

# **Cookbook for MHS**

**Created by HPS Menu Planner**

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**French Bread Pizza-Pepperoni**

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**Spicy Chicken Sandwich**

# Chicken Sandwich

<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-16441

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

Lay Chicken Patties in Single layer on Sheet Pan

Bake at 375 degrees F for 8 min or until the internal temperature reaches at least 165 degrees F.

Place one chicken patty on 1 Hamburger Bun. Place the top of the bun on the chicken patty and wrap in foil wrap.

Hold at 135 degrees F or greater until service.

### 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>	410.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	101.00mg	<b>Iron</b>	3.00mg

# Green Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16442

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans frozen	3/4 Cup	<b>WASH HANDS</b> Place green beans in vented 4" steamtable pan and put in preheated steam unit. Heat until temperature reaches 140 ° or higher and hold in warmer for hot service for no longer than 4 hours	100351

## 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>	0.75
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	28.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.50mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<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

# Lettuce and Tomato

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16443

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN SAND FLLT 4-2 P/L	1 Piece		877510
TOMATO SLCD 1/4 5 RSS	1 Slice		786535

## 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>	0.13
<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>	9.05
<b>Fat</b>	0.05g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.13mg
<b>Carbohydrates</b>	1.88g
<b>Fiber</b>	0.28g
<b>Sugar</b>	0.63g
<b>Protein</b>	0.20g
<b>Vitamin A</b> 2687.43IU	<b>Vitamin C</b> 18.08mg
<b>Calcium</b> 22.25mg	<b>Iron</b> 0.42mg



# Assorted Fruit

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16444

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	0.00		
<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>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<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

# Apple, Red

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16445

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 1-138CT MRKN	1 Piece		256662

## Preparation Instructions

Wash thoroughly in running water before serving

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	66.60		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.30mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	69.12IU	<b>Vitamin C</b>	5.89mg
<b>Calcium</b>	7.68mg	<b>Iron</b>	0.15mg

# Orange

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16446

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	1 Each		198013

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.25
<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>	40.45		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.85mg		
<b>Carbohydrates</b>	10.50g		
<b>Fiber</b>	1.80g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	0.75g		
<b>Vitamin A</b>	203.78IU	<b>Vitamin C</b>	48.76mg
<b>Calcium</b>	35.48mg	<b>Iron</b>	0.11mg

# Pear

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16447

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR 40	1 Each		762560

## 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: 1.00

Serving Size: 0.50 Each

Amount Per Serving			
<b>Calories</b>	0.00		
<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>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<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

# Banana

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16449

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

## 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Raisins

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16450

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each	READY_TO_EAT	544426

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	504.00		
<b>Fat</b>	1.20g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	31.20mg		
<b>Carbohydrates</b>	124.00g		
<b>Fiber</b>	9.20g		
<b>Sugar</b>	116.00g		
<b>Protein</b>	4.80g		
<b>Vitamin A</b>	14.80IU	<b>Vitamin C</b>	0.40mg
<b>Calcium</b>	63.60mg	<b>Iron</b>	4.68mg

# Dried Cranberries

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16451

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	1 Each		765981

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<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>	28.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	24.00g		
<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

# Applesauce Cup, Plain

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16452

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 96-4.5Z COMM	1 Each	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682

## 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	51.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	11.00g		
<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



# Applesauce cup, cinnamon

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16453

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINNAMON 96-4.5Z COMM	1 Each	READY_TO_EAT Chill for 2 hours prior to serving.	645060

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	60.00		
<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>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	0.00mg

# Applesauce cup, Strawberry Banana

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16454

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRAWB BAN CUP 96-4.5Z	1 Each		726560

## 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.00		
<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>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.00mg

# Applesauce Cup, Blue Raspberry

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16455

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE BLUE RASPB 96-4.5Z COMM	1 Each		136711

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	70.00		
<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>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.00mg

# Applesauce Cup, Watermelon

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16456

## Ingredients

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

## 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.00mg

# Applesauce Cup, Cherry

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16458

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CHERRY CUP 96-4.5Z COMM	1 Each		726570

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.00mg

# Strawberries, cup

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16459

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010

## 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: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	90.00		
<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>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Peaches, cup, frozen

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16460

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CUP 96-4.4Z COMM	1 Each		232470

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	80.00		
<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>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Peach cup, shelf stable

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16461

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD CUP 72-4.5Z ZEE ZEE	1 Each		136741

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.00mg	<b>Iron</b>	0.00mg



# Pear cup, Shelf Stable

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16462

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD CUP 72-4.5Z ZEE ZEES	1 Each		136752

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.00mg	<b>Iron</b>	0.00mg

# Mixed Fruit Cup, Shelf Stable

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16463

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MXD DCD CUP IN JCE 72-4.5Z NFG	4 Ounce		731041

