
| <b>Sodium</b>        | 760.00mg |                  |         |
| <b>Carbohydrates</b> | 29.00g   |                  |         |
| <b>Fiber</b>         | 3.00g    |                  |         |
| <b>Sugar</b>         | 4.00g    |                  |         |
| <b>Protein</b>       | 12.00g   |                  |         |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg  |
| <b>Calcium</b>       | 14.89mg  | <b>Iron</b>      | 10.77mg |

# Rice-Norwood

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 64.00    | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19351          |

## Ingredients

| Description                        | Measurement | DistPart # |
|------------------------------------|-------------|------------|
| RICE BRN PARBL WGRAIN 25 GCHC      | 4 Pound     | 516371     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 1/4 Pound   | 840860     |

## Preparation Instructions

Add 5 quart of water per pan and steam uncovered for 25 minutes.

Serve rice with #8 dipper.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 115.06  |                  |        |
| <b>Fat</b>           | 2.28g   |                  |        |
| <b>SaturatedFat</b>  | 0.56g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 13.75mg |                  |        |
| <b>Carbohydrates</b> | 21.72g  |                  |        |
| <b>Fiber</b>         | 0.60g   |                  |        |
| <b>Sugar</b>         | 0.00g   |                  |        |
| <b>Protein</b>       | 2.41g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.14mg  | <b>Iron</b>      | 0.00mg |

# Fish Sandwich-Northwood

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19353          |

## Ingredients

| Description                               | Measurement | DistPart # |
|---|-------------|------------|
| FISH BRD 3Z O/R WGRAIN 10 HILNR           | 1 Each      | 576255     |
| 4 inch whole grain hamburger buns - 30 ct | 1 bun       | 3480       |

## Preparation Instructions

Pan 28.

Bake at 400 degrees for 12-15 minutes.

Use bottom oven to keep fish warm while making sandwiches

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <b>Grain</b>    | 3.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 330.00   |                  |        |
| <b>Fat</b>           | 9.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 770.00mg |                  |        |
| <b>Carbohydrates</b> | 16.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 15.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.30mg |

# Green Beans-Northwood

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 72.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19354          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| Green Beans cnd                    | 3 #10 CAN    | 100307     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 1/4 Pound    | 840860     |
| SALT IODIZED 25 CARG               | 2 Teaspoon   | 108286     |
| SEASONING GARDEN NO SALT 19Z TRDE  | 1 Tablespoon | 565148     |
| SPICE PEPR BLK REG GRIND 16Z TRDE  | 1 Teaspoon   | 225037     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.50 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 29.19    |                  |        |
| <b>Fat</b>           | 1.22g    |                  |        |
| <b>SaturatedFat</b>  | 0.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 228.58mg |                  |        |
| <b>Carbohydrates</b> | 3.40g    |                  |        |
| <b>Fiber</b>         | 2.16g    |                  |        |
| <b>Sugar</b>         | 1.08g    |                  |        |
| <b>Protein</b>       | 1.08g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.27mg   | <b>Iron</b>      | 0.00mg |

# Taco Meat-Northwood

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 82.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.33 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19355          |

## Ingredients

| Description                         | Measurement  | DistPart # |
|-------------------------------------|--------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 10 Pound     | 722330     |
| Salsa, Low-Sodium, Canned           | 3 1/2 Cup    | 100330     |
| BEAN REFRD 6-10 GRSZ                | 10 1/4 Cup   | 293962     |
| SEASONING TACO SLT FR 19.5Z TRDE    | 3 Tablespoon | 605062     |

## Preparation Instructions

Pull out taco meat 2 days ahead of time.

Combine ingredients and put in steamer with lid for 30 minutes

Portion: 1/3 cup (2, #24 scoops)

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.13 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.33 Cup

Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 108.08   |                  |        |
| <b>Fat</b>           | 3.52g    |                  |        |
| <b>SaturatedFat</b>  | 1.23g    |                  |        |
| <b>Trans Fat</b>     | 0.18g    |                  |        |
| <b>Cholesterol</b>   | 21.54mg  |                  |        |
| <b>Sodium</b>        | 325.22mg |                  |        |
| <b>Carbohydrates</b> | 9.73g    |                  |        |
| <b>Fiber</b>         | 3.13g    |                  |        |
| <b>Sugar</b>         | 1.82g    |                  |        |
| <b>Protein</b>       | 9.88g    |                  |        |
| <b>Vitamin A</b>     | 397.01IU | <b>Vitamin C</b> | 3.08mg |
| <b>Calcium</b>       | 36.49mg  | <b>Iron</b>      | 1.79mg |



# Taco Bar Fixings-Northwood

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19356          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| TORTILLA FLOUR ULTRGR 6 30-12CT    | 2 Each       | 882690     |
| LETTUCE SHRD TACO 1/8CUT 4-5 RSS   | 1 Cup        | 242489     |
| TOMATO RANDOM 2 25 MRKN            | 1/8 Cup      | 508616     |
| CHEESE AMER SHRD R/F 4-5 LOL       | 1/8 Cup      | 861950     |
| OLIVE RIPE SLCD BLK SPAIN 6-10 GFS | 1 Tablespoon | 324531     |
| SOUR CREAM PKT 100-1Z GCHC         | 1 Each       | 860490     |
| SAUCE TACO MILD PKT 200-9GM HNZ    | 1 Each       | 852422     |

## Preparation Instructions

Taco Meat 1/3 cup (2, #24 scoops)

6" Tortilla 2 ea.

Lettuce 1/4 cup

Tomatoes 1/8 cup

Cheese 1/8 cup

Black olives 1 Tbsp.

Sour Cream 1 ea.

Taco Sauce 1 ea.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.50 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.13 |
| <b>OtherVeg</b> | 0.13 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 355.61   |
| <b>Fat</b>                | 13.64g   |
| <b>SaturatedFat</b>       | 7.56g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 27.80mg  |
| <b>Sodium</b>             | 580.57mg |
| <b>Carbohydrates</b>      | 36.45g   |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Fiber</b>     | 5.29g    |                  |        |
| <b>Sugar</b>     | 5.17g    |                  |        |
| <b>Protein</b>   | 8.85g    |                  |        |
| <b>Vitamin A</b> | 341.20IU | <b>Vitamin C</b> | 3.81mg |
| <b>Calcium</b>   | 196.22mg | <b>Iron</b>      | 2.04mg |

# Ham Sub-Northwood

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19357          |

## Ingredients

| Description                            | Measurement | DistPart # |
|--|-------------|------------|
| TURKEY HAM SLCD 12-1 JENNO             | 5 Slice     | 556121     |
| Aunt Millie's Whole Grain Mini Sub 2oz | 1 bun       | 5113       |
| CHEESE AMER 160CT SLCD 6-5 COMM        | 1 Slice     | 150260     |
| LETTUCE ROMAINE RIBBONS 6-2 RSS        | 1/2 Ounce   | 451730     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.13 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 300.03   |                  |        |
| <b>Fat</b>           | 10.75g   |                  |        |
| <b>SaturatedFat</b>  | 3.75g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 62.50mg  |                  |        |
| <b>Sodium</b>        | 865.00mg |                  |        |
| <b>Carbohydrates</b> | 31.01g   |                  |        |
| <b>Fiber</b>         | 2.25g    |                  |        |
| <b>Sugar</b>         | 4.75g    |                  |        |
| <b>Protein</b>       | 21.25g   |                  |        |
| <b>Vitamin A</b>     | 150.00IU | <b>Vitamin C</b> | 1.50mg |
| <b>Calcium</b>       | 79.05mg  | <b>Iron</b>      | 0.90mg |

# Corn-Northwood

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 38.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19358          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| CORN CUT IQF 30 GFS                | 7 Pound      | 285620     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 1/4 Pound    | 840860     |
| SALT IODIZED 25 CARG               | 1 Tablespoon | 108286     |
| SPICE PEPR BLK REG GRIND 16Z TRDE  | 1 Teaspoon   | 225037     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.50 |

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 114.94   |                  |        |
| <b>Fat</b>           | 3.25g    |                  |        |
| <b>SaturatedFat</b>  | 0.95g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 213.92mg |                  |        |
| <b>Carbohydrates</b> | 19.72g   |                  |        |
| <b>Fiber</b>         | 1.88g    |                  |        |
| <b>Sugar</b>         | 1.88g    |                  |        |
| <b>Protein</b>       | 2.82g    |                  |        |
| <b>Vitamin A</b>     | 93.89IU  | <b>Vitamin C</b> | 2.25mg |
| <b>Calcium</b>       | 0.64mg   | <b>Iron</b>      | 0.34mg |

# BBQ Chicken Sandwich on Bun-Northwood

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19359          |

## Ingredients

| Description                               | Measurement | DistPart # |
|---|-------------|------------|
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON       | 7 Pound     | 570533     |
| SAUCE BBQ 4-1GAL SWTBRAY                  | 4 Cup       | 655937     |
| 4 inch whole grain hamburger buns - 30 ct | 50 bun      | 3480       |

## Preparation Instructions

Thaw diced chicken 1 day ahead.

