

Cookbook for Northwood High School

Created by HPS Menu Planner

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Blueberry or Strawberry Yogurt Dessert- HS

Chocolate Chip Cookie

Broccoli (Nappanee)

Carrots (Nappanee)

Corn (Nappanee)

California Blend (Nappanee)

Mixed Vegetables (Nappanee)

Peas (Nappanee)

Green Beans (Nappanee)

French Fries (Nappanee)

Tater Tots (Nappanee)

Hashbrown Patties (Nappanee)

Sweet Potato Fries (Nappanee)

Sweet Potato Crispy Cubes (Nappanee)

Commodity Macaroni & Cheese

Sloppy Joe Sandwich

Traveling Taco

Brown Rice

Mashed Potatoes (Nappanee)

Baked Beans (Nappanee)

Refried Beans (Nappanee)

Grilled Cheese Sandwich

Choice of Cereal

Choice of 100% Juice

Choice of Yogurt

Choice of Muffin

Egg & Cheese Biscuit

Egg, Sausage & Cheese Biscuit

Egg, Bacon & Cheese Biscuit

Hamburger Boats

Chicken & Noodles

Yogurt Breakfast Parfait

Broccoli (Woodview)

Cooked Carrots (Woodview)

Creamed Turkey (Woodview)

Mixed Vegetables (Woodview)

Egg & Sausage Biscuit (Woodview)

Nachos (Woodview)

Refried Beans (Woodview)

Breakfast Casserole

Chicken & Noodles (Woodview)

Chili Soup (Woodview)

Green Beans (Woodview)

Corn (Woodview)

Grilled Cheese Sandwich (Woodview)

Baked Beans (Woodview)

Cheeseburger on Bun (Woodview)

Baked Oatmeal (Woodview)

Sub Sandwich (Woodview)

Meatball Sub

Cheeseburger on Bun Alternate (Woodview)

Grapes

Beef Burrito (Nappanee)

Bulldog Burger (Nappanee)

BBQ Pulled Pork Sandwich (Nappanee)

Cheeseburger Sandwich (Nappanee)

Chicken Bacon Swiss Sandwich (Nappanee)

Chicken Sandwich (Nappanee)

Cold Ham Sandwich (Nappanee)

Grilled Ham & Cheese Sandwich

Hamburger Sandwich (Nappanee)

Hotdog Sandwich (Nappanee)

Beef Burrito (homemade seasoning) (Nappanee)

Pantherburger-Northwood MS

Baked Beans-Northwood MS

Ravioli-Northwood MS

Hot Dog on Bun-Northwood MS

Rice-Northwood MS

Fish Sandwich-Northwood

Green Beans-Northwood

Taco Meat-Northwood

Taco Bar Fixings-Northwood

Ham Sub-Northwood

Corn-Northwood

BBQ Chicken Sandwich on Bun-Northwood

Broccoli w/ Cheese-Northwood

Cheeseburger-Northwood

Peas-Northwood

Rosy Applesauce-Northwood

Pizza Casserole-Northwood

Chicken Patty Sandwich-Northwood

Steamed Broccoli-Northwood

Pork Tenderlion Sandwich-Northwood

Taco Salad Meat-Northwood

Taco Salad (Cold Items)-Northwood

Cold Ham & Cheese-Northwood

Polish Sausage on Bun-Northwood

Pulled BBQ Pork Sandwich-Northwood

Cheese Lasagna Rollups-Northwood MS

Country Steak Sandwich-Northwood MS

Meatball Sub-Northwood MS

Buttered Carrots-Northwood MS

Jello w/ Fruit-Northwood MS

Spicy Chicken Patty Sandwich-Northwood MS

Chicken Wrap Bar-Northwood MS

Hot Dog Bar-Northwood MS

Hot Turkey Sandwich-Northwood MS

Philly Beef w/ Cheese-Northwood MS

Grilled Chicken Sandwich-Northwood MS

Spaghetti-Northwood MS

Turkey Burger-Northwood MS

Chicken Fajita Bar-Northwood MS

Creamy Turkey Sandwich-Northwood MS

Fiesta Refried Beans-Northwood MS

Pulled Pork Sandwich-Northwood MS

Creamed Turkey-Northwood MS

Sloppy Joe-Northwood MS

Hamburger-Northwood MS

Hot Ham & Cheese-Northwood MS

Turkey Bacon Ranch Wrap-Northwood MS

Turkey Sub-Northwood MS

BBQ Rib-Northwood MS

Lima Beans-Northwood MS

Hamburger Boat-Northwood MS

Black Beans-Northwood MS

Chili-Northwood MS

Baked Apples-Northwood MS

Nacho Bean Dip-Northwood MS

Roasted Butternut Squash-Northwood MS

Baked Oatmeal-Northwood High

Scrambled Eggs w/toast-Northwood High

Omelet with Toast-Northwood High

Blueberry Yogurt Parfaits-Northwood High

Assorted Muffin-Northwood High

Egg Cheese Burrito-Northwood High

Bacon Egg Cheese Biscuit-Northwood High

Blueberry Smoothie-Northwood High

Strawberry Smoothie-Northwood High

Taco Pizza-Northwood High

Philly Beef & Cheese-Northwood High

Broccoli-Northwood High

Vegetable Dip-Northwood High

Spaghetti w/ Meatballs-Northwood High

Ham & Cheese Sandwich-Northwood High

Green Beans-Northwood High

Grilled Chicken Sandwich-Northwood High

Deluxe Sandwich Fixings-Northwood High

Roasted Carrots-Northwood High

Tomatoes with Basil-Northwood High

Sour Cream-Northwood High

Burrito Bar-Northwood High

Pork Rib Sandwich-Northwood High

Chipotle Mayo-Northwood High

New Spaghetti with Meatballs-Northwood High

Pasta Salad-Northwood High

Ham and Turkey Meat Combo Wrap Sandwich Station-Northwood High

Meatball Sub-Northwood High

Pulled Pork Sandwich-Northwood High

Black Beans w/ Rice-Northwood High

Pineapple Salsa-Northwood High

Cheeseburger-Northwood High

Smoky Mojo Slather-Northwood High

Corn-Northwood High

Bean Dip-Northwood High

Ham & Cheese Wrap-Northwood High

Roasted Squash-Northwood High

Ravioli-Northwood High

Tenderloin Sandwich-Northwood High

Spicy Chicken Sandwich-Northwood High

Panther Burger-Northwood High

Grilled Onions-Northwood High

Peas-Northwood High

Spinach Salad-Northwood High

Baked Beans-Northwood High

Broccoli & Cheese-Northwood High

Sloppy Joe Sandwich-Northwood High

Chicken Filet Sandwich-Northwood High

Lasagna Roll-Ups-Northwood High

Fish Sandwich-Northwood High

Toasted Cheese Sandwich-Northwood High

Cold Turkey Sandwich-Northwood High

Cold Sub-Northwood High

Tomato Soup-Northwood High

Chicken Noodle Soup-Northwood High

Homemade Croutons-Northwood High

Chef Salad Base-Northwood High

Variety of Dressings-Northwood High

Apple Crisp (Nappanee)

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

Ingredients

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

Preparation Instructions

CINNAMON/SUGAR MIXTURE:

1/2 cup Cinnamon

1 1/2 lb. flour

3 1/2# white sugar

Crumb Mixture:

3# Margarine

4# flour

3# Quick Oats

5 3/4# Brown sugar

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

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.52
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 240.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	206.29		
Fat	5.04g		
SaturatedFat	2.23g		
Trans Fat	0.05g		
Cholesterol	0.00mg		
Sodium	44.13mg		
Carbohydrates	41.12g		
Fiber	2.16g		
Sugar	26.94g		
Protein	2.06g		
Vitamin A	198.80IU	Vitamin C	0.00mg
Calcium	3.21mg	Iron	0.70mg

Baked Apples (Nappanee)

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

Ingredients

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

Preparation Instructions

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

2-#10 Cans Sliced/Dcd. Apples

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

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

¾ C. Brown Sugar your 7 pans.

1 C. White Sugar

Serving ½ C. or #8 scoop

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.05
Fruit	0.63
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Calcium 0.42mg **Iron** 0.06mg

Blueberry Cobbler (Nappanee)

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

Ingredients

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

Preparation Instructions

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

BATTER: 10 ¼ # White Sugar 7 ¾ # Flour

½ C. Baking Powder 11 1/3 C. FF Milk

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

Bake @300* for 40 minutes.

288 - #8 Servings.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.45
Fruit	0.20
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 177.33

Fat 5.95g

SaturatedFat 2.29g

Trans Fat 0.00g

Cholesterol 0.02mg

Sodium 104.45mg

Carbohydrates 30.64g

Fiber 1.66g

Sugar 20.49g

Protein 1.63g

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

Calcium 4.23mg **Iron** 0.52mg

Blueberry Yogurt Dessert (Nappanee)

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

Ingredients

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

Preparation Instructions

Stir whipped topping, yogurt and blueberries together.

Approx. 300 servings with a #8 dipper.