## 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: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	71.11		
<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>	16.89g		
<b>Fiber</b>	0.89g		
<b>Sugar</b>	13.33g		
<b>Protein</b>	0.89g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.89mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Milk, 1%

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16465

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT 1% 50-8FLZ DPUR	1 Each		408762

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	130.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	15.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	0.00mg

# Milk, 1% Chocolate

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16466

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
.5 pint 1% chocolate milk	1 Cup		

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	10.00IU	<b>Vitamin C</b>	2.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.00mg

# Milk, Strawberry, Fat Free

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16467

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk Strawberry Fat Free	1 Cup		17025

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	120.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	120.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	22.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	10.00IU	<b>Vitamin C</b>	2.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.00mg

# Walking Taco

<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-16468

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce		722330
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Each	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce		135261

## Preparation Instructions

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

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

Hold ingredients at 135 degrees F or greater until service

Serving: Place #12 Scoop Taco meat into 1 bag of Reduced Fat Doritos. Place 3 oz Cheese sauce in plastic cup on side and serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.50
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	391.40		
<b>Fat</b>	20.40g		
<b>SaturatedFat</b>	9.55g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	1091.90mg		
<b>Carbohydrates</b>	29.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	22.30g		
<b>Vitamin A</b>	645.00IU	<b>Vitamin C</b>	5.00mg

**Calcium** 394.50mg **Iron** 2.30mg

# Beans, Refried

<b>Servings:</b>	1.00	<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-16477

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	1 Serving	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753

## Preparation Instructions

1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water

and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.

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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	610.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	10.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.88mg
<b>Calcium</b>	50.88mg	<b>Iron</b>	2.29mg



# Salsa, Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16479

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

## 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>	1.00
<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>	30.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	346.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	0.00mg

# Macaroni and Cheese

<b>Servings:</b>	1.00	<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-16480

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5 LOL	6 Ounce	BAKE	527582

## Preparation Instructions

STURDY PLASTIC POUCHES CAN BE PREPARED IN STEAMER OR BOILING WATER. HEATING TIMES MAY VARY WITH TYPE OF EQUIPMENT USED AND NUMBER OF POUCHES HEATED. TEST INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. STEAMER: PLACE THAWED POUCH ON PERFORATED STEAM TABLE PAN AND HEAT FOR 35 MINUTES. BOILING WATER: PLACE UNOPENED POUCHES IN BOILING WATER FOR 40 MINUTES. POUCH SHOULD FLOAT FREELY IN WATER AND SHOULD BE ROTATED DURING THE HEATING PROCESS. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. WARMING CABINET HOLDING INSTRUCTIONS: MAINTAIN HOT HOLDING TEMPERATURE AT 145 DEGREES F. WHEN POSSIBLE, KEEP PRODUCT IN HEATED POUCHES UNTIL SERVINGS. IF PRE-PANED, KEEP PRODUCT COVERED TIGHTLY. CAN BE HELD UP TO 1.5 HOURS. USE CAUTION WHEN OPENING POUCHES SINCE PRODUCT IS VERY HOT.

Serving Size: 2-#12 Scoops

### 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>	0.00
<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 Serving

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	400.00mg	<b>Iron</b>	1.08mg

# Broccoli

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16481

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	3/4 Cup		549292

## Preparation Instructions

Place in Pan in Steamer. Steam 15 min (some appliances may vary) until the internal temperature is 165 degrees or above. Hold at 135 degrees F or above until service.

Serving size: 3/4 c.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<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 Serving

#### Amount Per Serving

<b>Calories</b>	39.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	33.00mg		
<b>Carbohydrates</b>	7.50g		
<b>Fiber</b>	4.50g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	4.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chicken Nuggets w/ Pretzel Rod

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16482

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	5 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040
PRETZEL ROD SFT WHEAT 180-1Z J&J	1 Each		607940

## Preparation Instructions

Bake at 375 degrees F in single layer 6-8 min (ovens vary) until internal temperature reaches 165 degrees F or greater.