7 lbs. per 4-B

4 cups Sweet Baby Rays per 4-B

Steam 15-20 min. Check after 15 min. Lid on.

Use #12 dipper

Yield: 50 sandwiches per 4-B pan

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.75 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 302.19   |                  |        |
| <b>Fat</b>           | 5.73g    |                  |        |
| <b>SaturatedFat</b>  | 1.12g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 41.07mg  |                  |        |
| <b>Sodium</b>        | 468.93mg |                  |        |
| <b>Carbohydrates</b> | 12.27g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 14.88g   |                  |        |
| <b>Protein</b>       | 19.44g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 5.23mg   | <b>Iron</b>      | 0.75mg |

# Broccoli w/ Cheese-Northwood

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 45.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19360          |

## Ingredients

| Description                       | Measurement   | DistPart # |
|-----------------------------------|---------------|------------|
| BROCCOLI CUTS IQF 30 GFS          | 5 Pound       | 285590     |
| CHEESE AMER 160CT SLCD 6-5 COMM   | 1 33/50 Pound | 150260     |
| SPICE PEPR BLK REG GRIND 16Z TRDE | 1 Teaspoon    | 225037     |

## Preparation Instructions

5 lb. frozen broccoli in 4B pan with 1 tsp. pepper. 1.66 lb. cheese slices per pan- 1/3 of 5 lb. chunk of cheese. Lay on top. Cook 10 minutes, uncovered.

Don't drain, stir in cheese.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.50 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

|                           |                         |
|---------------------------|-------------------------|
| <b>Amount Per Serving</b> |                         |
| <b>Calories</b>           | 75.96                   |
| <b>Fat</b>                | 5.53g                   |
| <b>SaturatedFat</b>       | 3.07g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 15.37mg                 |
| <b>Sodium</b>             | 285.36mg                |
| <b>Carbohydrates</b>      | 3.51g                   |
| <b>Fiber</b>              | 1.74g                   |
| <b>Sugar</b>              | 1.19g                   |
| <b>Protein</b>            | 4.81g                   |
| <b>Vitamin A</b> 184.44IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 112.50mg   | <b>Iron</b> 0.58mg      |

# Cheeseburger-Northwood

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19364          |

## Ingredients

| Description                                    | Measurement | DistPart # |
|--|-------------|------------|
| BEEF STK BRGR CHARB 160-3Z ADV                 | 1 Each      | 203260     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice     | 100036     |
| 4 inch whole grain hamburger buns - 30 ct      | 1 bun       | 3480       |

## Preparation Instructions

Put on lined cookie sheets.

24 per pan.

Bake at 325 for 13 minutes.

Put in hamburger buns and wrap.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.25 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 400.00   |                  |        |
| <b>Fat</b>           | 18.50g   |                  |        |
| <b>SaturatedFat</b>  | 7.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 67.50mg  |                  |        |
| <b>Sodium</b>        | 470.00mg |                  |        |
| <b>Carbohydrates</b> | 1.00g    |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 27.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.80mg |

# Peas-Northwood

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 33.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19365          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| PEAS GREEN IQF 30 GFS              | 7 Pound      | 285660     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 1/4 Pound    | 840860     |
| SALT IODIZED 25 CARG               | 1 Tablespoon | 108286     |
| SPICE PEPR BLK REG GRIND 16Z TRDE  | 1 Teaspoon   | 225037     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.50 |

### Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 99.92    |                  |        |
| <b>Fat</b>           | 2.67g    |                  |        |
| <b>SaturatedFat</b>  | 1.09g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 240.92mg |                  |        |
| <b>Carbohydrates</b> | 12.97g   |                  |        |
| <b>Fiber</b>         | 4.32g    |                  |        |
| <b>Sugar</b>         | 4.32g    |                  |        |
| <b>Protein</b>       | 5.41g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.74mg   | <b>Iron</b>      | 1.19mg |



# Rosy Applesauce-Northwood

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 25.00    | <b>Category:</b>      | Fruit            |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19366          |

## Ingredients

| Description                    | Measurement    | DistPart # |
|--------------------------------|----------------|------------|
| Applesauce cnd                 | 1 #10 CAN      | 110541comm |
| GELATIN MIX STRAWB 12-24Z GCHC | 3333/10000 Cup | 524581     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.50 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 60.16   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 11.05mg |                  |        |
| <b>Carbohydrates</b> | 16.28g  |                  |        |
| <b>Fiber</b>         | 1.03g   |                  |        |
| <b>Sugar</b>         | 13.18g  |                  |        |
| <b>Protein</b>       | 0.11g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 1.58mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

# Pizza Casserole-Northwood

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 48.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.67 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19368          |

## Ingredients

| Description                         | Measurement    | DistPart # |
|-------------------------------------|----------------|------------|
| BEEF CRUMBLES 8-5 COMM              | 3 33/100 Pound | 581950     |
| PEPPERONI DCD 1/4 10 HRML           | 1/2 Pound      | 101070     |
| SALT IODIZED 25 CARG                | 1 Tablespoon   | 108286     |
| SPICE PEPR BLK REG GRIND 16Z TRDE   | 2 Teaspoon     | 225037     |
| SAUCE PIZZA 6-10 ANGM               | 1 #10 CAN      | 444545     |
| Tomato Sauce cnd                    | 2 Cup          | 100334     |
| SEASONING PIZZA ITAL MIX 12Z TRDE   | 3333/10000 Cup | 413461     |
| SUGAR BROWN MED 25 GFS              | 3 Tablespoon   | 108626     |
| SPICE GARLIC POWDER 21Z TRDE        | 1 Tablespoon   | 224839     |
| ONION DEHY CHPD 15 P/L              | 1/3 Cup        | 263036     |
| PASTA ROTINI 51 WGRAIN 2-10 DAKOTA  | 2 Pound        | 229951     |
| Cheese, Mozzarella light, Shred FRZ | 1 1/2 Quart    | 100034     |

## Preparation Instructions

Thaw beef and pepperoni in cooler.

Add all ingredients except cheese into 4B pan, stir.

Steamer for 45 minutes to 1 hour. Lid off for 20 minutes then add lid.

Top with 1.5 quart mozzarella cheese. Serve with #6 disher.

