

# **Cookbook for FINDLAY-HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Cheeseburger 9-12

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5779

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 184CT SLCD 4-5 GCHC	50 Slice		272744

## Preparation Instructions

\*\*ALLERGENS:

:MILK, SOY (CHEESE)\*\*

Heat to 165 degrees

Hold for service at 145 degrees

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

#### Amount Per Serving

**Calories** 245.00

**Fat** 17.50g

**Saturated Fat** 8.25g

**Trans Fat** 0.00g

**Cholesterol** 72.50mg

**Sodium** 305.00mg

**Carbohydrates** 0.50g

**Fiber** 0.00g

**Sugar** 0.50g

**Protein** 20.00g

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

**Calcium** 72.50mg **Iron** 2.30mg

# Pork & Bean

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5861

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	1 #10 CAN		822477

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly.

Pour beans into a steam table pan.

Place in

Convection Oven: at 350°F for 30-40 minutes or until internal temperature reaches 145°F.

Conventional Oven: at 375° for 30-40 minutes or until internal temperature reaches 145°F.

Cover with foil and vent. Place in heated unit until service.

Serve with a 4 oz. spoodle

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	161.67		
<b>Fat</b>	0.54g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	323.33mg		
<b>Carbohydrates</b>	32.33g		
<b>Fiber</b>	5.39g		
<b>Sugar</b>	11.86g		
<b>Protein</b>	7.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	53.89mg	<b>Iron</b>	2.16mg

# Diced Pear Cup

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5894

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD XL/S 6-10 GFS	1 #10 CAN		290203

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 72.43

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 10.35mg

**Carbohydrates** 17.59g

**Fiber** 1.03g

**Sugar** 15.52g

**Protein** 0.00g

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

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

# Green Beans

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5912

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	1 #10 CAN	BAKE	221990
SEASONING VEGETABLE NO SALT 21Z TRDE	1/2 Teaspoon		647230

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly.

Pour beans into a steam table pan.

Place in pan and add seasoning.

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

Serve in 4 oz. spoodle

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

### Amount Per Serving

**Calories** 40.41

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 219.98mg

**Carbohydrates** 8.08g

**Fiber** 4.00g

**Sugar** 4.00g

**Protein** 2.00g

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

**Calcium** 60.00mg **Iron** 0.80mg



# Diced Peaches

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5921

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GFS	1 #10 CAN		268348

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Cup up using a 4 oz spoodle

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 62.08

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 10.35mg

**Carbohydrates** 14.49g

**Fiber** 0.00g

**Sugar** 11.38g

**Protein** 0.00g

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

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

# Mandarin Oranges

<b>Servings:</b>	22.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5941

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND BRKN L/S 6-10 GFS	1 #10 CAN		152811

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

### Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 90.00

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 10.00mg

**Carbohydrates** 20.00g

**Fiber** 0.00g

**Sugar** 19.00g

**Protein** 1.00g

**Vitamin A** 400.00IU **Vitamin C** 18.00mg

**Calcium** 20.00mg **Iron** 0.36mg

# Corn

<b>Servings:</b>	16.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5957

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GFS	4 Pound		851329
SEASONING VEGETABLE NO SALT 21Z TRDE	2 Teaspoon		647230

## Preparation Instructions

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON

Pour corn into a steam table pan.

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

Serve with a 4 oz. spoodle

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

### Amount Per Serving

**Calories** 62.20

**Fat** 0.75g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.00mg

**Carbohydrates** 12.44g

**Fiber** 1.49g

**Sugar** 4.48g

**Protein** 1.49g

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

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

# Applesauce Cup

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5975

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GFS	1 #10 CAN		271497

## Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish out fruit.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 6.90

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 1.15mg

**Carbohydrates** 1.49g

**Fiber** 0.23g

**Sugar** 1.38g

**Protein** 0.00g

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

**Calcium** 0.57mg **Iron** 0.00mg

# Pepperoni Bosco Sticks

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6007

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PEPP CHS WGRAIN 144-4BOSC	144 Each	<b>CONVECTION</b> Convection Oven 1. Preheat oven to 400° F. 2. Place Pepperoni Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. 1. Oven temperatures may vary. Adjust cooking time and or temperatures as needed. 2. Spray with butter spray after cooking. 3. This product must be cooked thoroughly to an internal temperature of at least 165° F before serving.	787421