LAY FROZEN PRODUCT FLAT ON TRAY OR MICROWAVE-PROOF CONTAINER. IF DESIRED, MIST WITH WATER THEN SPRINKLE WITH SALT OR PRESS PRETZEL FACE DOWN ON BED OF SALT. CONVENTIONAL OVEN: 2-3 MINUTES\* AT 350 400 DEGREES F. MICROWAVE: 20 30 SECONDS\* ON HIGH

Serving size: 5 pieces of chicken and 1 pretzel Rod

### 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 Serving

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<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>	39.00mg	<b>Iron</b>	2.72mg

# Soft Pretzel Rod

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16483

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL ROD SFT WHEAT 180-1Z J&J	1 Each		607940

## Preparation Instructions

LAY FROZEN PRODUCT FLAT ON TRAY OR MICROWAVE-PROOF CONTAINER. IF DESIRED, MIST WITH WATER THEN SPRINKLE WITH SALT OR PRESS PRETZEL FACE DOWN ON BED OF SALT. CONVENTIONAL OVEN: 2-3 MINUTES\* AT 350 400 DEGREES F. MICROWAVE: 20 30 SECONDS\* ON HIGH

Serving Size: 1 each

### 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: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	40.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<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>	0.00mg	<b>Iron</b>	0.72mg

# Corn, frozen

<b>Servings:</b>	1.00	<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-16486

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	1 Serving		120490

## 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>	0.75

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	100.50		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.50mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Romaine Side Salad (Elem)

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16487

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
TOMATO LARGE 1/10 LB CS	1/2 Cup	DICE	03413
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
CARROT MATCHSTICK SHRED 2-3 RSS	1 Ounce		198161

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	101.11		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	17.67g		
<b>Fiber</b>	2.89g		
<b>Sugar</b>	3.33g		
<b>Protein</b>	3.22g		
<b>Vitamin A</b>	4755.56IU	<b>Vitamin C</b>	1.73mg
<b>Calcium</b>	34.33mg	<b>Iron</b>	1.44mg

# Corn Dog, Chicken

<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-16491

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each		620220

## Preparation Instructions

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

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

Serving Size: 1 ea

### SLE Components

Amount Per Serving

<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>	240.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	1.50mg



# Baked Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16543

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	3/4 Cup		570710

## 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>	0.75
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Cup

#### Amount Per Serving

<b>Calories</b>	195.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	825.00mg		
<b>Carbohydrates</b>	43.50g		
<b>Fiber</b>	7.50g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	10.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.70mg

# Popcorn Chicken w/ Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	11.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16544

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	95 4/9 Gram	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
BREADSTICK WGRAIN 1Z 12-20CT	1 Each		406321

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray and topped with parmesan cheese.

Marketing Tips

Serving Size: 12 each and 1 pretzel Rod

### 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 11.00 Each

### Amount Per Serving

**Calories** 140.40

**Fat** 4.98g

**SaturatedFat** 0.77g

**Trans Fat** 0.00g

**Cholesterol** 6.12mg

**Sodium** 202.13mg

**Carbohydrates** 18.29g

**Fiber** 1.92g

**Sugar** 2.31g

**Protein** 6.29g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 36.10mg      **Iron** 1.61mg

# Breadstick

<b>Servings:</b>	1.00	<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-16545

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	1 Each		406321

## Preparation Instructions

Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray and topped with parmesan cheese.

Serving Size: 1 ea

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	95.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	1.00mg

# Carrots

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16546

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	3/4 Cup		150390

## Preparation Instructions

FROZEN CARROTS CAN BE COOKED WITHOUT THAWING. STOCK POT OR STEAM-JACKETED KETTLE: ADD FROZEN CARROTS TO BOILING WATER. IF DESIRED, ADD 1 TSP SEASONING FOR EACH 100 SERVINGS OF VEGETABLE. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 10 TO 20 MIN. DRAIN. STEAMER: PLACE FROZEN CARROTS IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED FOR 3 TO 5 MIN. DRAIN. IF DESIRED, SPRINKLE 1TSP OF SEASONING OVER EACH 100 SERVINGS OF VEGETABLE AND STIR TO COMBINE. DO NOT BOIL. COOK FROZEN VEGETABLES ONLY UNTIL TENDER BUT CRISP; THEY MAY CONTINUE TO COOK WHEN HELD ON A HOT STEAMTABLE OR IN A HOLDING CABINET. SCHEDULE COOKING OF CARROTS SO THEY WILL BE SERVED SOON AFTER COOKING. CARROTS WILL BECOME OVERCOOKED IF HELD TOO LONG.

Serving Size: 3/4 c.

### 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>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Cup

Amount Per Serving			
<b>Calories</b>	40.50		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.00mg		
<b>Sodium</b>	64.50mg		
<b>Carbohydrates</b>	9.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.50g		
<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

# Sloppy Joe on Bun

<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-16547

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 63/100 Ounce		564790
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

Place bags in perforated pan in steamer. Steam 30 min (steamers may vary) until the internal temperature reaches 165 degrees F or higher.

Hold at 135 degrees F or higher until service

Open 1 Bun. Place #12 scoop of Sloppy Joe Meat on one side and place top of bun on top.