Frozen pan needs at least 3 days to thaw.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.25 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |

|                 |      |
|-----------------|------|
| <b>RedVeg</b>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 48.00  
Serving Size: 0.67 Cup

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**Amount Per Serving**

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 222.34   |
| <b>Fat</b>           | 7.28g    |
| <b>SaturatedFat</b>  | 3.33g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 24.15mg  |
| <b>Sodium</b>        | 792.08mg |
| <b>Carbohydrates</b> | 23.16g   |
| <b>Fiber</b>         | 3.72g    |
| <b>Sugar</b>         | 6.09g    |
| <b>Protein</b>       | 11.24g   |

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|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 475.51IU | <b>Vitamin C</b> | 6.47mg |
| <b>Calcium</b>   | 16.54mg  | <b>Iron</b>      | 2.35mg |

# Chicken Patty Sandwich-Northwood

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Eah | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19369          |

## Ingredients

| Description                               | Measurement | DistPart # |
|---|-------------|------------|
| CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2        | 1 Each      | 281622     |
| 4 inch whole grain hamburger buns - 30 ct | 1 bun       | 3480       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 3.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Eah

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 430.00   |                  |        |
| <b>Fat</b>           | 17.00g   |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 590.00mg |                  |        |
| <b>Carbohydrates</b> | 16.00g   |                  |        |
| <b>Fiber</b>         | 5.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 22.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 38.00mg  | <b>Iron</b>      | 2.00mg |

# Steamed Broccoli-Northwood

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 27.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19370          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| BROCCOLI CUTS IQF 30 GFS           | 5 Pound      | 285590     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 1/4 Pound    | 840860     |
| SALT IODIZED 25 CARG               | 1 Teaspoon   | 108286     |
| SEASONING GARDEN NO SALT 19Z TRDE  | 1 Tablespoon | 565148     |
| SPICE PEPR BLK REG GRIND 16Z TRDE  | 1/2 Teaspoon | 225037     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.50 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 55.99    |                  |        |
| <b>Fat</b>           | 3.26g    |                  |        |
| <b>SaturatedFat</b>  | 1.33g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 134.36mg |                  |        |
| <b>Carbohydrates</b> | 5.27g    |                  |        |
| <b>Fiber</b>         | 2.90g    |                  |        |
| <b>Sugar</b>         | 0.97g    |                  |        |
| <b>Protein</b>       | 2.90g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 34.32mg  | <b>Iron</b>      | 0.97mg |

# Pork Tenderlion Sandwich-Northwood

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19371          |

## Ingredients

| Description                               | Measurement | DistPart # |
|---|-------------|------------|
| PORK PTY CHOPPETTE WGRAIN 64-3.75Z        | 1 Each      | 100750     |
| 4 inch whole grain hamburger buns - 30 ct | 1 bun       | 3480       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 3.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 430.00   |                  |        |
| <b>Fat</b>           | 18.00g   |                  |        |
| <b>SaturatedFat</b>  | 4.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 35.00mg  |                  |        |
| <b>Sodium</b>        | 580.00mg |                  |        |
| <b>Carbohydrates</b> | 18.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 20.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 40.00mg  | <b>Iron</b>      | 1.80mg |

# Taco Salad Meat-Northwood

|                      |                 |                       |                  |
|----------------------|-----------------|-----------------------|------------------|
| <b>Servings:</b>     | 192.00          | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 2.67 Tablespoon | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch           | <b>Recipe ID:</b>     | R-19373          |

## Ingredients

| Description                      | Measurement | DistPart # |
|----------------------------------|-------------|------------|
| BEEF CRUMBLES 8-5 COMM           | 10 Pound    | 581950     |
| ONION DEHY CHPD 15 P/L           | 1/3 Cup     | 263036     |
| SEASONING TACO SLT FR 19.5Z TRDE | 1 1/8 Cup   | 605062     |

## Preparation Instructions

Place ingredients in 4B pan and place in steamer 20-30 minutes with lid off.

Hold meat in hot cart. Serve with #24 disher.

#24 disher= 0.50 oz. eq. meat/meat alternate

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.50 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 2.67 Tablespoon

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 43.15    |                  |        |
| <b>Fat</b>           | 2.33g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 10.00mg  |                  |        |
| <b>Sodium</b>        | 146.27mg |                  |        |
| <b>Carbohydrates</b> | 0.98g    |                  |        |
| <b>Fiber</b>         | 0.15g    |                  |        |
| <b>Sugar</b>         | 0.01g    |                  |        |
| <b>Protein</b>       | 4.34g    |                  |        |
| <b>Vitamin A</b>     | 33.33IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 6.80mg   | <b>Iron</b>      | 0.74mg |

# Taco Salad (Cold Items)-Northwood

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 436.00   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.67 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19375          |

## Ingredients

| Description                           | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| LETTUCE ROMAINE RIBBONS 6-2 RSS       | 28 Pound    | 451730     |
| TOMATO RANDOM 2 25 MRKN               | 12 Pound    | 508616     |
| Cheese, Cheddar Reduced fat, Shredded | 10 Pound    | 100012     |
| BEAN KIDNEY RED DARK 6-10 GCHC        | 2 #10 CAN   | 118761     |
| CHIP NACHO CHS 6-15Z DORITOS          | 7 Pound     | 842241     |

## Preparation Instructions

Clean and dice tomatoes in food processor. Drain. Divide in 3 containers.

Divide cheese in 3 containers.

Drain beans in colander and rinse. Divide in 3 containers.

Break chips in bags and divide in 3 containers.

Mix all ingredients together by hand in large pan just before serving. One batch at a time. Divide into 4- 4B pans.

Serve with #6 disher.

#6 Disher=1/4 cup dark green vegetable, 0.50 oz. eq. meat/meat alternate

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.50 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.25 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 436.00

Serving Size: 0.67 Cup

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 87.01    |
| <b>Fat</b>                | 4.28g    |
| <b>SaturatedFat</b>       | 1.73g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 7.34mg   |
| <b>Sodium</b>             | 144.58mg |
| <b>Carbohydrates</b>      | 8.73g    |
| <b>Fiber</b>              | 2.00g    |
| <b>Sugar</b>              | 1.10g    |
| <b>Protein</b>            | 4.66g    |
| <b>Vitamin A</b>          | 104.00IU |
| <b>Vitamin C</b>          | 1.71mg   |



**Calcium** 15.98mg **Iron** 0.39mg

# Cold Ham & Cheese-Northwood

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19376          |

## Ingredients

| Description                               | Measurement | DistPart # |
|---|-------------|------------|
| TURKEY HAM SLCD 12-1 JENNO                | 5 Slice     | 556121     |
| CHEESE AMER 160CT SLCD 6-5 COMM           | 1 Slice     | 150260     |
| 4 inch whole grain hamburger buns - 30 ct | 1 bun       | 3480       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 297.50   |                  |        |
| <b>Fat</b>           | 10.25g   |                  |        |
| <b>SaturatedFat</b>  | 3.75g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 62.50mg  |                  |        |
| <b>Sodium</b>        | 865.00mg |                  |        |
| <b>Carbohydrates</b> | 0.50g    |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 4.50g    |                  |        |
| <b>Protein</b>       | 21.00g   |                  |        |
| <b>Vitamin A</b>     | 150.00IU | <b>Vitamin C</b> | 1.50mg |
| <b>Calcium</b>       | 75.00mg  | <b>Iron</b>      | 0.90mg |

# Polish Sausage on Bun-Northwood

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19377          |

## Ingredients

| Description                   | Measurement | DistPart # |
|-------------------------------|-------------|------------|
| SAUSAGE POLISH CKD 8/ 2-5 GFS | 1 Each      | 225347     |
| HOT DOG BUN, W GRAIN, AM      | 1 bun       | 4040       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.25 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 310.00   |                  |         |
| <b>Fat</b>           | 17.00g   |                  |         |
| <b>SaturatedFat</b>  | 6.00g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 40.00mg  |                  |         |
| <b>Sodium</b>        | 780.00mg |                  |         |
| <b>Carbohydrates</b> | 29.00g   |                  |         |
| <b>Fiber</b>         | 3.00g    |                  |         |
| <b>Sugar</b>         | 4.00g    |                  |         |
| <b>Protein</b>       | 13.00g   |                  |         |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.06mg  |
| <b>Calcium</b>       | 9.49mg   | <b>Iron</b>      | 10.59mg |

# Pulled BBQ Pork Sandwich-Northwood

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19380          |

## Ingredients

| Description                               | Measurement    | DistPart # |
|---|----------------|------------|
| PORK BBQ W/TEXAS SCE 4-5 COMM             | 3 63/100 Ounce | 651590     |
| 4 inch whole grain hamburger buns - 30 ct | 1 bun          | 3480       |

## Preparation Instructions

IN EACH 4B PAN PLACE:

2 5lb. containers of pulled pork

Bake at 350\* until temperature reaches 160\*

Put hamburger buns in 4B Pans.