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Cheesy Potato Soup

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

Ingredients

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

Preparation Instructions

IN FLOOR SOUP KETTLE:

12 gallons milk 2 TBSP garlic Powder

2 TBSP white pepper 2 cups dried onion

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

All 6oz spoodle

SLE Components

Amount Per Serving

Meat	1.12
Grain	0.22
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 340.00
Serving Size: 0.75 Cup

Amount Per Serving

Calories	172.81
Fat	7.42g
SaturatedFat	4.10g
Trans Fat	0.06g
Cholesterol	21.36mg
Sodium	394.39mg
Carbohydrates	15.46g
Fiber	0.83g
Sugar	6.77g
Protein	10.56g

Vitamin A	422.26IU	Vitamin C	1.02mg
Calcium	133.47mg	Iron	0.40mg

Cheesy Potatoes w/ Diced Ham

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

Ingredients

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

Preparation Instructions

In each of 7 pans mix:

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

4 cups sour cream

8 cups shredded cheddar cheese

1# melted margarine

3 # diced ham

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

USE 3 OVENS- 3 PANS PER OVEN.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 325.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	252.48
Fat	16.06g
SaturatedFat	9.15g
Trans Fat	0.00g
Cholesterol	43.01mg
Sodium	334.92mg
Carbohydrates	14.81g
Fiber	1.38g

Sugar			2.24g
Protein			11.14g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.52mg	Iron	0.50mg

Chicken Fajitas

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

Ingredients

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

Preparation Instructions

In each of 4-4B Pans:

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

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

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

Fold in half and layer in a pan as follows:

- 1/2 sheet parchment paper

-25 fajitas

-1/2 sheet parchment paper

-25 fajitas

-1/2 sheet parchment paper

-Cover with plastic wrap and put in warmer.

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

SLE Components

Amount Per Serving

Meat	1.58
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	239.72
Fat	10.59g
SaturatedFat	4.71g
Trans Fat	0.07g
Cholesterol	62.08mg
Sodium	357.53mg
Carbohydrates	20.83g

Fiber	2.00g		
Sugar	1.00g		
Protein	17.39g		
Vitamin A	42.88IU	Vitamin C	0.00mg
Calcium	77.81mg	Iron	1.10mg

Chili Soup

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

Ingredients

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

Preparation Instructions

Makes 64 Qts.-serves 341 6 oz. servings

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

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

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 341.00
Serving Size: 0.75 Cup

Amount Per Serving

Calories	152.34		
Fat	5.51g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	22.52mg		
Sodium	775.92mg		
Carbohydrates	13.22g		
Fiber	2.79g		
Sugar	6.04g		
Protein	12.42g		
Vitamin A	75.07IU	Vitamin C	0.00mg
Calcium	20.47mg	Iron	1.71mg

Creamed Chicken

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

Ingredients

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

Preparation Instructions

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

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

SLE Components

Amount Per Serving

Meat	0.89
Grain	0.19
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 325.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	163.83
Fat	9.21g
SaturatedFat	3.78g
Trans Fat	0.00g
Cholesterol	30.28mg
Sodium	274.73mg
Carbohydrates	7.84g
Fiber	0.37g
Sugar	3.54g
Protein	11.02g

Vitamin A	148.59IU	Vitamin C	0.71mg
Calcium	93.96mg	Iron	0.67mg

Magic Peach Cobbler

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

Ingredients

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

Preparation Instructions

DRAIN PEACHES FIRST-Reserve 12 cups peach juice,

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

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

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

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.59
Fruit	0.46
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 336.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Calcium 5.53mg **Iron** 1.02mg

Nacho Dip

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

Ingredients

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

Preparation Instructions

In each of 4-4B Pans:

1.5 bags taco meat

1/2, #10 can refried beans

1/2, #10 can salsa

2 quart cheese sauce

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

Serve with #10 dipper.

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.38 Cup

Amount Per Serving

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

Nachos

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	2.25
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 340.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Orange Chicken

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

Ingredients

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

Preparation Instructions

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

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

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 325.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Peach Crisp

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

Ingredients

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

Preparation Instructions

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

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

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

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

Drain peaches well

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.49
Fruit	0.58
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 224.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	201.03
Fat	4.88g
SaturatedFat	1.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	49.17mg
Carbohydrates	40.28g
Fiber	2.40g
Sugar	28.20g
Protein	1.94g

Vitamin A	346.43IU	Vitamin C	4.16mg
Calcium	3.07mg	Iron	1.08mg

Pizza Burgers

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

Ingredients

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

Preparation Instructions

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

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

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

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 2.00 halves

Amount Per Serving

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

Soft Tacos

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

Ingredients

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

Preparation Instructions

In each of 3-4B pans:

3 bags of taco meat

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

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

NOTE: Stack shells in to 4-B pans.

These are prepared on the serving line.

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

SLE Components

Amount Per Serving

Meat	1.75
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 330.00

Serving Size: 1.00 Each

Amount Per Serving

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

Spaghetti with Meat Sauce

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

Ingredients

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

Preparation Instructions

IN EACH OF 9-4B PANS:

2-5# Bags Spaghetti Sauce w/beef

1 lb. Beef Crumbles

1 tsp. Salt

1 1/2 tsp. Garlic Powder

1 tsp. Black Pepper

4 T. Italian Pizza Seasoning

Stir this together then add:

4 lbs. WG Spaghetti Noodles on top.

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

Serve with #6 scoop. 42 servings per pan.

SLE Components

Amount Per Serving

Meat	1.50
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00

Legumes	0.00
Starch	0.00

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

Strawberry Yogurt Dessert

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

Ingredients

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

Preparation Instructions

Drain the Strawberries-(approx. 12 ½#)

MIX IN 5 BATCHES:

2 ½ -16oz whipped Topping Tubs

1-5# Strawberry Yogurt

2.5# thawed/drained strawberries

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

ONLY COUNTS AS A DESSERT-NOT FRUIT

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 294.00

Serving Size: 0.38 Cup

Amount Per Serving

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

Tomato Soup

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

Ingredients

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

Preparation Instructions

57 QTS-per 304 - 6 oz servings

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.75 Cup

Amount Per Serving

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

Calcium 81.30mg **Iron** 0.55mg

Baked Apples

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

Ingredients

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

Preparation Instructions

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

Bake at 350* for approx.. 45 min.

Serves 35--1/2C. servings.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.06
Fruit	0.74
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 0.50 Cup

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

Chicken & Noodle Soup

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	1.25
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.06
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 325.00

Serving Size: 0.75 Cup

Amount Per Serving

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

Calcium 10.95mg **Iron** 0.93mg

Blueberry or Strawberry Yogurt Dessert- HS

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	0.50
Grain	0.00
Fruit	0.13
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 5.00 Fluid Ounce

Amount Per Serving

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

Chocolate Chip Cookie

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

Ingredients

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

Preparation Instructions

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

Counts as 0.75 oz. whole grain dessert grain

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.51
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 375.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.75
Fat	9.50g
SaturatedFat	3.98g
Trans Fat	0.04g
Cholesterol	21.43mg
Sodium	106.26mg
Carbohydrates	25.40g

Fiber	1.26g		
Sugar	14.64g		
Protein	2.72g		
Vitamin A	148.44IU	Vitamin C	0.00mg
Calcium	7.91mg	Iron	0.96mg

Broccoli (Nappanee)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Carrots (Nappanee)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Corn (Nappanee)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving

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

California Blend (Nappanee)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Mixed Vegetables (Nappanee)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Peas (Nappanee)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Green Beans (Nappanee)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

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

French Fries (Nappanee)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Tater Tots (Nappanee)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Hashbrown Patties (Nappanee)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Each

Amount Per Serving

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

Sweet Potato Fries (Nappanee)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Sweet Potato Crispy Cubes (Nappanee)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.53
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Commodity Macaroni & Cheese

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

Ingredients

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

Preparation Instructions

IN EACH OF 3-4B PANS:

3 Bags of macaroni & cheese

3 cartons F.F. White Milk

IN EACH OF 2-4B PANS:

2 Bags of Macaroni & Cheese

2 Carotns of F.F. White Milk

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

Use #10 scoop for all.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 303.00

Serving Size: 3.00 Cup

Amount Per Serving

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

Sloppy Joe Sandwich

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

Ingredients

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

Preparation Instructions

IN EACH OF 3-4B PANS:

2 Bags Sloppy Jo Mix

1 Bag Beef Crumbles

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

SLE Components

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.06
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving

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

Traveling Taco

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

Ingredients

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

Preparation Instructions

Per 4-4B PANS:

3- 5 lbs. bags taco meat

Divide extra bag between pans

Bake at 350 degrees to 160 degrees.

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

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

Put 2 bags in a crock pot for teachers.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 324.00

Serving Size: 1.00 Each

Amount Per Serving

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

Brown Rice

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

Ingredients

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

Preparation Instructions

Each of 5-4B Pans:

3 lbs. brown rice

3.5 quarts boiling water

2.5 T. salt

1/2 cup margarine

Bake at 350 degrees for 35 minutes, covered.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.14
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.50 Cup

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

Mashed Potatoes (Nappanee)

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

Ingredients

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

Preparation Instructions

Use 6-4B PANS:

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

Serve with #8 dipper for all

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 0.50 Cup

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

Baked Beans (Nappanee)

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

Ingredients

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

Preparation Instructions

IN EACH OF 3-4B Pans:

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

2 cups ketchup

1/2 cup dry onion

2.5 cups brown sugar

2 Tbsp. Dry Mustard

1 Tbsp. Worcestershire Sauce

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 270.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	108.00
Fat	0.73g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	122.41mg
Carbohydrates	21.54g
Fiber	3.66g

Sugar	10.41g		
Protein	5.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.42mg	Iron	0.01mg

Refried Beans (Nappanee)

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

Ingredients

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

Preparation Instructions

IN EACH OF 2-4B Pans Put:

1 gallon boiling water

2 bags of beans

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

Allow to sit for approximately 25 minutes before serving.

