

Cookbook for Henderson County High School

Created by HPS Menu Planner

Table of Contents

Cheeseburger

Hamburger

Scrambled Egg Mix with Toast

Every Day Fruit Juice

Peas

Sausage Biscuit

Mashed Potatoes

Chicken Biscuit

Deli Sandwich

Green Beans

Broccoli - Steamed

Muffins

Every Day Fresh Fruit

Cinnamon & Sugar Donut Holes

Pizza/Salad Bar

Yogurt Bar

HS Cereal

Donut Burger

Cheeseburger

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4528

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GFS	1 Each		763233
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	1 Each		226851
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

Wash hands and put on gloves

Gather all supplies

Beef Patty:

conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes.

Once burgers are cooked assemble sandwich with 1 beef patty and 1 slice of cheese per bun.

Place all assembled sandwiches and extra patties in warmer until meal time.

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 315.00

Fat 12.00g

SaturatedFat 4.75g

Trans Fat 0.00g

Cholesterol 47.50mg

Sodium 535.00mg

Carbohydrates 30.00g

Fiber 1.00g

Sugar 4.50g

Protein 20.50g

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

Calcium 116.00mg **Iron** 1.44mg

Hamburger

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4531

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	1 Each		226851
BUN HAMB SLCD 4 10-12CT GFS	1 Each		763233

Preparation Instructions

Wash hands and put on gloves before starting.

Beef Patty:

Conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes.

Once patty's are cooked assemble sandwiches and place in warmer until meal time.

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	280.00
Fat	10.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	325.00mg
Carbohydrates	29.00g
Fiber	1.00g
Sugar	4.00g

Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Scrambled Egg Mix with Toast



Servings:	1.00	Category:	Entree
Serving Size:	2.00 oz	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4553

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHT SFT SLCD 16-22Z GFS	1 Slice		204782
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	1 Ounce		533034

Preparation Instructions

Wash hands and put on clean gloves.

Gather all supplies needed.

Scrambled Egg Mix: Place eggs in a sprayed pan. CONVECTION OVEN - 275 degrees F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300 degrees F Thawed: 30-35 minutes Frozen: 35-40 minutes

Toast: Place slices of bread on sheet pans sprayed with butter spray and spray tops of bread with butter pan spray. Place in 300 degree convection oven and cook to personal state of browning.

SLE Components

Amount Per Serving

Meat	0.88
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: 2.00 oz

Amount Per Serving	
Calories	135.00
Fat	1.00g
SaturatedFat	1.75g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	230.00mg
Carbohydrates	14.50g
Fiber	1.50g

Sugar	2.50g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Every Day Fruit Juice

NO IMAGE

Servings:	4.00	Category:	Fruit
Serving Size:	6.75 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-4565

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-6.75FLZ	1 Each		698332
JUICE BOX ORNG TANGR 100 40-6.75FLZ	1 Each		698351
JUICE BOX FRT PNCH 100 40-6.75FLZ	1 Each		698340
JUICE BOX VERY BRY 40-6.75FLZ	1 Each		698361

Preparation Instructions

Ready to drink. keep refrigerated till time of service

SLE Components

Amount Per Serving

Meat	0.00
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: 4.00

Serving Size: 6.75 Ounce

Amount Per Serving

Calories	97.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	24.50g		
Fiber	0.00g		
Sugar	22.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 18.75mg **Iron** 0.00mg

Peas

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4570

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 KE	1/2 Cup		283760
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon		614640
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	164.78		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.00mg		
Carbohydrates	8.96g		
Fiber	2.99g		
Sugar	2.99g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.00mg	Iron	0.82mg

Sausage Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8196

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD R/SOD IQF 1.5Z 12	1 Each		483152
DOUGH BISC STHRN STYL 216-2.51Z	1		516495

Preparation Instructions

Wash hands and put on gloves.

Gather all supplies.

Biscuit:

Follow directions on box.

Sausage:

Lay sausage patties on sprayed pan and cook at 300 degrees until internal temperature reaches 165 degrees.

SLE Components

Amount Per Serving

Meat	0.75
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

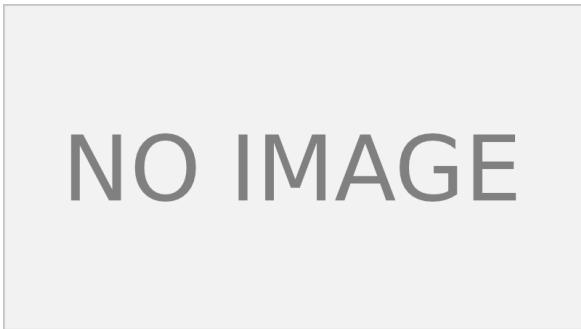
Serving Size: 3.00 Ounce

Amount Per Serving

Calories	360.00
Fat	23.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	570.00mg
Carbohydrates	30.00g
Fiber	1.00g
Sugar	4.00g

Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Mashed Potatoes



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8221

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	4 Ounce		860560

Preparation Instructions

WASH HANDS BEFORE YOU BEGIN

COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER.