Assemble on serving line.

Use disher #12 (3.63 oz weight)

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.75 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 375.08   |                  |        |
| <b>Fat</b>           | 13.71g   |                  |        |
| <b>SaturatedFat</b>  | 3.81g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 67.16mg  |                  |        |
| <b>Sodium</b>        | 835.23mg |                  |        |
| <b>Carbohydrates</b> | 10.89g   |                  |        |
| <b>Fiber</b>         | 2.18g    |                  |        |
| <b>Sugar</b>         | 4.00g    |                  |        |
| <b>Protein</b>       | 22.24g   |                  |        |
| <b>Vitamin A</b>     | 228.15IU | <b>Vitamin C</b> | 3.72mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.18mg |

# Cheese Lasagna Rollups-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 15.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19398          |

## Ingredients

| Description                             | Measurement | DistPart # |
|---|-------------|------------|
| LASAGNA ROLL-UP WGRAIN 110-4.3Z         | 15 Each     | 234041     |
| SAUCE SPAGHETTI 6-10 GCHC               | 7 1/2 Cup   | 144207     |
| Cheese, Mozzarella, Part Skim, Shredded | 1 1/4 Pound | 100021     |

## Preparation Instructions

4B pans- 15 roll-ups per pan + 7.5 cups of sauce.

Cover bottom of pan with 3 cups of sauce.

Add lasagna roll-ups and top with 4.5 cups of sauce.

Bake 1 hour and 30 minutes at 250 degrees.

When done, cover with mozzarella cheese and put in hot cart- covered.

Reheat- combi at 300 for 45 minutes.

Have 3 cases of spaghetti sauce for 31 pans. Mozz cheese- 8 bags does 32 pans.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.25 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 440.00    |                  |        |
| <b>Fat</b>           | 15.33g    |                  |        |
| <b>SaturatedFat</b>  | 10.17g    |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 53.33mg   |                  |        |
| <b>Sodium</b>        | 1116.67mg |                  |        |
| <b>Carbohydrates</b> | 44.33g    |                  |        |
| <b>Fiber</b>         | 5.00g     |                  |        |
| <b>Sugar</b>         | 13.33g    |                  |        |
| <b>Protein</b>       | 26.00g    |                  |        |
| <b>Vitamin A</b>     | 400.00IU  | <b>Vitamin C</b> | 6.00mg |
| <b>Calcium</b>       | 320.00mg  | <b>Iron</b>      | 2.16mg |

# Country Steak Sandwich-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19399          |

## Ingredients

| Description   | Measurement | DistPart # |
|---|-------------|------------|
| BEEF FRTRR BRD CKD WGRAIN CN 62-3.8Z                    | 1 Each      | 100760     |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun       | 3480       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 3.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 510.00   |                  |        |
| <b>Fat</b>           | 24.00g   |                  |        |
| <b>SaturatedFat</b>  | 7.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 40.00mg  |                  |        |
| <b>Sodium</b>        | 320.00mg |                  |        |
| <b>Carbohydrates</b> | 19.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 14.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 40.00mg  | <b>Iron</b>      | 1.80mg |

# Meatball Sub-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 57.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19400          |

## Ingredients

| Description                             | Measurement | DistPart # |
|---|-------------|------------|
| MEATBALL CKD 6-5 JTM                    | 10 Pound    | 135071     |
| SAUCE SPAGHETTI 6-10 GCHC               | 6 Cup       | 144207     |
| Cheese, Mozzarella, Part Skim, Shredded | 1 3/4 Pound | 100021     |
| HOT DOG BUN, W GRAIN, AM                | 57 bun      | 4040       |

## Preparation Instructions

10 lbs. meatballs per 4B pan.

6 cups spaghetti sauce per pan.

Use hot dog buns, 4 meatballs per sandwich.

Top with 2 Tbsp. mozzarella cheese.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 360.23   |                  |         |
| <b>Fat</b>           | 15.26g   |                  |         |
| <b>SaturatedFat</b>  | 6.19g    |                  |         |
| <b>Trans Fat</b>     | 0.59g    |                  |         |
| <b>Cholesterol</b>   | 49.62mg  |                  |         |
| <b>Sodium</b>        | 678.69mg |                  |         |
| <b>Carbohydrates</b> | 36.35g   |                  |         |
| <b>Fiber</b>         | 4.61g    |                  |         |
| <b>Sugar</b>         | 6.95g    |                  |         |
| <b>Protein</b>       | 22.35g   |                  |         |
| <b>Vitamin A</b>     | 6.88IU   | <b>Vitamin C</b> | 0.98mg  |
| <b>Calcium</b>       | 47.55mg  | <b>Iron</b>      | 12.19mg |

# Buttered Carrots-Northwood MS

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 24.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19401          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| Carrots fzn                        | 5 Pound      | 100352     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 1/4 Pound    | 840860     |
| SALT IODIZED 25 CARG               | 2 Teaspoon   | 108286     |
| SEASONING GARDEN NO SALT 19Z TRDE  | 1 Tablespoon | 565148     |
| SPICE PEPR BLK REG GRIND 16Z TRDE  | 1 Teaspoon   | 225037     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 70.79    |                  |        |
| <b>Fat</b>           | 4.96g    |                  |        |
| <b>SaturatedFat</b>  | 1.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 31.07mg  |                  |        |
| <b>Sodium</b>        | 288.73mg |                  |        |
| <b>Carbohydrates</b> | 8.27g    |                  |        |
| <b>Fiber</b>         | 2.59g    |                  |        |
| <b>Sugar</b>         | 3.88g    |                  |        |
| <b>Protein</b>       | 0.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.81mg   | <b>Iron</b>      | 0.00mg |



# Jello w/ Fruit-Northwood MS

|                      |                 |                       |                  |
|----------------------|-----------------|-----------------------|------------------|
| <b>Servings:</b>     | 240.00          | <b>Category:</b>      | Fruit            |
| <b>Serving Size:</b> | 3.25 Tablespoon | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch           | <b>Recipe ID:</b>     | R-19402          |

## Ingredients

| Description                     | Measurement | DistPart # |
|---------------------------------|-------------|------------|
| FRUIT MIXED DCD IN JCE 6-10 GFS | 5 #10 CAN   | 610348     |
| GELATIN MIX ORNG 12-24Z GCHC    | 4 Package   | 524638     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 3.25 Tablespoon

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 88.33    |                  |         |
| <b>Fat</b>           | 0.00g    |                  |         |
| <b>SaturatedFat</b>  | 0.00g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 0.00mg   |                  |         |
| <b>Sodium</b>        | 70.69mg  |                  |         |
| <b>Carbohydrates</b> | 20.60g   |                  |         |
| <b>Fiber</b>         | 0.54g    |                  |         |
| <b>Sugar</b>         | 20.60g   |                  |         |
| <b>Protein</b>       | 1.34g    |                  |         |
| <b>Vitamin A</b>     | 107.78IU | <b>Vitamin C</b> | 12.65mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg  |

# Spicy Chicken Patty Sandwich-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19403          |

## Ingredients

| Description   | Measurement | DistPart # |
|---|-------------|------------|
| CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2                    | 1 Each      | 327080     |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun       | 3480       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 3.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 430.00   |                  |        |
| <b>Fat</b>           | 15.00g   |                  |        |
| <b>SaturatedFat</b>  | 3.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 400.00mg |                  |        |
| <b>Carbohydrates</b> | 17.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 15.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 40.00mg  | <b>Iron</b>      | 2.00mg |