## Preparation Instructions

Hold for service at 145 degrees

**\*\*ALLERGENS: MILK, WHEAT\*\***

2 Pieces per serving

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 2.00 Piece

#### Amount Per Serving

**Calories** 240.00

**Fat** 9.00g

**SaturatedFat** 4.00g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 460.00mg

**Carbohydrates** 28.00g

**Fiber** 2.00g

**Sugar** 2.00g

**Protein** 12.00g

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

**Calcium** 176.00mg **Iron** 2.00mg

# Mini Maple Waffles

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6030

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	25 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.*	269260

## Preparation Instructions

Hold for hot service at 145 degrees

\*\*ALLERGENS: SOY, MILK, EGG, WHEAT\*\*

### Nutrition Facts

Servings Per Recipe: 25.00  
Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	200.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	170.00mg
<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 0.72mg

# Pancake Wrap

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6031

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	25 Each		497202

## Preparation Instructions

PREFERRED METHOD FOR COOKING IS THAWED.

CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES.

CONVECTION OVEN: 350 DEGREES F. FROZEN, 20 MINUTES. THAWED 13 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING. HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

Hold for hot service at 145 degrees

\*\*ALLERGENS: WHEAT, SOY, EGGS, \*\*

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.90mg

# BBQ Beef Rib Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6284

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, SOY, WHEAT\*\* (BEEF RIB)

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	13.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 1.80mg



# Flavored Craisins

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6454

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	25 Each		765981

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

**Calories** 110.00

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.00mg

**Carbohydrates** 28.00g

**Fiber** 3.00g

**Sugar** 24.00g

**Protein** 0.00g

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

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

# Cereal Bar

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6481

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	50 Each	READY_TO_EAT Ready to eat cereal bars	268690

## Preparation Instructions

\*\*ALLERGENS: WHEAT, SOY\*\*

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	150.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	100.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 250.00mg	<b>Iron</b> 1.80mg

# Ham Cheese Slider

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6487

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND TKY HAM&CHS WGRAIN IW 100-3.1Z	25 Package		672642

## Preparation Instructions

Thaw overnight.

Place in warmed hot box for about 10 minutes. Just until product is slightly warmed.

**\*\*ALLERGENS: WHEAT, MILK, SOY, GLUTEN\*\***

### Nutrition Facts

Servings Per Recipe: 25.00  
Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	186.20
<b>Fat</b>	4.20g
<b>SaturatedFat</b>	1.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	17.00mg
<b>Sodium</b>	392.20mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	10.60g
<b>Vitamin A</b> 121.85IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 105.20mg	<b>Iron</b> 1.85mg

# Grape Juice

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6488

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	25 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040

## Preparation Instructions

Hold at 41 degrees until service

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	80.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	20.00mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 0.36mg

# Goldfish Crackers

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6489

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	25 Package		736280

## Preparation Instructions

\*\*ALLERGENS: WHEAT, MILK\*\*

### Nutrition Facts

Servings Per Recipe: 25.00  
Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	100.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	150.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 1.00mg

# Grilled Chicken 9-12

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6516

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	50 Each		561331
BACON TKY CKD 12-50CT JENNO	50 Slice		834770

## Preparation Instructions

APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 16-20 MINUTES. CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 20-24 MINUTES

Heat to 165 degrees

Hold for service at 145 degrees

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 120.00

**Fat** 5.50g

**SaturatedFat** 1.00g

**Trans Fat** 0.00g

**Cholesterol** 45.00mg

**Sodium** 420.00mg

**Carbohydrates** 1.00g

**Fiber** 0.00g

**Sugar** 0.00g

**Protein** 17.00g

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

**Calcium** 6.00mg **Iron** 1.00mg

# Lasagna Roll-ups

<b>Servings:</b>	18.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6518

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each		234041
SAUCE SPAGHETTI 6-10 P/L	8 Cup	READY_TO_EAT None	744520

## Preparation Instructions

Keep frozen until ready to prepare

- 1.Preheat convection oven to 375°F. Set fan to HIGH.
- 2.Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
- 3.Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
- 4.Spread sauce over pasta to cover.
- 5.Cover the pan tightly with aluminum foil.
- 6.Bake for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F
- 7.Store in a moist 145°F warmer, cover the pan with plastic film and hold up to 1 hour

\*\*ALLERGENS: WHEAT, MILK\*\*

CCP: Hold for service at 145 degrees

### Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 293.33

**Fat** 6.89g

**SaturatedFat** 3.50g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 514.44mg

**Carbohydrates** 39.67g

**Fiber** 3.78g

<b>Sugar</b>	12.11g
<b>Protein</b>	16.78g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 323.11mg	<b>Iron</b> 1.97mg



# Twisted Breadstick

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6553

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	25 Each		644051

## Preparation Instructions

Wash hands and put on proper gloves

Preheat convection oven to 350 degrees F,

Place frozen breadsticks on a baking sheet and bake for 6-8 minutes.