Serving Size: 1 sandwich

### 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>	285.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.00mg		
<b>Sodium</b>	567.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	459.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	97.00mg	<b>Iron</b>	3.00mg

# Tator Tots

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	12.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16548

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	3 39/50 Ounce		563840

## Preparation Instructions

Place on single layer on sheet pan. Bake at 425 degrees F for 17-25 min or until internal temperature reaches 165 degrees F or greater.

Hold at 135 degrees F or higher.

Serving size: 12 ea

### 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>	0.75

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Serving

Amount Per Serving			
<b>Calories</b>	135.00		
<b>Fat</b>	5.25g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	255.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.54mg

# Tangerine Chicken

<b>Servings:</b>	1.00	<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-16549

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce		791710

## Preparation Instructions

Pre-heat oven to 350-375 degrees F. Place chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

Sauce-

Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165 °F.

Serving:

Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended. Portioning size may vary by individual practice.

Pre-heat oven to 350-375 degrees F. Place chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

50°F/400°F. Spread

Per (1) 5 lb bag of breaded chicken pieces & (1) 2.15 lb bag of sauce

Convection/Conventional oven (Best) Boil in Bag/Steamer (Best)

Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165 . °F

Microwave (Good)

Place entire sauce in bag into microwave for

3 minutes or until content is 165 . °F

(product must be thawed)



Toss Chicken w/ Sauce

Serve with #12 scoop

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	190.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	380.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	13.00g		
<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>	1.44mg

# White Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16550

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX 25 GCHC	1/8 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.04
<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: 0.50 Each

Amount Per Serving			
<b>Calories</b>	88.40		
<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>	19.24g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.75mg

# Cheese Pizza-Big Daddy

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16552

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	1 Slice	<b>BAKE</b> COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

## Preparation Instructions

BAKE

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

Slice into 8 slices

Serving size: 1 slice

### 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 Slice

#### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	21.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	441.00mg	<b>Iron</b>	2.10mg

# Pepperoni Pizza-Big Daddy

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16553

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN PRIMO 9CT	1 Slice	<b>BAKE</b> COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	665451

## Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Slice into 8 slices

Serving Slice: 1 slice

### 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 Slice

#### Amount Per Serving

<b>Calories</b>	370.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	21.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	366.00mg	<b>Iron</b>	2.20mg

# Turkey and Cheese Sandwich

<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-16554

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	2 Each		710650

## Preparation Instructions

Lay 2 slices of bread on work space. Place 6 slices of turkey and 1 slice of cheese on 1 side of bread. Place other slice on top of bread and slice in half. Wrap and place in cooler and store at 41 degrees F or below until service.

Serving size: 1 sandwich

### 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>	285.00
<b>Fat</b>	8.50g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	750.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	26.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 172.00mg	<b>Iron</b> 2.36mg

# PB&J, Cheese Stick, Goldfish

<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-16558

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510

## Preparation Instructions

Thaw PB&J uncrustable in cooler. Place 1 uncrustable, 1 cheese Stick and 1 goldfish cracker in bag. Serve.  
Serving size: 1 bag

### 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>	480.00
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	620.00mg
<b>Carbohydrates</b>	53.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	23.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 342.00mg	<b>Iron</b> 3.00mg



# Chef Salad (Elem and Middle School)

<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-16559

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce FR Romaine US #1, 24 CT 35 LB CS-Graves County Schools	1 1/2 Cup	BAKE	16P33
CARROT SHRD MED 2-5 RSS	1/4 Ounce		313408
CUCUMBER 6CT P/L	2 Slice		100435
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
EGG HARD CKD PLD DRY PK 12-12CT PAP	1/2 Each		853800
CHEESE CHED SHRD 6-5 COMM	1/4 Ounce		199720
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

Rinse Romaine Lettuce, Cucumber, and Tomato well.

Chop Romaine and Place 1.5 cups into plastic container. Slice cucumbers and place 2 slices on top of lettuce. Wedge Tomatoes into 6 wedges and place one in container.

Chop Turkey into 1/2 in pieces and place on top of Romaine. Place Cheddar Cheese on top of Turkey . Slice Egg in half and put one half in container. Sprinkle carrots over all. Place 1 pkg. Goldfish and 1 pkg Croutons on lid of container and close container. Store at 41 degrees F or lower until service.