Stir before serving.

Serving Size- #8 scoop

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 112.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Grilled Cheese Sandwich

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

Ingredients

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

Preparation Instructions

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

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving

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

Choice of Cereal

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	106.36
Fat	1.36g
SaturatedFat	0.14g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	135.45mg
Carbohydrates	23.18g
Fiber	2.00g

Sugar			6.45g
Protein			2.00g
Vitamin A	345.45IU	Vitamin C	4.15mg
Calcium	84.55mg	Iron	5.89mg

Choice of 100% Juice

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.43
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

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

Choice of Yogurt

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

Choice of Muffin

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

Egg & Cheese Biscuit

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Egg, Sausage & Cheese Biscuit

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Egg, Bacon & Cheese Biscuit

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Hamburger Boats

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

Ingredients

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

Preparation Instructions

IN EACH OF 3-4B PANS:

5 2/3# Beef Crumbles

1 1/3 - #5 Can Mushroom Soup

1/3 C. Worcestershire Sauce

1/3 C. Dried Onion

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

Approx. 105 servings per pan

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	204.98
Fat	7.84g
SaturatedFat	3.62g
Trans Fat	0.00g
Cholesterol	23.51mg
Sodium	508.50mg
Carbohydrates	22.82g
Fiber	2.20g
Sugar	2.61g

Protein	11.73g		
Vitamin A	34.54IU	Vitamin C	0.00mg
Calcium	11.15mg	Iron	10.63mg

Chicken & Noodles

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

Ingredients

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

Preparation Instructions

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

Serving Size: #8

Approx. 46 qt.

SLE Components

Amount Per Serving

Meat	1.25
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 340.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Yogurt Breakfast Parfait

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

Ingredients

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

Preparation Instructions

40-Yogurt Breakfast Parfaits

5-32oz Vanilla yogurt gfs#541966

5 cups Granola gfs#818961

Frozen Dcd. Strawberries gfs#620420 or

Frozen Blueberries - commodity

Totals:

Per Serving:

LAYER IN 7 OZ PLASTIC CUPS:

#16 dipper of Vanilla Yogurt

#30 dipper granola

#24 dipper fruit

SLE Components

Amount Per Serving

Meat	0.50
Grain	0.50
Fruit	0.16
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	109.78
Fat	2.19g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	3.75mg
Sodium	45.36mg
Carbohydrates	19.44g
Fiber	1.21g
Sugar	11.89g
Protein	3.73g

Vitamin A	25.00IU	Vitamin C	0.00mg
Calcium	91.60mg	Iron	0.59mg

Broccoli (Woodview)

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

Ingredients

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

Preparation Instructions

Put in 1-4B pan and heat in Steamer

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.87
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Cooked Carrots (Woodview)

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

Ingredients

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

Preparation Instructions

Put in 1-4B pan and heat in Steamer

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Creamed Turkey (Woodview)

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 332.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Mixed Vegetables (Woodview)

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

Ingredients

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

Preparation Instructions

Put in 1-4B pan and heat in Steamer

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Egg & Sausage Biscuit (Woodview)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Nachos (Woodview)

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

Ingredients

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

Preparation Instructions

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

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

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.09
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Refried Beans (Woodview)

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	1.40
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.57
Legumes	0.76
Starch	0.00

Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	153.03		
Fat	2.06g		
SaturatedFat	1.19g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	323.50mg		
Carbohydrates	23.34g		
Fiber	6.61g		
Sugar	0.57g		
Protein	9.51g		
Vitamin A	0.26IU	Vitamin C	0.37mg
Calcium	20.92mg	Iron	0.90mg

Breakfast Casserole

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

Ingredients

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

Preparation Instructions

EACH 2B PAN:

18 eggs

2# diced ham

4 cups milk

2 cups shredded cheese

2 tsp mustard

18 slices bread-cubed

Combine all ingredients

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

SLE Components

Amount Per Serving

Meat	1.07
Grain	0.56
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 168.80

Fat 7.48g

SaturatedFat 3.26g

Trans Fat 0.00g

Cholesterol 208.31mg

Sodium 351.90mg

Carbohydrates 11.62g

Fiber 1.13g

Sugar 2.68g

Protein 13.23g

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

Calcium 21.84mg **Iron** 4.10mg

Chicken & Noodles (Woodview)

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

Ingredients

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

Preparation Instructions

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

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

approx.44QT.

ALL- 6 oz. scoop

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 233.00

Serving Size: 0.75 Cup

Amount Per Serving

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

Calcium 9.71mg **Iron** 0.91mg

Chili Soup (Woodview)

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

Ingredients

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

Preparation Instructions

Makes Approx. 46QT=245-6oz servings

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

SLE Components

Amount Per Serving

Meat	1.04
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.55
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 245.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	125.64
Fat	3.72g
SaturatedFat	1.57g
Trans Fat	0.00g
Cholesterol	15.67mg
Sodium	660.34mg
Carbohydrates	13.23g

Fiber		2.73g	
Sugar		4.58g	
Protein		9.69g	
Vitamin A	52.24IU	Vitamin C	0.00mg
Calcium	24.09mg	Iron	2.23mg

Green Beans (Woodview)

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

Ingredients

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

Preparation Instructions

Put in 1-4B pan and heat in Steamer

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Corn (Woodview)

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

Ingredients

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

Preparation Instructions

Put in 1-4B pan and heat in Steamer

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Grilled Cheese Sandwich (Woodview)

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

Ingredients

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

Preparation Instructions

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

Bake @ 400 till bread is toasted.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 1.00 Each

Amount Per Serving

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

Baked Beans (Woodview)

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

Ingredients

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

Preparation Instructions

IN EACH OF 4 - 4B PANS:

2-#10 cans Veg. beans

2 cups ketchup

1 cup dcd onions

2 TBSP mustard

1 cup brown sugar

3/4 cup molasses

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

SLE Components

Amount Per Serving

Meat	2.05
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	1.02
Legumes	1.02
Starch	0.00

Nutrition Facts

Servings Per Recipe: 219.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	153.92
Fat	1.03g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	241.58mg
Carbohydrates	31.04g

Fiber	5.22g		
Sugar	14.32g		
Protein	7.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.14mg	Iron	0.26mg

Cheeseburger on Bun (Woodview)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.25
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Baked Oatmeal (Woodview)

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

Ingredients

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

Preparation Instructions

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

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	246.87
Fat	10.14g
SaturatedFat	5.46g
Trans Fat	0.00g
Cholesterol	77.05mg
Sodium	369.40mg
Carbohydrates	35.95g
Fiber	2.36g
Sugar	20.87g

Protein	4.82g		
Vitamin A	0.83IU	Vitamin C	0.17mg
Calcium	34.29mg	Iron	1.12mg

Sub Sandwich (Woodview)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.25
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Meatball Sub

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

Ingredients

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

Preparation Instructions

In each of 5-4B Pans:

2-5# Bags Meatballs

½ #10 can Spaghetti Sauce

Last pan will only have 1 bag

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

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 324.00

Serving Size: 1.00 Each

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

Cheeseburger on Bun Alternate (Woodview)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Grapes

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

Ingredients

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

Preparation Instructions

*Wash *Destem *Put in 4B pans.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 375.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Beef Burrito (Nappanee)

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

Ingredients

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

Preparation Instructions

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

2-5# bags Beef Crumbles

½ C. Burrito Seasoning

2 ½ C. Water

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

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

SLE Components

Amount Per Serving

Meat	1.93
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.08

Starch

0.00

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Each

Amount Per Serving

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

Bulldog Burger (Nappanee)

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

Ingredients

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

Preparation Instructions

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

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

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

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

BBQ Pulled Pork Sandwich (Nappanee)

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

Ingredients

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

Preparation Instructions

IN EACH 4B PAN PLACE:

2 5lb. containers of pulled pork

Bake at 350* until temperature reaches 160*

Put hamburger buns in 4B Pans.

Assemble on serving line.

2 oz. pulled pork per sandwich

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	286.40		
Fat	8.88g		
SaturatedFat	2.24g		
Trans Fat	0.00g		
Cholesterol	39.47mg		
Sodium	569.20mg		
Carbohydrates	6.40g		
Fiber	2.11g		
Sugar	4.00g		
Protein	15.55g		
Vitamin A	134.08IU	Vitamin C	2.19mg
Calcium	0.00mg	Iron	0.69mg

Cheeseburger Sandwich (Nappanee)

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

Ingredients

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

Preparation Instructions

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

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

300 servings 1 each

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving

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

Chicken Bacon Swiss Sandwich (Nappanee)

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

Ingredients

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

Preparation Instructions

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

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

To assemble sandwiches:

Place 1 chicken pattie

1 slice bacon round

1 slice swiss cheese on a bun.

Wrap in bags.

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

300 servings 1 each

SLE Components

Amount Per Serving

Meat	2.44
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	475.00
Fat	21.35g
SaturatedFat	5.55g
Trans Fat	0.02g
Cholesterol	40.00mg
Sodium	985.30mg
Carbohydrates	16.00g
Fiber	5.00g
Sugar	5.50g
Protein	24.65g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	108.50mg	Iron	2.09mg

Chicken Sandwich (Nappanee)

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

Ingredients

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

Preparation Instructions

Place chicken patties on paper lined cookie sheets.

