

# **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**

<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

<b>Amount Per Serving</b>	
<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

<b>Amount Per Serving</b>	
<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

#### Amount Per Serving

<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

#### Amount Per Serving

<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

#### Amount Per Serving

<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