# Chicken Wrap Bar-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19408          |

## Ingredients

| Description                           | Measurement | DistPart # |
|---------------------------------------|-------------|------------|
| CHIX TNRD WGRAIN FC 4-8 TYS           | 2 Piece     | 283951     |
| CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8  | 2 Each      | 281731     |
| TORTILLA FLOUR ULTRGR 8 18-12CT       | 1 Each      | 882700     |
| Cheese, Cheddar Reduced fat, Shredded | 1/8 Cup     | 100012     |
| Cheese, Mozzarella light, Shred FRZ   | 1/8 Cup     | 100034     |
| LETTUCE ROMAINE RIBBONS 6-2 RSS       | 1/4 Cup     | 451730     |
| SPINACH LEAF 12-3 P/L                 | 1/4 Cup     | 119466     |
| TOMATO RANDOM 2 25 MRKN               | 1/8 Cup     | 508616     |
| SOUR CREAM PKT 100-1Z GCHC            | 1 Each      | 860490     |
| ONION YEL SLIVER 1/4 CUT 2/5 RSS      | 1/8 Cup     | 285371     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.50 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.13 |
| <b>RedVeg</b>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 627.14   |
| <b>Fat</b>                | 32.75g   |
| <b>SaturatedFat</b>       | 10.97g   |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 68.93mg  |
| <b>Sodium</b>             | 954.10mg |
| <b>Carbohydrates</b>      | 49.59g   |
| <b>Fiber</b>              | 7.65g    |
| <b>Sugar</b>              | 5.07g    |

|                  |           |                  |        |
|------------------|-----------|------------------|--------|
| <b>Protein</b>   | 29.84g    |                  |        |
| <b>Vitamin A</b> | 2089.27IU | <b>Vitamin C</b> | 5.64mg |
| <b>Calcium</b>   | 184.68mg  | <b>Iron</b>      | 4.40mg |

# Hot Dog Bar-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19409          |

## Ingredients

| Description                           | Measurement  | DistPart # |
|---------------------------------------|--------------|------------|
| FRANKS BEEF 8/ 2-5 GFS                | 1 Each       | 265039     |
| HOT DOG BUN, W GRAIN, AM              | 1 bun        | 4040       |
| CHILI BEEF W/BEAN 6-5 COMM            | 1/8 Cup      | 344012     |
| RELISH SWT PKT 200-9GM GFS            | 1 Each       | 187216     |
| Cheese, Cheddar Reduced fat, Shredded | 1 Tablespoon | 100012     |
| ONION RED JUMBO 25 MRKN               | 1 Tablespoon | 198722     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 383.75   |                  |         |
| <b>Fat</b>           | 20.43g   |                  |         |
| <b>SaturatedFat</b>  | 7.30g    |                  |         |
| <b>Trans Fat</b>     | 0.51g    |                  |         |
| <b>Cholesterol</b>   | 45.53mg  |                  |         |
| <b>Sodium</b>        | 912.63mg |                  |         |
| <b>Carbohydrates</b> | 38.53g   |                  |         |
| <b>Fiber</b>         | 4.59g    |                  |         |
| <b>Sugar</b>         | 8.49g    |                  |         |
| <b>Protein</b>       | 16.51g   |                  |         |
| <b>Vitamin A</b>     | 225.03IU | <b>Vitamin C</b> | 6.35mg  |
| <b>Calcium</b>       | 35.35mg  | <b>Iron</b>      | 11.43mg |

# Hot Turkey Sandwich-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19410          |

## Ingredients

| Description                         | Measurement | DistPart # |
|-------------------------------------|-------------|------------|
| TURKEY BRST SLCD OVN RSTD 6-2 JENNO | 4 Slice     | 689541     |
| Aunt Millie's Sandwich Bun- Himes   | 1 Each      | 3480       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 251.23   |                  |        |
| <b>Fat</b>           | 3.52g    |                  |        |
| <b>SaturatedFat</b>  | 0.51g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 40.55mg  |                  |        |
| <b>Sodium</b>        | 646.16mg |                  |        |
| <b>Carbohydrates</b> | 29.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 4.00g    |                  |        |
| <b>Protein</b>       | 24.25g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

# Philly Beef w/ Cheese-Northwood MS

|                      |        |                       |                  |
|----------------------|--------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 1 | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch  | <b>Recipe ID:</b>     | R-19411          |

## Ingredients

| Description                          | Measurement        | DistPart # |
|--------------------------------------|--------------------|------------|
| BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM | 2 29/100 Ounce     | 720861     |
| HOT DOG BUN, W GRAIN, AM             | 1 bun              | 4040       |
| SAUCE CHS CHED MILD 6-10 THNKU       | 2 33/50 Tablespoon | 563005     |

## Preparation Instructions

Philly Beef #12 disher (1/3 cup) (2.29 oz. weight) 7 per lb, 35 per bag

Cheese Cup 2.66 Tbsp. (#24 scoop)

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 294.48                  |
| <b>Fat</b>              | 11.39g                  |
| <b>SaturatedFat</b>     | 3.39g                   |
| <b>Trans Fat</b>        | 0.42g                   |
| <b>Cholesterol</b>      | 35.35mg                 |
| <b>Sodium</b>           | 910.22mg                |
| <b>Carbohydrates</b>    | 33.73g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 6.93g                   |
| <b>Protein</b>          | 16.99g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 40.61mg  | <b>Iron</b> 11.15mg     |

# Grilled Chicken Sandwich-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19412          |

## Ingredients

| Description   | Measurement | DistPart # |
|---|-------------|------------|
| CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS                      | 1 Each      | 152121     |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun       | 3480       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.50 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 280.00   |                  |        |
| <b>Fat</b>           | 2.50g    |                  |        |
| <b>SaturatedFat</b>  | 0.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 60.00mg  |                  |        |
| <b>Sodium</b>        | 320.00mg |                  |        |
| <b>Carbohydrates</b> | 1.00g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 22.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 12.00mg  | <b>Iron</b>      | 1.00mg |



# Spaghetti-Northwood MS

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 34.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.80 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19413          |

## Ingredients

| Description                          | Measurement    | DistPart # |
|--------------------------------------|----------------|------------|
| SAUCE SPAGHETTI BF REDC FAT 6-5 COMM | 2 Package      | 573201     |
| BEEF CRUMBLES 8-5 COMM               | 1 Pound        | 581950     |
| SALT IODIZED 25 CARG                 | 1 Teaspoon     | 108286     |
| SPICE PEPR BLK REG GRIND 16Z TRDE    | 1 Teaspoon     | 225037     |
| SPICE GARLIC POWDER 21Z TRDE         | 1 1/2 Teaspoon | 224839     |
| SEASONING PIZZA ITAL MIX 12Z TRDE    | 4 Tablespoon   | 413461     |
| PASTA SPAGHETTI FZ 40-8Z MARZ        | 4 Pound        | 677871     |

## Preparation Instructions

Place first 6 items in 4B pan and stir. Lay noodles on top. Serve with #5 disher. 7.5 quarts per pan. 34 servings per pan.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 0.75 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.38 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.80 Cup

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 234.85   |                  |         |
| <b>Fat</b>           | 7.55g    |                  |         |
| <b>SaturatedFat</b>  | 2.92g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 51.87mg  |                  |         |
| <b>Sodium</b>        | 465.81mg |                  |         |
| <b>Carbohydrates</b> | 24.10g   |                  |         |
| <b>Fiber</b>         | 2.40g    |                  |         |
| <b>Sugar</b>         | 6.35g    |                  |         |
| <b>Protein</b>       | 17.66g   |                  |         |
| <b>Vitamin A</b>     | 562.52IU | <b>Vitamin C</b> | 15.97mg |
| <b>Calcium</b>       | 41.00mg  | <b>Iron</b>      | 2.86mg  |

# Turkey Burger-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19442          |

## Ingredients

| Description   | Measurement | DistPart # |
|---|-------------|------------|
| TURKEY BRGR CKD 2.4Z 2-100CT JENNO                      | 1 Each      | 160702     |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun       | 3480       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 270.00   |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 50.00mg  |                  |        |
| <b>Sodium</b>        | 320.00mg |                  |        |
| <b>Carbohydrates</b> | 0.00g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 14.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.36mg |