Serving size: 1 salad

### SLE Components

Amount Per Serving

<b>Meat</b>	3.25
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.07
<b>OtherVeg</b>	0.15
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 350.73

**Fat** 14.75g

**SaturatedFat** 4.25g

**Trans Fat** 0.00g

**Cholesterol** 137.50mg

**Sodium** 753.75mg

**Carbohydrates** 27.02g

**Fiber** 3.42g

**Sugar** 2.88g

**Protein** 27.01g

**Vitamin A** 7335.49IU      **Vitamin C** 4.09mg

**Calcium** 152.03mg      **Iron** 3.47mg

# Yogurt and Fruit Parfait (All)

<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-16561

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
GRANOLA BAG IW 144-1Z FLDSTN	2 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

## Preparation Instructions

Place 8 oz (1 c) yogurt in parfait cup. Place insert, add 1 pkg. Strawberries. Place lid on parfait cup and serve with 1 pkg. Granola

Hold at 41 degrees F or lower until serving.

Serving size: 1 parfait w/ 1 pkg. Granola

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	2121.04		
<b>Fat</b>	18.94g		
<b>SaturatedFat</b>	11.94g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	59.70mg		
<b>Sodium</b>	1105.22mg		
<b>Carbohydrates</b>	432.15g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	292.69g		
<b>Protein</b>	66.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2149.25mg	<b>Iron</b>	1.44mg

# Chicken Tenders w/ Pretzel Rod

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16564

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
PRETZEL ROD SFT WHEAT 180-1Z J&J	1 Each		607940

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

LAY FROZEN PRODUCT FLAT ON TRAY OR MICROWAVE-PROOF CONTAINER. IF DESIRED, MIST WITH WATER THEN SPRINKLE WITH SALT OR PRESS PRETZEL FACE DOWN ON BED OF SALT. CONVENTIONAL OVEN: 2-3 MINUTES\* AT 350 400 DEGREES F. MICROWAVE: 20 30 SECONDS\* ON HIGH

Serving Size: 3 each chicken tenders and 1 pretzel rod

### 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Serving

### Amount Per Serving

**Calories** 330.00

**Fat** 15.50g

**SaturatedFat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 25.00mg

**Sodium** 430.00mg

**Carbohydrates** 30.00g

**Fiber** 4.00g

**Sugar** 1.00g

**Protein** 17.00g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 36.00mg      **Iron** 2.72mg

# Mini Pancakes w/ Turkey Sausage Links (2)

<b>Servings:</b>	1.00	<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-16566

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269220
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	2 Each	GRILL Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.	352740

## Preparation Instructions

### READY\_TO\_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.\*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.\*Microwave: Heat for 45 seconds on high. \*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Position patties in a single layer about 1 apart on shallow baking pan sprayed with nonstick spray. Bake at 375 degrees F for 9 min (ovens vary) or until internal temperature reaches 165 degrees F or greater.

Serving: Serve 1 pkg Pancakes and 2 Turkey Sausage Links together

### 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 330.00

**Fat** 14.00g

**SaturatedFat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 60.00mg

**Sodium** 450.00mg

**Carbohydrates** 38.00g

**Fiber** 2.00g

**Sugar** 11.00g

**Protein** 16.00g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 40.00mg      **Iron** 1.80mg

# Hashbrown Patty

<b>Servings:</b>	1.00	<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-16567

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN FAST 2.5Z 6-3.5 LAMB	1 Each		242241

## Preparation Instructions

Conventional Oven: Pre-heat oven to 400F. Minimum cook weight 1.5 lbs. Arrange product in a single layer. Bake 20-25 minutes. Until internal temperature reaches 165 degrees F or greater.

Convection Oven: Pre-heat oven to 400F. Minimum cook weight 1.5 lbs. Arrange product in a single layer. Bake 12-14 minutes. Until internal temperature reaches 165 degrees F. or greater

Hold at 135 degrees F or greater until service.

Serving size: 1 each

### 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: 1.00

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>	245.00mg		
<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>	8.00mg	<b>Iron</b>	0.50mg



# Mini Ravioli w/ Meat Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	7.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16569

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	7 Each		524650
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 3/5 Ounce		573201

## Preparation Instructions

Thaw Meat Sauce under refrigeration. Heat in steamer until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Place ravioli in boiling water. Heat until ravioli boil for 4 min or until the internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving size: Place 7 ravioli in bowl and mix with (5.6 oz by weight) 1/2 c. Meat Sauce.

## SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	0.50
<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: 1.00

Serving Size: 7.00 Serving

### Amount Per Serving

<b>Calories</b>	287.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	4.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	23.00g
<b>Vitamin A</b> 847.00IU	<b>Vitamin C</b> 22.60mg
<b>Calcium</b> 144.00mg	<b>Iron</b> 3.08mg

# Garlic Bread

<b>Servings:</b>	1.00	<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-16570

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 Slice	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. <b>GRIDDLE_FRY</b> Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. <b>GRILL</b> Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

## Preparation Instructions

Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.