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	0.46

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	101.15		
Fat	2.76g		
SaturatedFat	0.92g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	174.71mg		
Carbohydrates	16.55g		
Fiber	1.84g		
Sugar	0.00g		
Protein	1.84g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.39mg	Iron	0.66mg

Chicken Biscuit

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8235

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each		528820
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each		441900

Preparation Instructions

Wash hands and put on gloves before starting

Biscuits:

Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven.

Chicken Patty:

FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assemble chicken biscuits when all is cooked. Place in warmer until meal time.

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	302.60
Fat	13.30g
SaturatedFat	4.90g
Trans Fat	0.06g
Cholesterol	23.00mg
Sodium	797.20mg
Carbohydrates	34.00g

Fiber	0.70g		
Sugar	3.00g		
Protein	12.20g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	38.27mg	Iron	2.42mg

Deli Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8245

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
TURKEY SUB MEAT COMBO PK 12 GCHC	2 Ounce		239640
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

Wash hands and put on gloves.

Gather all supplies

Place pan liner paper down on table.

Line sub buns out, put 2 slices of meat and 1 slice of cheese per sandwich.

Bag sandwich and place in pan back in cooler until meal time

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	298.30
Fat	11.00g
SaturatedFat	3.95g
Trans Fat	0.00g
Cholesterol	39.50mg
Sodium	823.30mg
Carbohydrates	31.00g
Fiber	2.00g

Sugar		5.50g	
Protein		17.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	152.00mg	Iron	2.60mg

Green Beans

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8308

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	3/4 Cup		221990
BASE BEEF NO MSG LO SOD 6-1 MINR	1 Fluid Ounce		580562
ONION DEHY CHPD 15 P/L	2 Fluid Ounce		263036
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037

Preparation Instructions

WASH HANDS AND PUT ON GLOVES
OPEN AND EMPTY CANS INTO TILT SKILLET
ADD BEEF BASE, DEHYDRATED ONIONS AND BLACK PEPPER.
COOK AT 350 DEGREE F FOR 2 HOURS
FOR STOVE TOP EMPTY CANS INTO STOCK POT, ADD ADDITIONAL INGREDIENTS
COOK ON LOW FOR 3 HOURS

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 79.08

Fat 0.16g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 197.78mg

Carbohydrates 18.13g

Fiber 4.50g

Sugar 4.00g

Protein 2.80g

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

Calcium 63.85mg **Iron** 0.90mg

Broccoli - Steamed



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13378

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GFS	1/2 Cup		285590
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon		265103

Preparation Instructions

WASH HANDS AND PUT ON GLOVES
PREHEAT OVEN TO 300 DEGREES F
SPRAY PAN AND PUR BROCCOLI IN
LIGHTLY SEASON WITH MRS. DASH SEASONING
STEAM FOR 5 MINUTES OR UNTIL IT'S LIGHTLY TENDER
*DO NOT OVERCOOK OR IT WILL TURN TO MUSH

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	16.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	3.33g
Fiber	2.00g
Sugar	0.67g

Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	0.67mg

Muffins

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13599

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

Preparation Instructions

THAW OVERNIGHT UNDER REFRIGERATION

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	186.67
Fat	6.33g
SaturatedFat	1.50g
Trans Fat	0.03g
Cholesterol	20.00mg
Sodium	123.33mg
Carbohydrates	29.00g
Fiber	1.67g
Sugar	15.33g
Protein	2.67g

Vitamin A	38.14IU	Vitamin C	0.02mg
Calcium	10.92mg	Iron	0.92mg

Every Day Fresh Fruit

NO IMAGE

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13615

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 113CT MRKN	1/2 Cup		197696
APPLE GALA 100CT MRKN	1/2 Cup		197718
BANANA TURNING SNGL 150CT 40 P/L	1/2 Cup		197769
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	1/2 Cup		198013

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.57
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	51.84
Fat	0.16g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.90mg
Carbohydrates	13.75g
Fiber	2.15g
Sugar	9.06g
Protein	0.43g

Vitamin A	72.14IU	Vitamin C	11.18mg
Calcium	9.49mg	Iron	0.13mg

Cinnamon & Sugar Donut Holes



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	5 Each		839520
SUGAR CANE GRANUL 25 GFS	1 Teaspoon		108642
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES, GATHER ALL SUPPLIES, THAW DONUT HOLES DAY BEFORE, MORNING OF SERVING ROLL IN CINNAMON/SUGAR MIXTURE. 5 DONUT HOLES PER ORDER