# Chicken Fajita Bar-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19443          |

## Ingredients

| Description                           | Measurement  | DistPart # |
|---------------------------------------|--------------|------------|
| CHIX STRP FAJT SEAS FC 8-4.99 TYS     | 2 7/20 Ounce | 150160     |
| TORTILLA FLOUR ULTRGR 6 30-12CT       | 2 Each       | 882690     |
| LETTUCE SHRD 3/8 CUT 4-5 RSS          | 1/8 Cup      | 678791     |
| TOMATO 5X6 XL 5 MRKN                  | 1/8 Cup      | 438197     |
| Cheese, Cheddar Reduced fat, Shredded | 1/8 Cup      | 100012     |
| OLIVE RIPE SLCD BLK SPAIN 6-10 GFS    | 1 Tablespoon | 324531     |
| SOUR CREAM PKT 100-1Z GCHC            | 1 Each       | 860490     |
| SAUCE TACO MILD PKT 200-9GM HNZ       | 1 Each       | 852422     |

## Preparation Instructions

Chicken Fajita-#24 dishers (2.35 oz weight)

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.13 |
| <b>OtherVeg</b> | 0.13 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 453.95   |                  |        |
| <b>Fat</b>           | 19.91g   |                  |        |
| <b>SaturatedFat</b>  | 9.91g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 93.07mg  |                  |        |
| <b>Sodium</b>        | 694.32mg |                  |        |
| <b>Carbohydrates</b> | 35.76g   |                  |        |
| <b>Fiber</b>         | 4.42g    |                  |        |
| <b>Sugar</b>         | 3.78g    |                  |        |
| <b>Protein</b>       | 21.38g   |                  |        |
| <b>Vitamin A</b>     | 294.92IU | <b>Vitamin C</b> | 3.81mg |
| <b>Calcium</b>       | 93.69mg  | <b>Iron</b>      | 2.04mg |

# Creamy Turkey Sandwich-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 41.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19444          |

## Ingredients

| Description   | Measurement | DistPart # |
|---|-------------|------------|
| TURKEY BRST SHRD CKD 4-5AVG JENNO                       | 6 Pound     | 416042     |
| SOUP CRM OF CHIX 12-5 CAMP                              | 1 #5 CAN    | 101125     |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 41 bun      | 3480       |

## Preparation Instructions

Pull turkey 2 days before. Mix turkey and soup in pan. Steam with lid off to 165 degrees. Check after 15 minutes (may take 20-30 minutes). #12 disher (1/3 cup) with hamburger bun.

41 sandwiches per pan.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.75 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 252.51   |                  |        |
| <b>Fat</b>           | 2.13g    |                  |        |
| <b>SaturatedFat</b>  | 0.72g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 33.87mg  |                  |        |
| <b>Sodium</b>        | 385.27mg |                  |        |
| <b>Carbohydrates</b> | 3.46g    |                  |        |
| <b>Fiber</b>         | 0.35g    |                  |        |
| <b>Sugar</b>         | 0.17g    |                  |        |
| <b>Protein</b>       | 16.87g   |                  |        |
| <b>Vitamin A</b>     | 34.64IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

# Fiesta Refried Beans-Northwood MS

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 25.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19445          |

## Ingredients

| Description                         | Measurement    | DistPart # |
|-------------------------------------|----------------|------------|
| BEAN REFRIED SEAS DEHY 6-1.75 SANTG | 2 Package      | 183910     |
| ONION DEHY CHPD 15 P/L              | 1/3 Cup        | 263036     |
| Shredded Cheddar Cheese             | 2 2/3 Cup      | 100003     |
| CORN WHL KERNEL R/SOD 6-10 P/L      | 1 1/2 Cup      | 222011     |
| CHILIES GREEN DCD 12-26Z ORTG       | 1 Cup          | 131460     |
| Salsa, Low-Sodium, Canned           | 2 Cup          | 100330     |
| SPICE CHILI POWDER MILD 16Z TRDE    | 1 1/2 Teaspoon | 331473     |

## Preparation Instructions

Drain canned corn and steam to 145 degrees. Put refried beans and onion flakes in 4B pan. Add boiling water and let sit per package instructions. Add remaining ingredients and stir. Return to hot cart until serving time. Approximately 50 servings per pan.

1/2 cup = 1/4 cup legumes

1, #10 can corn does 6 pans.

1 can green chilis= 3 cups.

Approximately 4 lb. of cheese for 6 pans.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.50 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

|                      |           |
|----------------------|-----------|
| <b>Calories</b>      | 310.96    |
| <b>Fat</b>           | 5.99g     |
| <b>SaturatedFat</b>  | 3.24g     |
| <b>Trans Fat</b>     | 0.00g     |
| <b>Cholesterol</b>   | 12.82mg   |
| <b>Sodium</b>        | 1040.51mg |
| <b>Carbohydrates</b> | 45.96g    |
| <b>Fiber</b>         | 14.30g    |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Sugar</b>     |         |                  | 1.85g  |
| <b>Protein</b>   |         |                  | 16.33g |
| <b>Vitamin A</b> | 0.94IU  | <b>Vitamin C</b> | 1.33mg |
| <b>Calcium</b>   | 82.70mg | <b>Iron</b>      | 3.41mg |

# Pulled Pork Sandwich-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 22.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19446          |

## Ingredients

| Description   | Measurement | DistPart # |
|---|-------------|------------|
| PORK SHLDR CKD FIRE BRAISED 2-5AVG                      | 5 Pound     | 267891     |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 22 bun      | 3480       |

## Preparation Instructions

Heat roast in steamer for 20 minutes to 140 degrees.

Drain most liquid.

Shred.

#12 (1/3 cup) scoop on hamburger bun Wrap.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 329.70   |                  |        |
| <b>Fat</b>           | 8.48g    |                  |        |
| <b>SaturatedFat</b>  | 3.03g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 84.85mg  |                  |        |
| <b>Sodium</b>        | 303.03mg |                  |        |
| <b>Carbohydrates</b> | 0.00g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 23.03g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.75mg |

# Creamed Turkey-Northwood MS

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 43.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.38 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19447          |

## Ingredients

| Description  | Measurement  | DistPart # |
|--|--------------|------------|
| Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin. | 9 1/4 Pound  | 100125     |
| SOUP CRM OF CHIX 12-5 CAMP   | 1 #5 CAN     | 101125     |
| 1 % White Milk   | 2 Cup        | 3601       |
| SPICE PEPR BLK REG GRIND 16Z TRDE  | 3/4 Teaspoon | 225037     |

## Preparation Instructions

Approximately 9.14 lb. raw= 6 lbs. cooked turkey.

Cook and shred turkey.

Use a total of 6 lb. shredded, cooked turkey for this recipe.

Mix turkey, soup, and milk in 4B pan.

Steam with lid off to 165.

Check after 15 minutes (may take 20-30 minutes).

Serve with #10 disher over biscuit.

