

# **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	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	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

<b>Calories</b>	245.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	8.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.50mg		
<b>Sodium</b>	305.00mg		
<b>Carbohydrates</b>	0.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	72.50mg	<b>Iron</b>	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	DistPart #
BEAN BKD KTTL 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

**Calories** 161.67

**Fat** 0.54g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 323.33mg

**Carbohydrates** 32.33g

**Fiber** 5.39g

**Sugar** 11.86g

**Protein** 7.54g

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

**Calcium** 53.89mg **Iron** 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	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	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	1 #10 CAN	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			
<b>Calories</b>			40.41
<b>Fat</b>			0.00g
<b>SaturatedFat</b>			0.00g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			0.00mg
<b>Sodium</b>			219.98mg
<b>Carbohydrates</b>			8.08g
<b>Fiber</b>			4.00g
<b>Sugar</b>			4.00g
<b>Protein</b>			2.00g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	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	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

**Saturated Fat** 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	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

# Emoji Potatoes

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5972

## Ingredients

Description	Measurement	DistPart #
POTATO MASH SHPD EMOTICON 6-4 MCC	200 Piece	538872

## Preparation Instructions

Hold for hot service at 145 degrees

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Piece

#### Amount Per Serving

**Calories** 72.00

**Fat** 2.40g

**Saturated Fat** 0.30g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 48.00mg

**Carbohydrates** 10.80g

**Fiber** 1.20g

**Sugar** 0.00g

**Protein** 1.20g

**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	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 Pizza

<b>Servings:</b>	16.00	<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-5990

## Ingredients

Description	Measurement	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96-4.5Z	16 Each	152111

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: MILK, WHEAT, SOY\*\*

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	530.00mg		
<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>	222.00mg	<b>Iron</b>	2.50mg

# 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	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	25 Package	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	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	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each	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

# Sweet Potato Fries

<b>Servings:</b>	15.18	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6302

## Ingredients

Description	Measurement	DistPart #
FRIES SWT C/C SLIM 5-3 SWT THINGS	3 Pound	767650

## Preparation Instructions

### Cooking Instructions

Conventional Oven: Preheat oven to 400F. Minimum cook weight 1 lb. Arrange product in a single layer.

Bake 2125 minutes or to desired crispness and texture.

Convection Oven: Preheat oven to 400F. Minimum cook weight 1 lb. Arrange product in a single layer.

Bake 1012 minutes or to desired crispness and texture.

Perishable. Keep frozen DO NOT THAW. Store at 0°F (18°C) or colder. PRODUCT MUST BE COOKED THOROUGHLY. Product must reach a minimum of 165°F (74°C) internal

temperature as measured by a food thermometer in several spots.

Hold for hot service at 145 degrees

\*\*ALLERGENS: NONE\*\*

## Nutrition Facts

Servings Per Recipe: 15.18

Serving Size: 1.00 Cup

### Amount Per Serving

**Calories** 137.02

**Fat** 4.74g

**SaturatedFat** 0.53g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 179.18mg

**Carbohydrates** 23.19g

**Fiber** 3.16g

**Sugar** 7.38g

**Protein** 1.05g

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

**Calcium** 21.08mg **Iron** 0.38mg



# 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	DistPart #
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	50 Each	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	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

**Calories** 186.20

**Fat** 4.20g

**SaturatedFat** 1.40g

**Trans Fat** 0.00g

**Cholesterol** 17.00mg

**Sodium** 392.20mg

**Carbohydrates** 27.00g

**Fiber** 2.00g

**Sugar** 5.00g

**Protein** 10.60g

**Vitamin A** 121.85IU **Vitamin C** 0.00mg

**Calcium** 105.20mg **Iron** 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	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	25 Each	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	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

# Sloppy Joe

<b>Servings:</b>	22.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.63 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6541

## Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	5 Pound	564790

## Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Serve with a #12 Scoop

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGEN: SOY (MEAT) \*\*

### Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 3.63 Ounce

#### Amount Per Serving

<b>Calories</b>	145.25		
<b>Fat</b>	6.01g		
<b>SaturatedFat</b>	2.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.08mg		
<b>Sodium</b>	417.73mg		
<b>Carbohydrates</b>	10.02g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.01g		
<b>Protein</b>	13.02g		
<b>Vitamin A</b>	459.80IU	<b>Vitamin C</b>	6.01mg
<b>Calcium</b>	34.06mg	<b>Iron</b>	2.00mg

# 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	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

<b>Calories</b>	150.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.00mg	<b>Iron</b>	1.00mg

# Buffalo Chicken Stromboli

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6572

## Ingredients

Description	Measurement	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	8 Slice	627101

## Preparation Instructions

- Thaw for 30 minutes, Shape into a rectangle.
  - Fold edges over to the middle.
  - Slice sides for venting (at even measurements for 8 cuts)
  - Bake 20-30 minutes at 350 degrees.
  - Cut along vent marks
  - Heat to 165 degrees
  - Hold for service at 145 degrees
- \*\*ALLERGENS: MILK, WHEAT, SOY\*\***

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Piece

#### Amount Per Serving

<b>Calories</b>	390.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	750.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 320.00mg	<b>Iron</b> 2.20mg

# Spaghetti & Meatballs

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6583

## Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	100 Each	785860
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN	744520
PASTA SPAGHETTI 10 4-5 GCHC	1 1/2 Pound	413370

## Preparation Instructions

Cook broken noodles, drain and rinse with hot water.

Heat Sauce in a separate pan to 165 degrees.

Steam meatballs in a separate pan to 165 degrees.

Combine cooked pasta with 6 cups of the heated sauce.

Combine heated meatballs with 20 1/2 cups of sauce (remainder of the 2 #10 cans)

Hold for service at 145 degrees

Serve: 4 oz. of lightly sauced pasta on the tray and top with 4 meatballs and sauce.

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

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

### Amount Per Serving

**Calories** 371.16

**Fat** 11.55g

**SaturatedFat** 3.50g

**Trans Fat** 0.60g

**Cholesterol** 36.00mg

**Sodium** 505.71mg

**Carbohydrates** 49.99g

**Fiber** 6.10g

**Sugar** 19.51g

**Protein** 19.50g

**Vitamin A** 5.00IU **Vitamin C** 1.00mg

**Calcium** 122.60mg **Iron** 4.93mg



# 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	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	25 Each	150471

## Preparation Instructions

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

**Calories** 370.00

**Fat** 9.00g

**SaturatedFat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 490.00mg

**Carbohydrates** 73.00g

**Fiber** 5.00g

**Sugar** 30.00g

**Protein** 3.00g

**Vitamin A** 1000.00IU **Vitamin C** 72.00mg

**Calcium** 240.00mg **Iron** 7.20mg

# 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	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	50 Each	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

# 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	DistPart #
14" Whole Grain (16 oz.) RFRS Pepperoni Pizza-8 cut	8 Slice	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

<b>Calories</b>	270.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 15.00IU	<b>Vitamin C</b> 10.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 10.00mg

# 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	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	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	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	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

# 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	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	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

# Granola Bar

<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-15333

## Ingredients

Description	Measurement	DistPart #
BAR GRANOLA CKYS & CRM 125-1.37Z	25 Each	393393

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	150.00
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	135.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.00mg	<b>Iron</b> 0.72mg



# 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	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	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

# Beef Hog Dog

<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-16123

## Ingredients

Description	Measurement	DistPart #
Lower Sodium Beef Franks	25 57 g	29265

## Preparation Instructions

Hold for hot service at 145 degrees

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	340.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# 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	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	25 bun	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

# Hot Dog Bun

<b>Servings:</b>	12.00	<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-16129

## Ingredients

Description	Measurement	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	12 bun	2918

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 110.00

**Fat** 1.50g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 190.00mg

**Carbohydrates** 21.00g

**Fiber** 2.00g

**Sugar** 2.00g

**Protein** 4.00g

**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	DistPart #
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	25 Each	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	DistPart #
Orange Juice 4 oz.	25 Carton	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	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	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

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

# 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	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	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	12 Each	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