Bake @350* approx. 8-10 minutes.

Layer chicken patties upright in 4B pans.

Place hamburger buns in 4B pans.

Assemble on serving line.

300 servings 1 each

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

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

Cold Ham Sandwich (Nappanee)

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

Ingredients

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

Preparation Instructions

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

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

300 servings 1 each

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving

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

Grilled Ham & Cheese Sandwich

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

Ingredients

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

Preparation Instructions

Per Sandwich:

1.5 oz (3 slices) Shaved Ham

1 slice (.5 oz) Cheese

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

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

SLE Components

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving

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

Hamburger Sandwich (Nappanee)

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

Ingredients

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

Preparation Instructions

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

Assemble sandwiches on serving line.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

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

Hotdog Sandwich (Nappanee)

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

Ingredients

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

Preparation Instructions

4-4B Pans:

Put @ 80 hotdogs in each 4B pan

Place in steamer for 20 - 30 minutes.

Temp at 160*

280 servings

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 280.00

Serving Size: 1.00 Each

Amount Per Serving

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

Beef Burrito (homemade seasoning) (Nappanee)

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

Ingredients

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

Preparation Instructions

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

2-5# bags Beef Crumbles

½ C. Burrito Seasoning

2 ½ C. Water

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

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

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

SLE Components

Amount Per Serving

Meat	1.93
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.08
Starch	0.00

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Each

Amount Per Serving

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

Pantherburger-Northwood MS

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

Ingredients

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

Preparation Instructions

Prepare hamburger:

Use paper liners- 24 per tray

Bake @ 325 degrees for approximately 16 minutes

Prepare Bacon:

Several sheets in microwave for 30 seconds.

Put together and wrap:

Bacon- 1 slice

Mozzarella Cheese- 1 slice

Burger- 1 ea.

Bun- 1 ea.

SLE Components

Amount Per Serving

Meat	3.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	465.00
Fat	23.85g
SaturatedFat	10.55g
Trans Fat	0.02g
Cholesterol	75.00mg
Sodium	555.30mg
Carbohydrates	0.00g
Fiber	2.00g
Sugar	4.00g
Protein	31.15g

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	1.89mg

Baked Beans-Northwood MS

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

Ingredients

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

Preparation Instructions

Crush dry onions in baggie with rolling pin.

Combine all ingredients.

Put in 1-4B pan.

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

Yield: 9qt. per 4B pan.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

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

Ravioli-Northwood MS

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

Ingredients

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

Preparation Instructions

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

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

Serving size is 3 ravioli, 21 servings per pan.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 3.00 Each

Amount Per Serving	
Calories	246.08
Fat	6.71g
SaturatedFat	2.52g
Trans Fat	0.00g
Cholesterol	25.21mg
Sodium	737.15mg
Carbohydrates	31.00g
Fiber	4.21g
Sugar	6.37g
Protein	17.32g
Vitamin A 624.00IU	Vitamin C 12.58mg
Calcium 219.23mg	Iron 1.14mg

Hot Dog on Bun-Northwood MS

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Rice-Northwood MS

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

Ingredients

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

Preparation Instructions

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

Serve rice with #8 dipper.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

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

Fish Sandwich-Northwood

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

Ingredients

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

Preparation Instructions

Pan 28.

Bake at 400 degrees for 12-15 minutes.

Use bottom oven to keep fish warm while making sandwiches

SLE Components

Amount Per Serving

Meat	1.50
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Green Beans-Northwood

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Taco Meat-Northwood

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

Ingredients

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

Preparation Instructions

Pull out taco meat 2 days ahead of time.

Combine ingredients and put in steamer with lid for 30 minutes

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

SLE Components

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.13
Starch	0.00

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.33 Cup

Amount Per Serving

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

Taco Bar Fixings-Northwood

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

Ingredients

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

Preparation Instructions

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

6" Tortilla 2 ea.

Lettuce 1/4 cup

Tomatoes 1/8 cup

Cheese 1/8 cup

Black olives 1 Tbsp.

Sour Cream 1 ea.

Taco Sauce 1 ea.

SLE Components

Amount Per Serving

Meat	0.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	355.61
Fat	13.64g
SaturatedFat	7.56g
Trans Fat	0.00g
Cholesterol	27.80mg
Sodium	580.57mg
Carbohydrates	36.45g

Fiber	5.29g		
Sugar	5.17g		
Protein	8.85g		
Vitamin A	341.20IU	Vitamin C	3.81mg
Calcium	196.22mg	Iron	2.04mg

Ham Sub-Northwood

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Corn-Northwood

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

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

BBQ Chicken Sandwich on Bun-Northwood

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

Ingredients

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

Preparation Instructions

Thaw diced chicken 1 day ahead.

7 lbs. per 4-B

4 cups Sweet Baby Rays per 4-B

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

Use #12 dipper

Yield: 50 sandwiches per 4-B pan

SLE Components

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

Broccoli w/ Cheese-Northwood

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

Ingredients

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

Preparation Instructions

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

Don't drain, stir in cheese.

SLE Components

Amount Per Serving

Meat	0.61
Grain	0.00
Fruit	0.00
GreenVeg	0.43
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

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

Cheeseburger-Northwood

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

Ingredients

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

Preparation Instructions

Put on lined cookie sheets.

24 per pan.

Bake at 325 for 13 minutes.

Put in hamburger buns and wrap.

SLE Components

Amount Per Serving

Meat	3.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Peas-Northwood

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Rosy Applesauce-Northwood

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Pizza Casserole-Northwood

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

Ingredients

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

Preparation Instructions

Thaw beef and pepperoni in cooler.

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

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

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

Frozen pan needs at least 3 days to thaw.

SLE Components

Amount Per Serving

Meat	1.25
Grain	0.50
Fruit	0.00
GreenVeg	0.00

RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 48.00			
Serving Size: 0.67 Cup			
Amount Per Serving			
Calories	222.34		
Fat	7.28g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	24.15mg		
Sodium	792.08mg		
Carbohydrates	23.16g		
Fiber	3.72g		
Sugar	6.09g		
Protein	11.24g		
Vitamin A	475.51IU	Vitamin C	6.47mg
Calcium	16.54mg	Iron	2.35mg

Chicken Patty Sandwich-Northwood

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Eah

Amount Per Serving

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

Steamed Broccoli-Northwood

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.72
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Pork Tenderlion Sandwich-Northwood

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Taco Salad Meat-Northwood

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

Ingredients

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

Preparation Instructions

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

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

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 2.67 Tablespoon

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

Taco Salad (Cold Items)-Northwood

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

Ingredients

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

Preparation Instructions

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

Divide cheese in 3 containers.

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

Break chips in bags and divide in 3 containers.

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

Serve with #6 disher.

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

SLE Components

Amount Per Serving

Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 436.00

Serving Size: 0.67 Cup

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

Calcium 15.98mg **Iron** 0.39mg

Cold Ham & Cheese-Northwood

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Polish Sausage on Bun-Northwood

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Pulled BBQ Pork Sandwich-Northwood

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

Ingredients

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

Preparation Instructions

IN EACH 4B PAN PLACE:

2 5lb. containers of pulled pork

Bake at 350* until temperature reaches 160*

Put hamburger buns in 4B Pans.

Assemble on serving line.

Use disher #12 (3.63 oz weight)

SLE Components

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Cheese Lasagna Rollups-Northwood MS

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

Ingredients

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

Preparation Instructions

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

Cover bottom of pan with 3 cups of sauce.

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

Bake 1 hour and 30 minutes at 250 degrees.

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

Reheat- combi at 300 for 45 minutes.

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

SLE Components

Amount Per Serving

Meat	3.25
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Each

Amount Per Serving

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

Country Steak Sandwich-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Meatball Sub-Northwood MS

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

Ingredients

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

Preparation Instructions

10 lbs. meatballs per 4B pan.

6 cups spaghetti sauce per pan.

Use hot dog buns, 4 meatballs per sandwich.

Top with 2 Tbsp. mozzarella cheese.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.23		
Fat	15.26g		
SaturatedFat	6.19g		
Trans Fat	0.59g		
Cholesterol	49.62mg		
Sodium	678.69mg		
Carbohydrates	36.35g		
Fiber	4.61g		
Sugar	6.95g		
Protein	22.35g		
Vitamin A	6.88IU	Vitamin C	0.98mg
Calcium	47.55mg	Iron	12.19mg

Buttered Carrots-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Jello w/ Fruit-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 3.25 Tablespoon

Amount Per Serving

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

Spicy Chicken Patty Sandwich-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Chicken Wrap Bar-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.50
Grain	1.50
Fruit	0.00
GreenVeg	0.13
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	627.14
Fat	32.75g
SaturatedFat	10.97g
Trans Fat	0.00g
Cholesterol	68.93mg
Sodium	954.10mg
Carbohydrates	49.59g
Fiber	7.65g
Sugar	5.07g

Protein	29.84g		
Vitamin A	2089.27IU	Vitamin C	5.64mg
Calcium	184.68mg	Iron	4.40mg

Hot Dog Bar-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Hot Turkey Sandwich-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Philly Beef w/ Cheese-Northwood MS

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

Ingredients

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

Preparation Instructions

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

Cheese Cup 2.66 Tbsp. (#24 scoop)

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

Grilled Chicken Sandwich-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Spaghetti-Northwood MS

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.80 Cup

Amount Per Serving

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

Turkey Burger-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Chicken Fajita Bar-Northwood MS

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

Ingredients

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

Preparation Instructions

Chicken Fajita-#24 dishers (2.35 oz weight)

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Creamy Turkey Sandwich-Northwood MS

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

Ingredients

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

Preparation Instructions

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

41 sandwiches per pan.