Preheat convection oven to 375 degrees F and bake for 6-8 minutes.

\*\*ALLERGENS: MILK, WHEAT, SOY\*\*

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 150.00

**Fat** 3.00g

**SaturatedFat** 1.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 180.00mg

**Carbohydrates** 26.00g

**Fiber** 0.00g

**Sugar** 2.00g

**Protein** 5.00g

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

**Calcium** 16.00mg **Iron** 1.00mg

# Sweet Thai Chicken Chili

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.85 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6596

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX SWT CHILI THAI 6-7.15	7 3/20 Pound		536900

## Preparation Instructions

Convection/Conventional oven (best)

Pre-heat oven to 350°F/400° F. Place chicken with sauce on a sheet pan. Bake in oven for 20-25 minutes until product reaches 165°F and sauce is caramelized.

Reduce time by 6 - 8 minutes if product is thawed.

Heat to 165 degrees

Hold for service at 145 degrees

**\*\*ALLERGENS: SOY, WHEAT\*\***

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.85 Ounce

### Amount Per Serving

<b>Calories</b>	150.53		
<b>Fat</b>	3.01g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.21mg		
<b>Sodium</b>	441.54mg		
<b>Carbohydrates</b>	15.05g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.04g		
<b>Protein</b>	15.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.07mg	<b>Iron</b>	1.08mg

# Rice

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6672

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	2 Pound	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
ONION DEHY CHPD 15 P/L	2 Tablespoon	Add to water before cooking	263036
Black Pepper	1/2 Teaspoon	Add to water before cooking	24108
WATER DISTILLED 6-1GAL ZEPHR - Zephyrhills - M	2 Gallon		435599

## Preparation Instructions

1. Wash hands and put on proper gloves  
Place in full-sized 4 inch steam table pan, cover with film.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 181.81

**Fat** 1.60g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.16mg

**Carbohydrates** 38.52g

**Fiber** 1.08g

**Sugar** 0.01g

**Protein** 4.28g

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

**Calcium** 0.19mg **Iron** 0.00mg

# Marinara Sauce Cup

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6677

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	25 Each	READY_TO_EAT None	677721

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	40.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	8.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 362.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 14.00mg	<b>Iron</b> 0.00mg

# Breakfast in a Bag

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-6682

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	25 Each	READY_TO_EAT Ready-to-eat	150471

## Preparation Instructions

\*\*ALLERGENS: CHECK PACKAGING\*\*

### Nutrition Facts

Servings Per Recipe: 25.00  
Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	370.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	73.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	30.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 1000.00IU	<b>Vitamin C</b> 72.00mg
<b>Calcium</b> 240.00mg	<b>Iron</b> 7.20mg

# Fortune Cookie

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6690

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WRPD 390CT HSE OF BEE	25 Each		898991

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 30.20

**Fat** 0.20g

**SaturatedFat** 0.10g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 2.50mg

**Carbohydrates** 7.00g

**Fiber** 0.10g

**Sugar** 4.00g

**Protein** 0.30g

**Vitamin A** 0.24IU **Vitamin C** 0.00mg

**Calcium** 0.96mg **Iron** 0.12mg

# Breaded Chicken Patty Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6691

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	50 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061

## Preparation Instructions

Bake until 165 degrees. Hold at 145 until service

\*\*ALLERGENS: SOY, WHEAT\*\*

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	240.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	460.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 35.00mg	<b>Iron</b> 2.00mg

# Colby Cheese Stick

<b>Servings:</b>	25.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6714

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STIX COLBY JK R/F IW 168-1Z	25 Each		786510

## Preparation Instructions

Hold for cold service at 41 degrees or below

\*\*ALLERGENS: MILK\*\*

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 194.00mg	<b>Iron</b> 0.00mg