Serving Size: 1 each

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	10.00g		
<b>Fiber</b>	1.00g		
<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>	4.00mg	<b>Iron</b>	1.00mg

# Cheeseburger on Bun

<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-16571

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	<b>BAKE</b> Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	1 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10- 12 GFS	1 Each		517810

## Preparation Instructions

### BAKE

Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees F for 30-40 minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.

Place 1 beef patty and 1 slice of Cheese on 1 each hamburger bun. Wrap in foil wrapper. Hold at 135 degrees F until service

Serving size: 1 sandwich

### 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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	285.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	3.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	630.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	22.50g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	179.00mg	<b>Iron</b>	2.80mg

# Hamburger on Bun

<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-16572

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10- 12 GFS	1 Each		517810
BEEF PTY CHARB 200-2.5Z ADV	1 Each	<b>BAKE</b> Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270

## Preparation Instructions

### BAKE

Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.

Place 1 beef Patty on 1 hamburger bun. Wrap in foil wrapper and hold at 135 degrees F or greater until service

Serving Size: 1 sandwich

### 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 250.00

**Fat** 7.00g

**SaturatedFat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 35.00mg

**Sodium** 420.00mg

**Carbohydrates** 27.00g

**Fiber** 5.00g

**Sugar** 4.00g

**Protein** 19.00g

**Vitamin A** 100.00IU **Vitamin C** 0.00mg

**Calcium** 83.00mg **Iron** 2.80mg

# Bosco Cheesy Bread sticks w/ Marinara Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16573

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.<b>CAUTION: FILLING MAY BE HOT!</b>Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p><b>READY_TO_EAT</b> None</p>	677721

## Preparation Instructions

### CONVECTION

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Sticks on a baking sheet.
3. THAWED: 7-9 minutes.
4. Let stand 2 minutes before serving.

**CAUTION: FILLING MAY BE HOT!**

Oven temperatures may vary. Adjust baking time and

or temperature as necessary.

Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

#### DEEP\_FRY

Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and/or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

#### THAW

Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Sticks covered while thawing
3. Bosco Sticks may be thawed in packaging.
4. Bosco Stick have 8 days shelf life when refrigerated.

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Bake at 375 degrees F for 11 min (ovens vary) or until internal temperature reaches 165 degrees F or greater.

Top Bosco Stick breadsticks with butter spray and Salt Free Garlic Seasoning (not included) after baking.

Hold at 135 degrees F or greater until serving.

Serving Size: 2 Bosco Sticks and 1 pkg Marinara Sauce

### 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>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Serving

#### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	362.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	458.00mg	<b>Iron</b>	2.00mg



# Chicken Drumsticks

<b>Servings:</b>	1.00	<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-16574

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

## Preparation Instructions

BAKE

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 25-30 minutes or until internal temperature reaches 165 degrees F or Greater.

For best performance hold on a sheet pan, uncovered, with a wire rack, at 135 degrees F or greater until service

Serving size: 1 drumstick

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	220.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	1.00mg

# Cheese Quesadilla

<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-16575

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each		231771

## Preparation Instructions

Ovens will vary. Please adjust time and temperature accordingly. Refrigerate or discard and unused portions. Convection oven: Preheat oven to 375F. Bake on parchment paper lined pan 14-19 minutes. Conventional oven: Preheat oven to 400F. Bake on parchment paper lined pan 14-19 minutes.

Bake until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving Size: 1 each

### 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>	320.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	710.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	240.00mg	<b>Iron</b>	2.70mg

# Salsa Cup

<b>Servings:</b>	1.00	<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-16578

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

## Preparation Instructions

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

Bake until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving Size: 1 each

### 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	30.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	346.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	0.00mg

# Fruit Sorbet-Blue Raspberry

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16579

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SORBET CUP CHRY/BLUERASPB 96-4.4FLZ	1/2 Cup		602382

## Preparation Instructions

Store Frozen until service.

Serving Size: 1 each

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	60.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.36mg

# Pizza Hut Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16583

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Hut Cheese Pizza Slice	1 Each	UNSPECIFIED	1

## Preparation Instructions

Hold at 135 degrees F or greater upon delivery until serving Serving Size: 1 slice (1/8 pizza)

### 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 Slice

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	3.90g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Lt. Ranch Dip

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16603

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

## 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	70.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	125.00mg		
<b>Carbohydrates</b>	5.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg

# Spanish Rice

<b>Servings:</b>	1.00	<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-16651

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1/2 Cup		576280

## Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F). Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving.

Serving Size: #8 scoop (1/2 cup)

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.36mg



# BBQ Beef Rib Sandwich

<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-16652

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

## Preparation Instructions

BAKE

Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes or until internal temperature reaches greater than 165 degrees F.