SLE Components

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	252.51		
Fat	2.13g		
SaturatedFat	0.72g		
Trans Fat	0.00g		
Cholesterol	33.87mg		
Sodium	385.27mg		
Carbohydrates	3.46g		
Fiber	0.35g		
Sugar	0.17g		
Protein	16.87g		
Vitamin A	34.64IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Fiesta Refried Beans-Northwood MS

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

Ingredients

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

Preparation Instructions

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

1/2 cup = 1/4 cup legumes

1, #10 can corn does 6 pans.

1 can green chilis= 3 cups.

Approximately 4 lb. of cheese for 6 pans.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	310.96
Fat	5.99g
SaturatedFat	3.24g
Trans Fat	0.00g
Cholesterol	12.82mg
Sodium	1040.51mg
Carbohydrates	45.96g
Fiber	14.30g

Sugar			1.85g
Protein			16.33g
Vitamin A	0.94IU	Vitamin C	1.33mg
Calcium	82.70mg	Iron	3.41mg

Pulled Pork Sandwich-Northwood MS

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

Ingredients

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

Preparation Instructions

Heat roast in steamer for 20 minutes to 140 degrees.

Drain most liquid.

Shred.

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 1.00 Each

Amount Per Serving

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

Creamed Turkey-Northwood MS

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

Ingredients

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

Preparation Instructions

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

Cook and shred turkey.

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

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

Steam with lid off to 165.

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

Serve with #10 disher over biscuit.

5 qt. per pan.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 0.38 Cup

Amount Per Serving

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

Calcium 0.00mg **Iron** 0.00mg

Sloppy Joe-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Hamburger-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Hot Ham & Cheese-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Turkey Bacon Ranch Wrap-Northwood MS

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

Ingredients

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

Preparation Instructions

1 wrap:

3 slices turkey

1 slice cheese

1 piece bacon

1/2 oz. weight lettuce

#30 dipper ranch dressing

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

SLE Components

Amount Per Serving

Meat	2.06
Grain	1.25
Fruit	0.00
GreenVeg	0.15
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 225.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	314.33
Fat	14.82g
SaturatedFat	5.76g
Trans Fat	0.00g
Cholesterol	58.80mg
Sodium	871.08mg
Carbohydrates	21.25g

Fiber	2.30g		
Sugar	2.87g		
Protein	25.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.10mg	Iron	1.19mg

Turkey Sub-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

BBQ Rib-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Lima Beans-Northwood MS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Hamburger Boat-Northwood MS

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

Ingredients

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

Preparation Instructions

Split into 2 pans.

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

Put in steamer w/ lid for 20 minutes.

Use #12 disher and put in hot dog buns.

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

SLE Components

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 86.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	287.70
Fat	11.37g
SaturatedFat	4.82g
Trans Fat	0.00g
Cholesterol	35.65mg
Sodium	850.34mg
Carbohydrates	30.78g
Fiber	3.34g
Sugar	4.67g
Protein	19.01g

Vitamin A	74.42IU	Vitamin C	0.00mg
Calcium	21.08mg	Iron	11.34mg

Black Beans-Northwood MS

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Chili-Northwood MS

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

Ingredients

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

Preparation Instructions

Allow 3 days to thaw in refrigerator.

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

Serve with #5 disher.

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

SLE Components

Amount Per Serving

Meat	3.77
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.72
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 1.25 Cup

Amount Per Serving

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

Baked Apples-Northwood MS

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

Ingredients

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

Preparation Instructions

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

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

Use sugar on top and juice of can or bucket.

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

oz. dipper.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

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

Calcium 0.32mg **Iron** 0.09mg

Nacho Bean Dip-Northwood MS

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

Ingredients

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

Preparation Instructions

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

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

Serve with bag of tortilla chips.

SLE Components

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.13
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Roasted Butternut Squash-Northwood MS

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

Ingredients

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

Preparation Instructions

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

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

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

Baked Oatmeal-Northwood High

Servings:	48.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19530

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Cup	299405
SUGAR BEET GRANUL 25 GFS	3 Cup	108588
EGG SHL LRG A GRD 6-30CT GCHC	8 Each	206539
MILK PWD INST FF 50 MMPA	4 Cup	113336
SALT IODIZED 25 CARG	2 Teaspoon	108286
BAKING POWDER 6-5 CLABBER GIRL	4 Tablespoon	361032
OATS QUICK HOT CEREAL 12-42Z GCHC	12 Cup	240869
SUGAR BROWN MED 25 GFS	1/2 Cup	108626
SPICE CINNAMON GRND 5 TRDE	2 Teaspoon	224731
FLAVORING VANILLA IMIT 1-1GAL KE	2 Teaspoon	110744

Preparation Instructions

Mix all ingredients together day before serving. Put into greased 2-B pan. Refrigerate over night. Bake at 325 for 25 minutes or till done thru. Serve warm with milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	242.22
Fat	9.52g
SaturatedFat	5.22g
Trans Fat	0.00g
Cholesterol	57.00mg
Sodium	288.24mg
Carbohydrates	33.34g
Fiber	2.00g

Sugar	19.34g
Protein	7.15g
Vitamin A 2.20IU	Vitamin C 0.68mg
Calcium 167.71mg	Iron 1.08mg

Scrambled Eggs w/toast-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19531

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	6 Ounce	584584
380 - Aunt Millie's WG Honey White Bread	1 Each	380

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	301.91		
Fat	13.11g		
SaturatedFat	3.03g		
Trans Fat	0.00g		
Cholesterol	378.41mg		
Sodium	826.00mg		
Carbohydrates	20.03g		
Fiber	2.00g		
Sugar	6.03g		
Protein	21.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	117.04mg	Iron	9.03mg

Omelet with Toast-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19532

Ingredients

Description	Measurement	DistPart #
EGG OMELET CHS CHED 65-3.5Z GFS	1 Each	462489
380 - Aunt Millie's WG Honey White Bread	1 Each	380

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	15.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	260.00mg		
Sodium	720.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	143.00mg	Iron	7.00mg

Blueberry Yogurt Parfaits-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19538

Ingredients

Description	Measurement	DistPart #
YOGURT PLN L/F SWTND 4-5 P/L	6 Ounce	266396
BLUEBERRY IQF 4-5 GFS	1/2 Cup	166720
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/2 Cup	711664

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	334.17		
Fat	8.38g		
SaturatedFat	1.79g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	239.17mg		
Carbohydrates	55.58g		
Fiber	4.00g		
Sugar	34.00g		
Protein	9.42g		
Vitamin A	0.00IU	Vitamin C	1.80mg
Calcium	225.00mg	Iron	0.72mg

Assorted Muffin-Northwood High

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19539

Ingredients

Description	Measurement	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z CP	2 Each	262362
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	2 Each	273442
MUFFIN CHOCOLATE CHIP IW 96-2Z	2 Each	273681

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	353.33		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.07g		
Cholesterol	33.33mg		
Sodium	203.33mg		
Carbohydrates	57.33g		
Fiber	2.00g		
Sugar	30.00g		
Protein	5.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.84mg	Iron	1.87mg

Egg Cheese Burrito-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19541

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	4 Ounce	584584
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon	100012
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each	882690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	366.27		
Fat	16.07g		
SaturatedFat	7.02g		
Trans Fat	0.00g		
Cholesterol	262.27mg		
Sodium	594.00mg		
Carbohydrates	32.52g		
Fiber	4.00g		
Sugar	4.02g		
Protein	19.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	116.69mg	Iron	3.46mg

Bacon Egg Cheese Biscuit-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19544

Ingredients

Description	Measurement	DistPart #
BACON CKD FASTN EASY 3-100CT HRML	1 Each	594954
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each	462519
DOUGH BISC HNY CORN WGRAIN 168-2.75Z	1 Each	576272
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1/2 Slice	100036

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	362.05		
Fat	19.85g		
SaturatedFat	9.50g		
Trans Fat	0.00g		
Cholesterol	95.25mg		
Sodium	880.45mg		
Carbohydrates	33.50g		
Fiber	2.10g		
Sugar	5.50g		
Protein	13.90g		
Vitamin A	0.00IU	Vitamin C	0.25mg
Calcium	16.69mg	Iron	1.61mg

Blueberry Smoothie-Northwood High

Servings:	34.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19547

Ingredients

Description	Measurement	DistPart #
YOGURT PLN L/F SWTND 4-5 P/L	5 Pound	266396
BLUEBERRY IQF 4-5 GFS	5 Pound	166720
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1 Gallon	119997
BANANA TURNING SNGL 150CT 40 P/L	34 Each	197769

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.75
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	244.86		
Fat	1.61g		
SaturatedFat	0.54g		
Trans Fat	0.00g		
Cholesterol	2.94mg		
Sodium	49.99mg		
Carbohydrates	56.18g		
Fiber	5.01g		
Sugar	38.07g		
Protein	4.89g		
Vitamin A	75.52IU	Vitamin C	48.70mg
Calcium	94.06mg	Iron	0.31mg