# Vegetable Egg Roll

<b>Servings:</b>	12.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6731

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL VEG WGRAIN 3Z 2-30CT GLDT	12 Each	<b>BAKE</b> Instructions Conventional Oven Instructions: Preheat oven to 450°F. Place 12 frozen egg rolls on a 1/2 size baking sheet that has been lightly sprayed with pan release. NO PAN LINER. Turn once during heatng. Conventional: 15 - 17 minutes. Convection at 425°F: 12-14 minutes Preparation Notes: Heating time may vary with equipment.	599450

## Preparation Instructions

Hold for service at 145 degrees

\*\*ALLERGENS: EGG, WHEAT, SOY\*\*

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 140.00

**Fat** 6.00g

**SaturatedFat** 0.50g

**Trans Fat** 0.00g

**Cholesterol** 5.00mg

**Sodium** 320.00mg

**Carbohydrates** 20.00g

**Fiber** 3.00g

**Sugar** 4.00g

**Protein** 4.00g

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

**Calcium** 20.00mg **Iron** 1.08mg

# Dominos Pepperoni Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6739

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
14" Whole Grain (16 oz.) RFRS Pepperoni Pizza-8 cut	8 Slice	READY_TO_EAT	11413

## Preparation Instructions

Hold for service at 145 degrees

\*\*ALLERGENS: WHEAT, MILK, SOY\*\*

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

#### Amount Per Serving

**Calories** 270.00

**Fat** 9.00g

**SaturatedFat** 4.00g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 570.00mg

**Carbohydrates** 29.00g

**Fiber** 3.00g

**Sugar** 3.00g

**Protein** 20.00g

**Vitamin A** 15.00IU **Vitamin C** 10.00mg

**Calcium** 45.00mg **Iron** 10.00mg

# Cheese Pizza

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6740

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	16 Each	<b>BAKE</b> COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	153650

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: MILK, WHEAT, SOY\*\*

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Slice

### Amount Per Serving

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

# Turkey Deli Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6743

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	Ambient: Ready to use	690141
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
SPRING MIX CONVENTIONAL 6-1 RSS	4 Ounce		402481

## Preparation Instructions

Place meat on the tortilla shell, then add cheese and then romaine.

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

Hold for cold service at 41 degrees or below

\*Serve with 1 oz. package of salad dressing\*

\*\*ALLERGENS: MILK, WHEAT\*\*

Revised 9/24/18

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 355.00

**Fat** 13.00g

**SaturatedFat** 5.25g

**Trans Fat** 0.00g

**Cholesterol** 57.50mg

**Sodium** 815.00mg

**Carbohydrates** 33.50g

**Fiber** 5.67g

**Sugar** 3.83g

**Protein** 26.67g

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

**Calcium** 259.17mg **Iron** 3.81mg

# Ham Deli Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6744

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	Ambient: Ready to use	690141
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
SPRING MIX CONVENTIONAL 6-1 RSS	4 Ounce		402481
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121

## Preparation Instructions

Place meat on the tortilla shell, then add cheese and then romaine.

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

Hold for cold service at 41 degrees or below

\*Serve with 1 oz. package of salad dressing\*

\*\*ALLERGENS: MILK, WHEAT\*\*

Revised 9/24/18

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 350.00

**Fat** 13.00g

**SaturatedFat** 5.75g

**Trans Fat** 0.00g

**Cholesterol** 72.50mg

**Sodium** 985.00mg

**Carbohydrates** 33.50g

**Fiber** 5.67g

**Sugar** 3.83g

**Protein** 24.67g

**Vitamin A** 0.00IU **Vitamin C** 1.80mg

**Calcium** 259.17mg **Iron** 4.53mg

# Seasoned Wedge Fries

<b>Servings:</b>	27.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.89 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10802

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	5 Pound		174251

## Preparation Instructions

General Cautions:

FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME. PRODUCT MUST BE FULLY COOKED FOR FOOD SAFETY AND QUALITY.

Convection Oven: Temp(°F): 350 - Cooking Time(min): 20 to 25 - Instructions:

Bake: Temp(°F): 425 - Cooking Time(min): 19

Convection: Temp(°F): 350 - Cooking Time(min): 20 to 25

Convection Oven From Frozen: Instructions: CONVECTION OVEN: PREHEAT OVEN TO 350° F. (FULL OVEN, FAN ON HIGH). SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 20 TO 25 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (FULL OVEN, FAN ON HIGH). SPREAD FROZEN WEDGES

Hold at 135 Degrees.

### Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 2.89 Ounce

#### Amount Per Serving

**Calories** 123.46

**Fat** 4.12g

**SaturatedFat** 0.51g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 144.03mg

**Carbohydrates** 20.58g

**Fiber** 2.06g

**Sugar** 0.00g

**Protein** 2.06g

**Vitamin A** 0.00IU **Vitamin C** 3.70mg

**Calcium** 0.00mg **Iron** 0.37mg

# Fresh Carrot Cup

<b>Servings:</b>	12.90	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.48 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12199

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1 1/2 Pound		510637

## Preparation Instructions

Wash vegetables and allow to dry.

Weight out correct measurement into a 9 oz. vegetable cup and put on lid. Place in refrigerator.

Hold at 41 Degrees until service.

### Nutrition Facts

Servings Per Recipe: 12.90

Serving Size: 2.48 Ounce

#### Amount Per Serving

<b>Calories</b>	18.48
<b>Fat</b>	0.06g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	41.12mg
<b>Carbohydrates</b>	4.34g
<b>Fiber</b>	1.55g
<b>Sugar</b>	2.48g
<b>Protein</b>	0.31g
<b>Vitamin A</b> 7273.30IU	<b>Vitamin C</b> 1.37mg
<b>Calcium</b> 16.88mg	<b>Iron</b> 0.47mg

# String Cheese Stick

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15330

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	25 Each		786801

## Preparation Instructions

Hold at 41 Degrees or Less

\*\*ALLERGENS: MILK\*\*

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	60.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 198.00mg	<b>Iron</b> 0.00mg



# Fresh Orange

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15529

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	25 Each		198013

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	80.90
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.70mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	3.60g
<b>Sugar</b>	14.00g
<b>Protein</b>	1.50g
<b>Vitamin A</b> 407.55IU	<b>Vitamin C</b> 97.52mg
<b>Calcium</b> 70.95mg	<b>Iron</b> 0.21mg

# Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15535

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	5 Ounce		600504
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150

## Preparation Instructions

Hold for cold service at 41 degrees or below

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	170.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	381.67mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	1.67g
<b>Sugar</b>	1.67g
<b>Protein</b>	13.17g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.60mg
<b>Calcium</b> 235.67mg	<b>Iron</b> 2.03mg

# 4 " Whole Grain Bun

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16124

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	25 bun	UNSPECIFIED	3159

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 160.00

**Fat** 2.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 190.00mg

**Carbohydrates** 29.00g

**Fiber** 2.00g

**Sugar** 4.00g

**Protein** 6.00g

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

**Calcium** 4.00mg **Iron** 10.00mg

# Cereal

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16132

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	25 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	264702

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00
<b>Fat</b>	2.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	140.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 8.10mg

# Orange Juice

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16133

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Orange Juice 4 oz.	25 Carton	READY_TO_DRINK	14000

## Preparation Instructions

Serve at 41 degrees

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 50.00

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 10.00mg

**Carbohydrates** 13.00g

**Fiber** 0.00g

**Sugar** 10.00g

**Protein** 1.00g

**Vitamin A** 0.00IU **Vitamin C** 600.00mg

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

# Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16469

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Ounce		600504

## Preparation Instructions

Weight out and place in container.

Hold for cold service at 41 degrees.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	15.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.00mg	<b>Iron</b>	1.00mg

# Fresh Apple

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16493

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 163CT MRKN	25 Piece		540005

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 66.60

**Fat** 0.20g

**Saturated Fat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 1.30mg

**Carbohydrates** 18.00g

**Fiber** 3.10g

**Sugar** 13.00g

**Protein** 0.30g

**Vitamin A** 69.12IU **Vitamin C** 5.89mg

**Calcium** 7.68mg **Iron** 0.15mg

# Banana

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16494

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 105.00

**Fat** 0.40g

**SaturatedFat** 0.10g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 1.20mg

**Carbohydrates** 27.00g

**Fiber** 3.10g

**Sugar** 14.00g

**Protein** 1.30g

**Vitamin A** 75.52IU **Vitamin C** 10.27mg

**Calcium** 5.90mg **Iron** 0.31mg



# Fish Sandwich +

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16848

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	12 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
CHEESE AMER 184CT SLCD 4-5 GCHC	12 Slice		272744

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: FISH, MILK, WHEAT, SOY (FISH)

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	215.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	3.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	755.00mg
<b>Carbohydrates</b>	16.50g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 72.50mg	<b>Iron</b> 1.80mg