Place one pattie on 1 bun and hold at 135 degrees F or greater until service

Serving Size: one Sandwich

### 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>	12.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	860.00mg		
<b>Carbohydrates</b>	42.00g		
<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>	44.00mg	<b>Iron</b>	11.80mg

# Mozarella Sticks w/ Marinara Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16653

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<b>READY_TO_EAT</b> None	677721

## Preparation Instructions

BAKE

Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! **CONVECTION OVEN:** 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray) or until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service

Serving Size: 6 each cheese sticks and 1 pkt Marinara sauce

### 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>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Serving

#### Amount Per Serving

<b>Calories</b>	350.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	760.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	21.00g

<b>Vitamin A</b>	940.00IU	<b>Vitamin C</b>	6.93mg
<b>Calcium</b>	530.00mg	<b>Iron</b>	1.77mg

# Grilled Chicken on Pretzel Roll

<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-16655

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each		500162

## Preparation Instructions

### CONVECTION

Appliances vary, adjust accordingly.

### Convection Oven

From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes or until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service

Place 1 chicken breast on 1 pretzel roll and serve

Serving size: 1 sandwich

## 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 280.00

**Fat** 5.00g

**SaturatedFat** 1.50g

**Trans Fat** 0.00g

**Cholesterol** 60.00mg

**Sodium** 360.00mg

**Carbohydrates** 30.00g

**Fiber** 3.00g

**Sugar** 2.00g

**Protein** 27.00g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 32.00mg      **Iron** 2.80mg

# Cherry Sweet and Sour Chicken w/ Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16656

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK SWT&SOUR CHRY BLSSM 6-7.15	3 9/10 Ounce		653342
RICE PARBL STRONGBOX 25 GCHC	1 Serving		722987

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<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: 0.00 Each

Amount Per Serving			
<b>Calories</b>	370.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	64.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.40mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	2.70mg

# Double Stuff Pepperoni Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16657

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKYPEPP 3X5 WGRAIN STFD 96CT	1 Each		238240

## Preparation Instructions

REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN: PREHEAT OVEN TO 375°F. BAKE ON PARCHMENT LINED PAN 13 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F. BAKE ON PARCHMENT LINED PAN 14 TO 15 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F. Hold at 135 degrees F or greater until service

Serving size: 1 piece

### 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: 0.00 Each

Amount Per Serving			
<b>Calories</b>		250.00	
<b>Fat</b>		8.00g	
<b>SaturatedFat</b>		4.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		570.00mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		16.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	250.00mg	<b>Iron</b>	2.10mg

# Cheesy Garlic Flatbread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16658

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD CHS GARL WGRAIN 96- 4.23Z	1 Each	<b>BAKE</b> COOKING GUIDELINES. COOK BEFORE SERVING. Place 2 pizza sheets on an 18" x 26" x 1 2" sheet pan. CONVECTION OVEN: Low fan, 350°F for 11-14 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Rotate pan one half turn to prevent cheese from burning. Refrigerate or discard any unused portion.	521030

## Preparation Instructions

BAKE

COOKING GUIDELINES. COOK BEFORE SERVING. Place 2 pizza sheets on an 18" x 26" x 1 2" sheet pan. CONVECTION OVEN: Low fan, 350°F for 11-14 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165 degrees F. Hold at 135 degrees F or greater.

Serving size: 1 piece (2 strips)

### 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: 0.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	314.00mg	<b>Iron</b>	2.50mg



# Romaine Side Salad (HS and MS)

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16661

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 12CT MRKN	1 Each		200344
TOMATO LARGE 1/10 LB CS	1/2 Cup	DICE	03413
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
CARROT MATCHSTICK SHRED 2-3 RSS	1 Each		198161

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.25
<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>	106.11		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	18.67g		
<b>Fiber</b>	3.39g		
<b>Sugar</b>	3.83g		
<b>Protein</b>	3.72g		
<b>Vitamin A</b>	4755.56IU	<b>Vitamin C</b>	1.73mg
<b>Calcium</b>	42.33mg	<b>Iron</b>	1.62mg

# Beef and Bean Burritos

<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-16663

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF/BN/CHS WGRAIN IW CN 96-5Z	1 Each		497320

## 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>	15.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	460.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.44mg

# Bean and Cheese Burrito

<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-16664

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS WGRAIN 96-4.5Z	1 Each		150852

## Preparation Instructions

For best results, thaw product prior to baking. Convection Oven: 325F. Thawed = 14-20 minutes. Convection Oven: 300F. Thawed = 12-18 minutes. Internal temperature should reach 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving Size: 1 each

### 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>	9.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	9.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 3.60mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 2.70mg

# Domino's Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16667

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Domino's 14" WG LM Cheese Pizza	1 Slice		

## Preparation Instructions

Ready to serve

### 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: 0.00 Slice

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Domino's Pepperoni

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16668

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Domino's 14" WG RFRS Pepperoni Pizza	1 Slice		