Strawberry Smoothie-Northwood High

Servings:	34.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19549

Ingredients

Description	Measurement	DistPart #
YOGURT PLN L/F SWTND 4-5 P/L	5 Pound	266396
STRAWBERRY SLCD 4+1 6-6.5 GFS	5 Pound	293393
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1 Gallon	119997
BANANA TURNING SNGL 150CT 40 P/L	34 Each	197769

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.75
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	278.22		
Fat	1.13g		
SaturatedFat	0.54g		
Trans Fat	0.00g		
Cholesterol	2.94mg		
Sodium	49.99mg		
Carbohydrates	66.18g		
Fiber	4.05g		
Sugar	48.08g		
Protein	4.89g		
Vitamin A	75.52IU	Vitamin C	69.86mg
Calcium	94.06mg	Iron	0.65mg

Taco Pizza-Northwood High

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19553

Ingredients

Description	Measurement	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	8 Slice	575522
TACO FILLING BEEF REDC FAT 6-5 COMM	9 4/5 Ounce	722330
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Ounce	600504
TOMATO ROMA 25 MRKN	2 7/10 Ounce	462551

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	415.23
Fat	18.03g
SaturatedFat	7.73g
Trans Fat	0.11g
Cholesterol	48.53mg
Sodium	606.67mg
Carbohydrates	39.54g
Fiber	4.60g
Sugar	11.54g
Protein	26.57g
Vitamin A 755.30IU	Vitamin C 10.25mg
Calcium 464.75mg	Iron 3.12mg

Philly Beef & Cheese-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19554

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each	720861
Cheese, Mozzarella, Part Skim, Shredded	3 Tablespoon	100021
HOT DOG BUN, W GRAIN, AM	1 bun	4040

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.60		
Fat	15.65g		
SaturatedFat	7.15g		
Trans Fat	0.52g		
Cholesterol	58.75mg		
Sodium	776.00mg		
Carbohydrates	31.75g		
Fiber	3.00g		
Sugar	6.75g		
Protein	23.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	11.44mg

Broccoli-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19555

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	8 Quart	732451
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup	299405

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	21.25		
Fat	0.89g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	14.50mg		
Carbohydrates	3.00g		
Fiber	1.10g		
Sugar	1.00g		
Protein	1.20g		
Vitamin A	274.12IU	Vitamin C	39.25mg
Calcium	20.68mg	Iron	0.32mg

Vegetable Dip-Northwood High

Servings:	128.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19556

Ingredients

Description	Measurement	DistPart #
MAYONNAISE LT 4-1GAL GFS	2 Quart	429406
SOUR CREAM 4-5 GCHC	2 Quart	285218
DRESSING MIX RNCH 18-3.2Z HVALL	1 Package	192716

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	54.98		
Fat	3.50g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	19.99mg		
Sodium	216.75mg		
Carbohydrates	5.00g		
Fiber	0.00g		
Sugar	1.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.99mg	Iron	0.00mg

Spaghetti w/ Meatballs-Northwood High

Servings:	350.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19557

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI VINE RIPE 6-10 KE	4 #10 CAN	247001
TOMATO PASTE CALIF 26 6-10 GCHC	2/3 #10 CAN	100196
TOMATO DCD MW RECIPE 6-10 GFS	2 #10 CAN	316571
ONION DEHY CHPD 15 P/L	1 1/2 Pound	263036
SALT IODIZED 25 CARG	1 Tablespoon	108286
SUGAR BROWN MED 25 GFS	1 1/2 Pound	108626
SPICE GARLIC POWDER 6 TRDE	1 1/2 Cup	513857
SPICE OREGANO LEAF 5Z TRDE	2/3 Cup	513733
SEASONING SPAGHETTI ITAL 12Z TRDE	1 Cup	413453
MEATBALL CKD .65Z 6-5 COMM	1400 Each	785860
PASTA SPAGHETTI 10 4-5 GCHC	26 Pound	413370

Preparation Instructions

Serving is 3/4 cup + 4 meatballs

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	312.92
Fat	9.61g
SaturatedFat	3.50g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	518.15mg
Carbohydrates	39.71g
Fiber	3.71g

Sugar		8.58g	
Protein		17.36g	
Vitamin A	5.00IU	Vitamin C	1.01mg
Calcium	85.84mg	Iron	3.75mg

Ham & Cheese Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19558

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.82		
Fat	6.60g		
SaturatedFat	3.55g		
Trans Fat	0.00g		
Cholesterol	44.39mg		
Sodium	625.41mg		
Carbohydrates	5.10g		
Fiber	0.00g		
Sugar	3.05g		
Protein	13.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Green Beans-Northwood High

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19564

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	273856
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup	299405

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	27.11		
Fat	0.61g		
SaturatedFat	0.39g		
Trans Fat	0.00g		
Cholesterol	1.67mg		
Sodium	150.89mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.33mg	Iron	0.43mg

Grilled Chicken Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19565

Ingredients

Description	Measurement	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each	786520
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	410.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	18.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

Deluxe Sandwich Fixings-Northwood High

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19566

Ingredients

Description	Measurement	DistPart #
LETTUCE LEAF BTTR BRGR 2-5	1 Each	416593
ONION RED JUMBO 10 MRKN	1/8 Cup	596973
TOMATO ROMA 25 MRKN	1/6 Each	462551
PICKLE DILL CHP HAMB 3.5GAL GFS	3 Piece	156191

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	14.12		
Fat	0.06g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	386.37mg		
Carbohydrates	3.06g		
Fiber	0.79g		
Sugar	1.53g		
Protein	0.50g		
Vitamin A	127.95IU	Vitamin C	3.97mg
Calcium	11.68mg	Iron	0.18mg

Roasted Carrots-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19567

Ingredients

Description	Measurement	DistPart #
CARROT SLCD C/C LRG 30 GFS	8 Quart	285680
OIL OLIVE XVRGN ITAL 6-2LTR PG	2 Tablespoon	432050
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon	265103

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	26.14		
Fat	0.44g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	33.58mg		
Carbohydrates	5.22g		
Fiber	2.24g		
Sugar	2.99g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.85mg	Iron	0.27mg

Tomatoes with Basil-Northwood High

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 .5	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19568

Ingredients

Description	Measurement	DistPart #
TOMATO ROMA 25 MRKN	5 Pound	462551
DRESSING BALSAM VINAG 60-1.5FLZ PMLL	1/4 Cup	114841
SPICE BASIL LEAF 5.5Z TRDE	2 Teaspoon	513628
Shredded Mozzarella Cheese, Part Skim	25 Tablespoon	100021

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 .5

Amount Per Serving

Calories	41.24		
Fat	2.12g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	6.25mg		
Sodium	50.79mg		
Carbohydrates	4.00g		
Fiber	1.17g		
Sugar	2.94g		
Protein	2.35g		
Vitamin A	797.68IU	Vitamin C	13.12mg
Calcium	9.59mg	Iron	0.26mg

Sour Cream-Northwood High

Servings:	256.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19569

Ingredients

Description	Measurement	DistPart #
SOUR CREAM 4-5 GCHC	5 Pound	285218
MILK PWD INST FF 50 MMPA	3 1/5 Ounce	113336

Preparation Instructions

3.2 oz Dry Milk to 1 quart water.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 256.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	18.43		
Fat	1.43g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.79mg		
Sodium	16.18mg		
Carbohydrates	0.76g		
Fiber	0.00g		
Sugar	0.47g		
Protein	0.41g		
Vitamin A	0.08IU	Vitamin C	0.02mg
Calcium	15.84mg	Iron	0.00mg

Burrito Bar-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19570

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	180.00		
Fat	5.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.62mg

Pork Rib Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19571

Ingredients

Description	Measurement	DistPart #
PORK RIB-B-Q CKD CN 160-2.4Z PIER	1 Each	849006
SAUCE BBQ 4-1GAL GCHC	1 Teaspoon	734136
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	309.68		
Fat	6.02g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	564.12mg		
Carbohydrates	6.33g		
Fiber	1.05g		
Sugar	3.33g		
Protein	15.05g		
Vitamin A	300.00IU	Vitamin C	2.40mg
Calcium	40.00mg	Iron	1.44mg

Chipotle Mayo-Northwood High

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19572

Ingredients

Description	Measurement	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Quart	429406
DRESSING RNCH CHIPOTLE 4-1GAL GFS	1 Quart	166741

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	49.98		
Fat	4.50g		
SaturatedFat	0.62g		
Trans Fat	0.00g		
Cholesterol	6.25mg		
Sodium	74.98mg		
Carbohydrates	2.25g		
Fiber	0.00g		
Sugar	0.75g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

New Spaghetti with Meatballs-Northwood High

Servings:	60.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19576

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Package	573201
SALT IODIZED 25 CARG	1 Teaspoon	108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon	225037
SPICE GARLIC POWDER 21Z TRDE	1 1/2 Teaspoon	224839
SEASONING PIZZA ITAL MIX 12Z TRDE	4 Tablespoon	413461
PASTA SPAGHETTI FZ 40-8Z MARZ	4 Pound	677871
MEATBALL CKD 6-5 JTM	300 Each	135071

Preparation Instructions

Place first 6 items in 4B pan and stir. Lay noodles on top. Place in steamer lid off for 10min and then stir in noodles. Put back in steamer for a total of 45 min.