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: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	248.33		
Fat	13.33g		
SaturatedFat	5.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	29.00g		
Fiber	1.67g		
Sugar	9.00g		
Protein	3.33g		
Vitamin A	9.57IU	Vitamin C	0.00mg

Calcium 11.48mg **Iron** 0.67mg

Pizza/Salad Bar

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13930

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
SPINACH BABY CLND 2-2 RSS	1 Cup		560545
CARROT BABY WHL CLEANED 12- 2 RSS	1 Ounce		510637
ONION RD SLIVERED 1/8 2-3 RSS	1 Ounce		313157
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1 Tablespoon		324531
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
OLIVE GRN SALAD BRKN MANZ 4-1GAL GFS	1 Tablespoon		107549

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce		499943
EGG HRD CKD DCD IQF 4-5 GFS	1 Tablespoon		192198
CHEESE COTTAGE SML 1 4- 5 GCHC	1/4 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
POTATO BAKER IDAHO 90CT MRKN	2 Ounce		233277
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	1/2 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	1/2 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	627101
PIZZA PEPP 16 WGRAIN R/E BOLD 9CT	1/2 Slice	BAKE COOKING INSTRUCTIONS: COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVECTION OVEN: 350°F high fan for 13-17 minutes. CONVENTIONAL OVEN: 450°F for 15-17 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	503962

Description	Measurement	Prep Instructions	DistPart #
PIZZA 4MEAT 16 WGRAIN PRIMO 9CT	1/2 Slice	<p>BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F low fan for 15-17 minutes IMPINGEMENT OVEN: 420°F for 6:30-7:00 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	731211

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

PIZZA:

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

SLE Components

Amount Per Serving

Meat	5.19
Grain	4.50
Fruit	0.00
GreenVeg	1.25
RedVeg	0.78
OtherVeg	0.88
Legumes	0.00
Starch	2.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1026.92		
Fat	44.37g		
SaturatedFat	18.17g		
Trans Fat	0.00g		
Cholesterol	162.27mg		
Sodium	2140.55mg		
Carbohydrates	102.44g		
Fiber	13.48g		
Sugar	25.08g		
Protein	57.87g		
Vitamin A	4253.24IU	Vitamin C	43.94mg
Calcium	913.11mg	Iron	7.71mg

Yogurt Bar



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18513

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
PEACH DCD 3/8 IQF 2-5 DOLE	1/4 Cup		192151
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/4 Cup		621420
BLUEBERRY FREE-FLOW IQF 30 GFS	1/4 Cup		119873
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1 Ounce	READY_TO_EAT Ready to serve and eat	226671

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.49
Grain	0.88
Fruit	0.63
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 Cup

Amount Per Serving	
Calories	245.26
Fat	2.12g
SaturatedFat	1.12g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	171.64mg
Carbohydrates	52.54g

Fiber		3.37g	
Sugar		31.00g	
Protein		6.10g	
Vitamin A	0.00IU	Vitamin C	0.90mg
Calcium	141.79mg	Iron	0.99mg

HS Cereal



Servings:	5.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18518

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lucky Charms 2 oz	1 Container		105840
Cocoa Puffs 2 oz	1 Container		105850
Cinnamon Toast Crunch 2 oz	1 container		105931
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1		105307
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1		105357

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.20
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

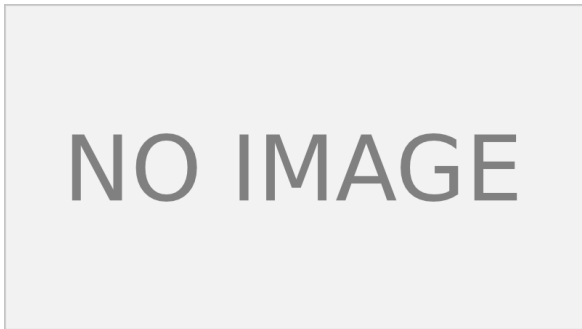
Serving Size: 2.00 Ounce

Amount Per Serving

Calories	130.00
Fat	2.00g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	178.00mg
Carbohydrates	27.40g
Fiber	2.40g
Sugar	9.20g

Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Donut Burger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19472

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RNG HMSTYL YST RSD 84-2.1Z RICH	1 Each		131940
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

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	443.00
Fat	28.00g
SaturatedFat	12.85g
Trans Fat	0.60g
Cholesterol	46.50mg
Sodium	749.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	3.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 149.00mg **Iron** 3.44mg