5 qt. per pan.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 0.38 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 219.00   |                  |        |
| <b>Fat</b>           | 11.60g   |                  |        |
| <b>SaturatedFat</b>  | 3.76g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 81.51mg  |                  |        |
| <b>Sodium</b>        | 127.79mg |                  |        |
| <b>Carbohydrates</b> | 3.81g    |                  |        |
| <b>Fiber</b>         | 0.33g    |                  |        |
| <b>Sugar</b>         | 0.68g    |                  |        |
| <b>Protein</b>       | 28.24g   |                  |        |
| <b>Vitamin A</b>     | 33.03IU  | <b>Vitamin C</b> | 0.00mg |



**Calcium** 0.00mg **Iron** 0.00mg

# Sloppy Joe-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19448          |

## Ingredients

| Description   | Measurement    | DistPart # |
|---|----------------|------------|
| SLOPPY JOE REDUCED FAT 6-5 COMM                         | 3 63/100 Ounce | 564790     |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun          | 3480       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 305.00   |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 2.20g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 44.00mg  |                  |        |
| <b>Sodium</b>        | 417.00mg |                  |        |
| <b>Carbohydrates</b> | 10.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 8.00g    |                  |        |
| <b>Protein</b>       | 13.00g   |                  |        |
| <b>Vitamin A</b>     | 459.00IU | <b>Vitamin C</b> | 6.00mg |
| <b>Calcium</b>       | 34.00mg  | <b>Iron</b>      | 2.00mg |

# Hamburger-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19449          |

## Ingredients

| Description   | Measurement | DistPart # |
|---|-------------|------------|
| BEEF STK BRGR CHARB 160-3Z ADV                          | 1 Each      | 203260     |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun       | 3480       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.75 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 360.00   |                  |        |
| <b>Fat</b>           | 14.00g   |                  |        |
| <b>SaturatedFat</b>  | 6.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 60.00mg  |                  |        |
| <b>Sodium</b>        | 130.00mg |                  |        |
| <b>Carbohydrates</b> | 0.00g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 18.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.80mg |

# Hot Ham & Cheese-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19450          |

## Ingredients

| Description   | Measurement | DistPart # |
|---|-------------|------------|
| TURKEY HAM SLCD 12-1 JENNO                              | 5 Slice     | 556121     |
| CHEESE AMER 160CT SLCD 6-5 COMM                         | 1 Slice     | 150260     |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun       | 3480       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 297.50   |                  |        |
| <b>Fat</b>           | 8.25g    |                  |        |
| <b>SaturatedFat</b>  | 3.75g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 62.50mg  |                  |        |
| <b>Sodium</b>        | 675.00mg |                  |        |
| <b>Carbohydrates</b> | 0.50g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.50g    |                  |        |
| <b>Protein</b>       | 15.00g   |                  |        |
| <b>Vitamin A</b>     | 150.00IU | <b>Vitamin C</b> | 1.50mg |
| <b>Calcium</b>       | 75.00mg  | <b>Iron</b>      | 0.90mg |

# Turkey Bacon Ranch Wrap-Northwood MS

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 225.00    | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19451 |

## Ingredients

| Description                                    | Measurement   | DistPart # |
|--|---------------|------------|
| TURKEY BRST SLCD OVN RSTD 6-2 JENNO            | 675 Slice     | 689541     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 225 Slice     | 100036     |
| BACON CKD 3-100CT FAST N EASY                  | 225 Piece     | 125141     |
| LETTUCE ROMAINE CHOP 6-2 RSS                   | 112 1/2 Ounce | 735787     |
| TORTILLA FLOUR ULTRGR 8 18-12CT                | 225 Each      | 882700     |
| DRESSING RNCH BTRMLK 4-1GAL MARZ               | 4 Cup         | 292877     |
| YOGURT PLN L/F SWTND 4-5 P/L                   | 4 Cup         | 266396     |

## Preparation Instructions

1 wrap:

3 slices turkey

1 slice cheese

1 piece bacon

1/2 oz. weight lettuce

#30 dipper ranch dressing

4 cups ranch plus 4 cups yogurt will do 225 wraps. Spread ranch dressing across wrap (#30 disher). Assemble wrap. Roll up and place in bag.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 225.00

Serving Size: 1.00 Each

Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 314.33   |
| <b>Fat</b>           | 14.82g   |
| <b>SaturatedFat</b>  | 5.76g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 58.80mg  |
| <b>Sodium</b>        | 871.08mg |
| <b>Carbohydrates</b> | 21.25g   |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Fiber</b>     | 2.30g   |                  |        |
| <b>Sugar</b>     | 2.87g   |                  |        |
| <b>Protein</b>   | 25.14g  |                  |        |
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 30.10mg | <b>Iron</b>      | 1.19mg |

# Turkey Sub-Northwood MS

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19452 |

## Ingredients

| Description                            | Measurement | DistPart # |
|--|-------------|------------|
| TURKEY BRST SLCD OVN RSTD 6-2 JENNO    | 4 Slice     | 689541     |
| Aunt Millie's Whole Grain Mini Sub 2oz | 1 bun       | 5113       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 251.23   |                  |        |
| <b>Fat</b>           | 4.02g    |                  |        |
| <b>SaturatedFat</b>  | 0.51g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 40.55mg  |                  |        |
| <b>Sodium</b>        | 646.16mg |                  |        |
| <b>Carbohydrates</b> | 30.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 4.00g    |                  |        |
| <b>Protein</b>       | 24.25g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

# BBQ Rib-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19453          |

## Ingredients

| Description                            | Measurement | DistPart # |
|--|-------------|------------|
| BEEF RIB BBQ HNY 100-3.24Z PIER        | 1 Each      | 451410     |
| Aunt Millie's Whole Grain Mini Sub 2oz | 1 bun       | 5113       |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 360.00   |                  |        |
| <b>Fat</b>           | 12.50g   |                  |        |
| <b>SaturatedFat</b>  | 4.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 40.00mg  |                  |        |
| <b>Sodium</b>        | 860.00mg |                  |        |
| <b>Carbohydrates</b> | 43.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 14.00g   |                  |        |
| <b>Protein</b>       | 20.00g   |                  |        |
| <b>Vitamin A</b>     | 400.00IU | <b>Vitamin C</b> | 1.20mg |
| <b>Calcium</b>       | 40.00mg  | <b>Iron</b>      | 1.80mg |



# Lima Beans-Northwood MS

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 27.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19454          |

## Ingredients

| Description                        | Measurement  | DistPart # |
|------------------------------------|--------------|------------|
| BEAN LIMA BABY 30 GFS              | 5 Pound      | 285580     |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 1/4 Pound    | 840860     |
| SALT IODIZED 25 CARG               | 1 Teaspoon   | 108286     |
| SEASONING GARDEN NO SALT 19Z TRDE  | 1 Tablespoon | 565148     |
| SPICE PEPR BLK REG GRIND 16Z TRDE  | 1/2 Teaspoon | 225037     |

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.50 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 143.17   |                  |        |
| <b>Fat</b>           | 3.26g    |                  |        |
| <b>SaturatedFat</b>  | 1.33g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 180.60mg |                  |        |
| <b>Carbohydrates</b> | 20.68g   |                  |        |
| <b>Fiber</b>         | 5.06g    |                  |        |
| <b>Sugar</b>         | 2.02g    |                  |        |
| <b>Protein</b>       | 6.07g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 9.11mg |
| <b>Calcium</b>       | 41.01mg  | <b>Iron</b>      | 1.46mg |

# Hamburger Boat-Northwood HS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 86.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19508          |

## Ingredients

| Description                             | Measurement  | DistPart # |
|---|--------------|------------|
| BEEF CRUMBLES 8-5 COMM                  | 10 Pound     | 581950     |
| SALT IODIZED 25 CARG                    | 2 Teaspoon   | 108286     |
| SPICE PEPR BLK REG GRIND 16Z TRDE       | 1/2 Teaspoon | 225037     |
| ONION DEHY CHPD 15 P/L                  | 4 Teaspoon   | 263036     |
| SOUP CRM OF MUSHRM 12-5 CAMP            | 2 #5 CAN     | 101346     |
| Cheese, Mozzarella, Part Skim, Shredded | 10 3/4 Cup   | 100021     |
| HOT DOG BUN, W GRAIN, AM                | 86 bun       | 4040       |

## Preparation Instructions

Split into 2 pans.

Combine meat, onion, salt, pepper, and soup.

Put in steamer w/ lid for 20 minutes.

Use #12 disher and put in hot dog buns.