SErve 4 fl. oz.

Top with 5 meatballs.

7 ½ quarts per pan

SLE Components

Amount Per Serving

Meat	2.75
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	282.28
Fat	13.53g
SaturatedFat	5.13g
Trans Fat	0.60g
Cholesterol	64.19mg
Sodium	452.09mg
Carbohydrates	18.55g
Fiber	2.36g
Sugar	4.60g
Protein	21.62g

Vitamin A	315.10IU	Vitamin C	10.05mg
Calcium	59.10mg	Iron	3.43mg

Pasta Salad-Northwood High

Servings:	60.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19586

Ingredients

Description	Measurement	DistPart #
PASTA PENNE RIGATE 51 WGRAIN 2-10	3 Pound	221482
CUCUMBER SELECT 24CT MRKN	2 Each	418439
PEPPERS GREEN LRG 5 MRKN	2 Each	592315
ONION RED JUMBO 10 MRKN	1 Cup	596973
CARROT BABY WHL CLEANED 12-2 RSS	1 Cup	510637
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1 Cup	324531
TOMATO ROMA 25 MRKN	12 Each	462551
DRESSING ITAL CLSC 4-1GAL PMLL	5 Cup	726044
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1/4 Cup	629640
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon	513857
SEASONING SPAGHETTI ITAL 12Z TRDE	1 Tablespoon	413453
SALT IODIZED 25 CARG	2 Teaspoon	108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Teaspoon	225037

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 60.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	168.32		
Fat	8.98g		
SaturatedFat	1.41g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	323.40mg		
Carbohydrates	19.45g		
Fiber	2.01g		
Sugar	2.92g		
Protein	3.05g		
Vitamin A	455.92IU	Vitamin C	6.21mg
Calcium	19.32mg	Iron	0.98mg

Ham and Turkey Meat Combo Wrap Sandwich Station-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19588

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/2 Ounce	100187
Turkey, Deli Breast Sliced	1 1/2 Ounce	110554

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.60		
Fat	3.51g		
SaturatedFat	1.23g		
Trans Fat	0.00g		
Cholesterol	41.01mg		
Sodium	509.72mg		
Carbohydrates	3.51g		
Fiber	0.00g		
Sugar	1.23g		
Protein	14.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Meatball Sub-Northwood High

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19590

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD 6-5 JTM	320 Each	135071
SAUCE SPAGHETTI VINE RIPE 6-10 KE	1/2 #10 CAN	247001
SAUCE PIZZA W/BASL CALIF 6-10 GCHC	1/2 #10 CAN	100234
Cheese, Mozzarella, Part Skim, Shredded	2 1/2 Pound	100021
HOT DOG BUN, W GRAIN, AM	80 bun	4040

Preparation Instructions

4 meatballs with 2 Tablespoons of Mozzarella Cheese per sandwich

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	335.62		
Fat	13.50g		
SaturatedFat	5.54g		
Trans Fat	0.48g		
Cholesterol	42.90mg		
Sodium	732.67mg		
Carbohydrates	36.54g		
Fiber	4.93g		
Sugar	7.72g		
Protein	20.37g		
Vitamin A	134.93IU	Vitamin C	1.96mg
Calcium	40.44mg	Iron	12.11mg

Pulled Pork Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19591

Ingredients

Description	Measurement	DistPart #
BBQ Pork	4 Ounce	16142
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	397.00		
Fat	12.90g		
SaturatedFat	4.20g		
Trans Fat	0.00g		
Cholesterol	74.40mg		
Sodium	711.00mg		
Carbohydrates	12.20g		
Fiber	0.23g		
Sugar	0.00g		
Protein	17.90g		
Vitamin A	251.40IU	Vitamin C	0.00mg
Calcium	15.80mg	Iron	1.30mg

Black Beans w/ Rice-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19592

Ingredients

Description	Measurement	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	2 #10 CAN	231981
RICE BRN PERFECTED 25 UBEN	3 Pound	146404
SALSA 103Z 6-10 REDG	1 #10 CAN	452841

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.89
Fruit	0.00
GreenVeg	0.00
RedVeg	0.27
OtherVeg	0.00
Legumes	0.40
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	188.55		
Fat	1.07g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	224.73mg		
Carbohydrates	37.79g		
Fiber	5.74g		
Sugar	1.88g		
Protein	7.43g		
Vitamin A	190.95IU	Vitamin C	2.15mg
Calcium	66.74mg	Iron	1.61mg

Pineapple Salsa-Northwood High

Servings:	24.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19593

Ingredients

Description	Measurement	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 Cup	189979
PEPPERS RED 5 P/L	1/2 Cup	597082
PEPPERS GREEN LRG 5 MRKN	1/2 Cup	592315
ONION RED JUMBO 10 MRKN	1/4 Cup	596973
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1/2 Each	118930
SPICE CILANTRO 4Z TRDE	2 Tablespoon	565903
SPICE CUMIN GRND 15Z TRDE	1/2 Teaspoon	273945

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	9.31		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.23mg		
Carbohydrates	2.33g		
Fiber	0.20g		
Sugar	1.79g		
Protein	0.07g		
Vitamin A	94.85IU	Vitamin C	9.12mg
Calcium	1.03mg	Iron	0.09mg

Cheeseburger-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19594

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00		
Fat	16.50g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	280.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

Smoky Mojo Slather-Northwood High

Servings:	160.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19595

Ingredients

Description	Measurement	DistPart #
MAYONNAISE LT 4-1GAL GFS	2 Quart	429406
SAUCE BBQ 4-1GAL GCHC	2 Cup	734136
SPICE PAPRIKA 16Z TRDE	1 Tablespoon	518331
SPICE CUMIN GRND 15Z TRDE	1 Tablespoon	273945
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	126993
SPICE GARLIC POWDER 6 TRDE	2 Teaspoon	513857

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	26.15		
Fat	0.82g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	8.00mg		
Sodium	84.56mg		
Carbohydrates	4.70g		
Fiber	0.06g		
Sugar	1.60g		
Protein	0.04g		
Vitamin A	24.75IU	Vitamin C	0.01mg
Calcium	0.16mg	Iron	0.04mg

Corn-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19596

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	8 Quart	100348
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup	299405

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	73.25		
Fat	1.69g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	1.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bean Dip-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19598

Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	2 #10 CAN	100362
SALSA 103Z 6-10 REDG	1 #10 CAN	452841

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.62
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.38
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	105.01		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	224.73mg		
Carbohydrates	19.38g		
Fiber	4.04g		
Sugar	1.88g		
Protein	5.66g		
Vitamin A	190.95IU	Vitamin C	2.15mg
Calcium	18.24mg	Iron	0.00mg

Ham & Cheese Wrap-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19600

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	3 Ounce	100187
Shredded Cheddar Cheese	1 Tablespoon	100003
MUSTARD PKT 500-5.5GM GFS	1 Each	700051
MAYONNAISE LT 4-1GAL GFS	1 1/2 Teaspoon	429406

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.98
Fat	12.87g
SaturatedFat	5.96g
Trans Fat	0.00g
Cholesterol	56.76mg
Sodium	938.59mg
Carbohydrates	35.92g
Fiber	3.10g
Sugar	4.96g
Protein	19.00g
Vitamin A 0.50IU	Vitamin C 0.04mg
Calcium 124.36mg	Iron 1.72mg

Roasted Squash-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19601

Ingredients

Description	Measurement	DistPart #
SQUASH BTRNUT DCD 1 4-4 P/L	8 Quart	668831
OIL OLIVE XVRGN ITAL 6-2LTR PG	2 Tablespoon	432050
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon	265103

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.75		
Fat	0.44g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.50mg		
Carbohydrates	11.00g		
Fiber	1.50g		
Sugar	1.00g		
Protein	0.50g		
Vitamin A	2000.00IU	Vitamin C	18.00mg
Calcium	40.00mg	Iron	0.36mg

Ravioli-Northwood High

Servings:	24.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19602

Ingredients

Description	Measurement	DistPart #
RAVIOLI CHS JMBO WGRAIN 24.91	72 Each	232950
SAUCE MARINARA A/P 6-10 REDPK	1/2 #10 CAN	592714

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	231.26
Fat	6.06g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	610.10mg
Carbohydrates	28.69g
Fiber	3.56g
Sugar	5.13g
Protein	16.56g
Vitamin A 503.25IU	Vitamin C 10.69mg
Calcium 212.51mg	Iron 1.08mg

Tenderloin Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19603

Ingredients

Description	Measurement	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	849014
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00		
Fat	17.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	380.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Spicy Chicken Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19604

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Panther Burger-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19605

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
BACON CKD FASTN EASY 3-100CT HRML	1 Slice	594954
Shredded Mozzarella Cheese, Part Skim	1/8 Cup	100021
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	496.19		
Fat	24.44g		
SaturatedFat	10.93g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	505.64mg		
Carbohydrates	0.52g		
Fiber	0.13g		
Sugar	0.52g		
Protein	28.32g		
Vitamin A	0.00IU	Vitamin C	0.33mg
Calcium	2.25mg	Iron	2.03mg

Grilled Onions-Northwood High

Servings:	128.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19606

Ingredients

Description	Measurement	DistPart #
ONION RED JUMBO 10 MRKN	4 Pound	596973
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Cup	299405
SAUCE WORCESTERSHIRE 4-1GAL FRENC	2 Quart	109843