## 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: 0.00 Slice

Amount Per Serving			
<b>Calories</b>	270.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Beef Hotdog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16672

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each		417350
BUN HOT DOG WGRAIN 6 12-12CT CEM	1 Each		222320

## Preparation Instructions

Heat franks in oven at 350 degrees F until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Open hotdog bun and place frank inside. Wrap until service

Serving: 1 sandwich

### 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: 0.00 Each

Amount Per Serving			
<b>Calories</b>	339.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	68.89mg	<b>Iron</b>	4.19mg

# Meatball Sub w/ Mozzarella

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16677

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	READY_TO_EAT None	592714
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170

## Preparation Instructions

PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Open sub bun. Place 1/8 c. cheese on bun, place 4 meatballs in sauce on bun. Close bun and wrap in foil wrap until service.

Serving size: 1 sandwich

### 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>	0.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving

<b>Calories</b>	386.37		
<b>Fat</b>	15.55g		
<b>SaturatedFat</b>	5.82g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	43.80mg		
<b>Sodium</b>	728.17mg		
<b>Carbohydrates</b>	38.81g		
<b>Fiber</b>	4.43g		
<b>Sugar</b>	9.38g		
<b>Protein</b>	22.07g		
<b>Vitamin A</b>	282.14IU	<b>Vitamin C</b>	5.29mg
<b>Calcium</b>	238.03mg	<b>Iron</b>	4.00mg

# French Bread Pizza-Cheese

<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-16679

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	1 Each	<b>BAKE</b> FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154321

## Preparation Instructions

BAKE

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F or greaterCook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Hold at 135 degrees F or greater.

Serving size: 1 piece

### 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>	290.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	440.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	6.00mg



**Calcium** 360.00mg **Iron** 2.60mg

# French Bread Pizza-Pepperoni

<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-16681

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN PEPP 60- 5.19Z TONY	1 Each	<b>BAKE</b> FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 22 - 24 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154420

## Preparation Instructions

BAKE

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F or greaterCook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Hold at 135 degrees F or greater.

Serving size: 1 piece

### 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>	300.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 280.00mg **Iron** 2.90mg

# Chef Salad (HS only)

<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-16684

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce FR Romaine US #1, 24 CT 35 LB CS-Graves County Schools	2 Cup	BAKE	16P33
CARROT SHRD MED 2-5 RSS	1/4 Ounce		313408
CUCUMBER 6CT P/L	2 Slice		100435
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
CHEESE CHED SHRD 6-5 COMM	1/4 Ounce		199720
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

## Preparation Instructions

Rinse Romaine Lettuce, Cucumber, and Tomato well.

Chop Romaine and Place 1.5 cups into plastic container. Slice cucumbers and place 2 slices on top of lettuce. Wedge Tomatoes into 6 wedges and place one in container.

Chop Turkey into 1/2 in pieces and place on top of Romaine. Place Cheddar Cheese on top of Turkey . Slice Egg in half and put one half in container. Sprinkle carrots over all. Place 1 pkg. Goldfish and 1 pkg Croutons on lid of container and close container. Store at 41 degrees F or lower until service.

Serving size: 1 salad

### SLE Components

Amount Per Serving

<b>Meat</b>	4.25
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.07
<b>OtherVeg</b>	0.15
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	489.43		
<b>Fat</b>	20.75g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	222.50mg		
<b>Sodium</b>	932.50mg		
<b>Carbohydrates</b>	42.27g		
<b>Fiber</b>	4.92g		
<b>Sugar</b>	3.63g		
<b>Protein</b>	33.26g		
<b>Vitamin A</b>	9710.49IU	<b>Vitamin C</b>	4.99mg
<b>Calcium</b>	278.53mg	<b>Iron</b>	5.15mg

# Veggie Burger

<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-16688

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER VEGGIE 7-VEG 48-3.5Z MSTARFM	1 Each		561649
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

Heat veggie pattie until internal temperature is 165 degrees F or greater. Place on hamburger bun and wrap. Hold at 135 degrees F or greater until service.

Serving size: 1 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	770.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	90.00mg	<b>Iron</b>	1.40mg

# Spicy Chicken Sandwich

<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-16690

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

## Preparation Instructions

Lay Chicken Patties in Single layer on Sheet Pan

Bake at 375 degrees F for 8 min or until the internal temperature reaches at least 165 degrees F.

Place one chicken patty on 1 Hamburger Bun. Place the top of the bun on the chicken patty and wrap in foil wrap.

Hold at 135 degrees F or greater until service.

### 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>	410.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	7.00g		
<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>	103.00mg	<b>Iron</b>	3.00mg