Top with 2 Tbsp. shredded mozzarella cheese and wrap in hot dog bags.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.75 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 86.00

Serving Size: 1.00 Each

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 287.70   |
| <b>Fat</b>                | 11.37g   |
| <b>SaturatedFat</b>       | 4.82g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 35.65mg  |
| <b>Sodium</b>             | 850.34mg |
| <b>Carbohydrates</b>      | 30.78g   |
| <b>Fiber</b>              | 3.34g    |
| <b>Sugar</b>              | 4.67g    |
| <b>Protein</b>            | 19.01g   |

|                  |         |                  |         |
|------------------|---------|------------------|---------|
| <b>Vitamin A</b> | 74.42IU | <b>Vitamin C</b> | 0.00mg  |
| <b>Calcium</b>   | 21.08mg | <b>Iron</b>      | 11.34mg |

# Black Beans-Northwood MS

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 20.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19509          |

## Ingredients

| Description                             | Measurement   | DistPart # |
|---|---------------|------------|
| BEAN SEAS BLK DEHY 6-26.9Z              | 26 9/10 Ounce | 183900     |
| Salsa, Low-Sodium, Canned               | 2 Cup         | 100330     |
| Cheese, Mozzarella, Part Skim, Shredded | 1 Cup         | 100021     |

## Preparation Instructions

Use one package of black beans per 4B pan. Prepare beans per package instructions. Add 2 cups of heated salsa and mix. Top with 1 cup mozzarella cheese and put in hot cart.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.20 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.50 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 170.85   |                  |        |
| <b>Fat</b>           | 2.43g    |                  |        |
| <b>SaturatedFat</b>  | 1.34g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 5.00mg   |                  |        |
| <b>Sodium</b>        | 399.97mg |                  |        |
| <b>Carbohydrates</b> | 27.32g   |                  |        |
| <b>Fiber</b>         | 9.08g    |                  |        |
| <b>Sugar</b>         | 3.07g    |                  |        |
| <b>Protein</b>       | 9.48g    |                  |        |
| <b>Vitamin A</b>     | 5.95IU   | <b>Vitamin C</b> | 0.08mg |
| <b>Calcium</b>       | 34.78mg  | <b>Iron</b>      | 2.01mg |

# Chili-Northwood MS

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 240.00   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.25 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19515          |

## Ingredients

| Description                       | Measurement    | DistPart # |
|-----------------------------------|----------------|------------|
| CHILI BEEF W/BEAN 6-5 COMM        | 165 Pound      | 344012     |
| SALT IODIZED 25 CARG              | 11 Teaspoon    | 108286     |
| SPICE PEPR BLK REG GRIND 16Z TRDE | 5 1/2 Teaspoon | 225037     |

## Preparation Instructions

Allow 3 days to thaw in refrigerator.

3 bags per pan. 1 tsp. salt and 1/2 tsp. pepper per pan.

Serve with #5 disher.

Each bag is 5 lbs and total of 33 bags used.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.77 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.72 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 1.25 Cup

#### Amount Per Serving

|                            |                          |
|----------------------------|--------------------------|
| <b>Calories</b>            | 286.79                   |
| <b>Fat</b>                 | 9.43g                    |
| <b>SaturatedFat</b>        | 3.21g                    |
| <b>Trans Fat</b>           | 0.00g                    |
| <b>Cholesterol</b>         | 58.49mg                  |
| <b>Sodium</b>              | 541.98mg                 |
| <b>Carbohydrates</b>       | 28.30g                   |
| <b>Fiber</b>               | 7.55g                    |
| <b>Sugar</b>               | 9.43g                    |
| <b>Protein</b>             | 24.53g                   |
| <b>Vitamin A</b> 2362.26IU | <b>Vitamin C</b> 35.85mg |
| <b>Calcium</b> 96.46mg     | <b>Iron</b> 5.66mg       |

# Baked Apples-Northwood MS

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 28.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19516          |

## Ingredients

| Description                  | Measurement  | DistPart # |
|------------------------------|--------------|------------|
| APPLE SLCD W/P 6-10 GFS      | 1 #10 CAN    | 117773     |
| SPICE CINNAMON GRND 15Z TRDE | 1 Tablespoon | 224723     |
| FLOUR H&R A/P 2-25 GCHC      | 1/2 Cup      | 227528     |
| SUGAR BEET GRANUL 25 GFS     | 3/4 Cup      | 108588     |
| SUGAR BROWN MED 25 GFS       | 1/2 Cup      | 108626     |

## Preparation Instructions

Spray pans. Mix above ingredients and put in 4B pan.

Bake at 350 degrees for 25-30 minutes until apples are tender.

Use sugar on top and juice of can or bucket.

Serves 28- 1/2 cup servings. 30# makes 6 pans. 3 buckets make 12 pans. After baking- stir and temp. Cover with lid an putin hot cart. Self-serve 3

oz. dipper.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.38 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 85.73                   |
| <b>Fat</b>              | 0.01g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 9.24mg                  |
| <b>Carbohydrates</b>    | 21.23g                  |
| <b>Fiber</b>            | 1.90g                   |
| <b>Sugar</b>            | 16.89g                  |
| <b>Protein</b>          | 0.25g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |

**Calcium** 0.32mg **Iron** 0.09mg

# Nacho Bean Dip-Northwood MS

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-19518          |

## Ingredients

| Description                         | Measurement      | DistPart # |
|-------------------------------------|------------------|------------|
| Northwood MS-Beef Taco Meat         | 1/3 Cup          | R-19355    |
| SAUCE CHS JALAP 6-10 THNKU          | 3 1/5 Tablespoon | 521485     |
| CHIP TORTL CRN YEL RND REST 72-1.5Z | 1 Bag            | 133273     |

## Preparation Instructions

Prepare taco meat according to recipe. Use #12 dipper for taco meat.

Cheese Sauce- Thaw 1 bag per deep 1/2 pan- dip with #20 dipper.

Serve with bag of tortilla chips.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.13 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 356.08   |                  |        |
| <b>Fat</b>           | 14.72g   |                  |        |
| <b>SaturatedFat</b>  | 3.03g    |                  |        |
| <b>Trans Fat</b>     | 0.18g    |                  |        |
| <b>Cholesterol</b>   | 25.54mg  |                  |        |
| <b>Sodium</b>        | 959.22mg |                  |        |
| <b>Carbohydrates</b> | 43.73g   |                  |        |
| <b>Fiber</b>         | 6.13g    |                  |        |
| <b>Sugar</b>         | 3.42g    |                  |        |
| <b>Protein</b>       | 13.68g   |                  |        |
| <b>Vitamin A</b>     | 397.01IU | <b>Vitamin C</b> | 3.08mg |
| <b>Calcium</b>       | 68.49mg  | <b>Iron</b>      | 1.79mg |



# Roasted Butternut Squash-Northwood MS

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 25.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-19521          |

## Ingredients

| Description                       | Measurement  | DistPart # |
|-----------------------------------|--------------|------------|
| SQUASH BTRNUT DCD 1 4-4 P/L       | 4 Pound      | 668831     |
| OIL OLIVE XVRGN ITAL 6-2LTR PG    | 1 Tablespoon | 432050     |
| SALT IODIZED 25 CARG              | 1/2 Teaspoon | 108286     |
| SPICE PEPR BLK REG GRIND 16Z TRDE | 1/4 Teaspoon | 225037     |

## Preparation Instructions

Empty bag of squash into bowl. Drizzle with olive oil. Sprinkle with salt and pepper. Pour on sheet pan and spread in single layer. (One bag per pan).

Roast at 350 degrees for 22-23 minutes. Transfer to 2-B pan for serving. Self Serve.

### SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

| Amount Per Serving         |                          |
|----------------------------|--------------------------|
| <b>Calories</b>            | 32.96                    |
| <b>Fat</b>                 | 0.56g                    |
| <b>SaturatedFat</b>        | 0.08g                    |
| <b>Trans Fat</b>           | 0.00g                    |
| <b>Cholesterol</b>         | 0.00mg                   |
| <b>Sodium</b>              | 48.42mg                  |
| <b>Carbohydrates</b>       | 9.39g                    |
| <b>Fiber</b>               | 1.28g                    |
| <b>Sugar</b>               | 0.85g                    |
| <b>Protein</b>             | 0.43g                    |
| <b>Vitamin A</b> 1706.67IU | <b>Vitamin C</b> 15.36mg |
| <b>Calcium</b> 34.24mg     | <b>Iron</b> 0.31mg       |