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	11.91		
Fat	0.70g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	240.49mg		
Carbohydrates	1.29g		
Fiber	0.24g		
Sugar	0.57g		
Protein	0.16g		
Vitamin A	0.28IU	Vitamin C	1.05mg
Calcium	3.25mg	Iron	0.03mg

Peas-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19607

Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	8 Quart	100350
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup	299405

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.25		
Fat	0.69g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	58.00mg		
Carbohydrates	11.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Spinach Salad-Northwood High

Servings:	52.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19608

Ingredients

Description	Measurement	DistPart #
SPINACH BABY CLND 2-2 RSS	5 Pound	560545
ONION RED JUMBO 10 MRKN	1 Each	596973
BACON CKD FASTN EASY 3-100CT HRML	16 Slice	594954
Shredded Cheddar Cheese	2 Pound	100003
TOMATO ROMA 25 MRKN	8 Each	462551
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup	629640
Tap Water for Recipes	1 Cup	000001WTR
OIL OLIVE XVRGN ITAL 6-2LTR PG	1/2 Cup	432050
SUGAR CANE GRANUL 25 GFS	1 Cup	108642
MUSTARD DIJON SQZ 12-10Z GRYP	1 1/2 Tablespoon	142379
STARCH CORN 24-1 ARGO	2 Teaspoon	108413
Cold Water	2 Tablespoon	0000
SALT IODIZED 25 CARG	1/2 Teaspoon	108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/4 Teaspoon	225037

Preparation Instructions

Make Dressing:

Mix together vinegar, water, oil, sugar, and Dijon mustard. Heat to simmer.

Whisk cornstarch into 2 Tbsp. cold water and stir into hot liquid.

Whisk until thickened. Add salt, pepper, and poppy seeds to taste.

Toss all ingredients with dressing just before serving.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 52.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	140.15		
Fat	9.81g		
SaturatedFat	4.72g		
Trans Fat	0.00g		
Cholesterol	25.23mg		
Sodium	269.42mg		
Carbohydrates	5.91g		
Fiber	1.49g		
Sugar	4.20g		
Protein	7.29g		
Vitamin A	86.61IU	Vitamin C	1.93mg
Calcium	39.95mg	Iron	1.34mg

Baked Beans-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19610

Ingredients

Description	Measurement	DistPart #
BEAN VEGTAR 6-10 GCHC	3 #10 CAN	298913
KETCHUP LO SOD 2-1.5GAL REDG	2 Cup	645922
ONION DEHY CHPD 15 P/L	1 1/2 Tablespoon	263036
SUGAR BROWN MED 25 GFS	4 Cup	108626
SPICE MUSTARD DRY 1 COLMANS	2 Tablespoon	400018

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	237.16		
Fat	0.61g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	546.47mg		
Carbohydrates	49.23g		
Fiber	6.07g		
Sugar	24.92g		
Protein	9.71g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.59mg	Iron	2.43mg

Broccoli & Cheese-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19611

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	8 Quart	110473
Cheddar Buds	2 Quart	49002

Preparation Instructions

Cheddar Buds is measurement of reconstituted buds

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	46.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	187.00mg		
Carbohydrates	9.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

Sloppy Joe Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19612

Ingredients

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

Preparation Instructions

3 oz scoop for Sloppy Joe

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	309.79		
Fat	6.20g		
SaturatedFat	2.27g		
Trans Fat	0.00g		
Cholesterol	45.45mg		
Sodium	430.79mg		
Carbohydrates	10.33g		
Fiber	2.07g		
Sugar	8.26g		
Protein	13.43g		
Vitamin A	474.17IU	Vitamin C	6.20mg
Calcium	35.12mg	Iron	2.07mg

Chicken Filet Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19613

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	460.00mg		
Carbohydrates	15.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.00mg

Lasagna Roll-Ups-Northwood High

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19614

Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each	234041
SAUCE MARINARA A/P 6-10 REDPK	1/2 #10 CAN	592714
Cheese, Mozzarella, Part Skim, Shredded	3 Cup	100021

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.67
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.52
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	341.68		
Fat	12.75g		
SaturatedFat	6.83g		
Trans Fat	0.00g		
Cholesterol	36.67mg		
Sodium	836.80mg		
Carbohydrates	35.92g		
Fiber	4.08g		
Sugar	9.84g		
Protein	21.08g		
Vitamin A	804.33IU	Vitamin C	12.25mg
Calcium	316.67mg	Iron	1.08mg

Fish Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19615

Ingredients

Description	Measurement	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	1 Each	643142
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	270.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

Toasted Cheese Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19616

Ingredients

Description	Measurement	DistPart #
Aunt Millie's Wheat Sandwich Bread	2 Slice	466
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	150260
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Teaspoon	299405

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	306.67		
Fat	18.33g		
SaturatedFat	9.67g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	640.00mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	156.00mg	Iron	8.00mg

Cold Turkey Sandwich-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19617

Ingredients

Description	Measurement	DistPart #
TURKEY, DELI BREAST, SLICED	2 1/2 Ounce	110554
CHEESE MONTRY JK JALAP SLCD 6-1.5	1 Slice	777587
LETTUCE LEAF BTTR BRGR 2-5	1 Piece	416593
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	306.42
Fat	7.75g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	51.47mg
Sodium	498.71mg
Carbohydrates	1.91g
Fiber	0.17g
Sugar	0.08g
Protein	19.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 149.33mg	Iron 0.08mg

Cold Sub-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19618

Ingredients

Description	Measurement	DistPart #
TURKEY, DELI BREAST, SLICED	1 1/2 Ounce	110554
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	1 1/2 Ounce	100187
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	5113

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.60		
Fat	6.01g		
SaturatedFat	1.23g		
Trans Fat	0.00g		
Cholesterol	41.01mg		
Sodium	699.72mg		
Carbohydrates	33.51g		
Fiber	2.00g		
Sugar	5.23g		
Protein	20.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Tomato Soup-Northwood High

Servings:	200.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19619

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	15 #5 CAN	488232
MILK PWD INST FF 50 MMPA	3 Quart	113336
Cold Water	6 1/2 Gallon	0000

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	121.93		
Fat	1.11g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	1.44mg		
Sodium	453.94mg		
Carbohydrates	23.01g		
Fiber	1.07g		
Sugar	14.49g		
Protein	4.72g		
Vitamin A	1.58IU	Vitamin C	6.88mg
Calcium	101.16mg	Iron	0.45mg

Chicken Noodle Soup-Northwood High

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19621

Ingredients

Description	Measurement	DistPart #
BASE CHIX 25 KE	6 Cup	160821
ONION DEHY CHPD 15 P/L	2 1/2 Cup	263036
Cold Water	14 Gallon	0000
PASTA NOODL EGG FINE 1/16 2-5 GCHC	8 Pound	310875
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	570533
CELERY STIX 4-3 RSS	4 Quart	781592
SPICE PEPR BLK REG GRIND 16Z TRDE	3 Teaspoon	225037
SALT IODIZED 25 CARG	3 Tablespoon	108286

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.25
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	87.40		
Fat	1.50g		
SaturatedFat	0.36g		
Trans Fat	0.00g		
Cholesterol	21.73mg		
Sodium	152.12mg		
Carbohydrates	13.75g		
Fiber	0.88g		
Sugar	0.85g		
Protein	5.03g		
Vitamin A	89.08IU	Vitamin C	0.61mg
Calcium	16.44mg	Iron	0.76mg

Homemade Croutons-Northwood High

Servings:	1.00	Category:	Grain
Serving Size:	1.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19622

Ingredients

Description	Measurement	DistPart #
Aunt Millie's Homestyle Whole Grain Honey White	2 Slice	380
PAN COAT SPRAY 6-21Z VEGLN	3/4 Gram	187542

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.60 Ounce

Amount Per Serving

Calories	180.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chef Salad Base-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19623

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 1/20 Ounce	451730
EGG HRD CKD DCD IQF 4-5 GFS	4/5 Ounce	192198
CUCUMBER SELECT 24CT MRKN	1 Ounce	418439
TOMATO ROMA 25 MRKN	17/20 Ounce	462551

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.13
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	55.23		
Fat	2.37g		
SaturatedFat	0.69g		
Trans Fat	0.00g		
Cholesterol	83.87mg		
Sodium	28.95mg		
Carbohydrates	4.56g		
Fiber	1.50g		
Sugar	2.71g		
Protein	4.14g		
Vitamin A	230.50IU	Vitamin C	4.10mg
Calcium	34.88mg	Iron	0.60mg

Variety of Dressings-Northwood High

Servings:	6.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19624

Ingredients

Description	Measurement	DistPart #
DRESSING BALSAM VINAG 60-1.5FLZ PMLL	1 Package	114841
DRESSING FREN RRED FF 60-1.5FLZ PMLL	1 Each	824980
DRESSING ITAL FF PKT 60-1.5FLZ PMLL	1 Each	824960
DRESSING MEDITRR FETA 60-1.5FLZ PMLL	1 Each	832200
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each	266515
DRESSING RNCH BTRMLK PKT 120-1.5Z	1 Each	266523

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	126.67		
Fat	11.50g		
SaturatedFat	1.92g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	413.33mg		
Carbohydrates	6.00g		
Fiber	0.00g		
Sugar	5.17g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.17mg	Iron	0.00mg