

Cookbook for Junior High

Created by HPS Menu Planner

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Warm Soft Pretzel

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Dirt Pudding Cup

Cranberry Relish

Traditional Stuffing

Jr. High- Sliced Turkey Breast w/ Gravy

Roasted Turkey with Gravy

Topsy Turvy Mini Pumpkin Pie

Caramel Apple Pie Parfait

Hummus w/ Flatbread & String Cheese

Italian Bagel Sammy w/ Cheese

Hurry Up Summer! Smoothie

Beef & Cheese Ravioli

Pepperoni Pizza Stuffed Breadsticks

Hearty Beef Chili in a Bread Bowl

Club Wrap (Turkey, Ham & Bacon w/ Cheese)

Italian Bagel Sammy w/ Cheese

Smoothie w/ Pretzels Meal

Breaded Chicken Caesar Salad w/ Breadstick & Croutons

Breaded Chicken Caesar Salad w/ Breadstick & Croutons

Grilled Chicken Caesar Salad w/ Breadstick & Croutons

Grilled Chicken Caesar Salad w/ Breadstick & Croutons

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Breaded Mozzarella Sticks

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Zesty Breaded Orange Chicken

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Hot Dog on Bun

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Fish & Chips

Fish & Chips

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Hamburger Bun WG

Penne Pasta

Hoagie Bun

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Cheese Omelet

Pepperoni Stromboli

Nacho's with Dippy Cheese

Generals Chili Mac

Honey Corn Bread Biscuit

Farm-Stand Blueberry French Toast Bake

Homemade Blueberry Sauce

Marinated Steak Strips

Oven Roasted Chicken Wings

Homemade Blueberry Muffin Bar

Deli Ham & Cheese on Bun

Protein Pack: Hard Boiled Egg, String Cheese, Crackers & Grapes

American All-Star Parfait

Berry Delicious Chicken Salad w/ Croutons & Breadstick

Berry Delicious Chicken Salad w/ Croutons & Breadstick

Beef Honey BBQ Rib Hoagie

Steak & Mashed Potato Bowl

Oven Roasted Chicken Wings

Fruit & Yogurt Parfait w/ Granola & Cereal Bar

Ham & Cheese Hoagie

Granny's Apple Pie Parfait

Harvest Salad

Apple Filling

Maple Glazed French Toast Sticks w/ Apple Topping

Maple Glazed French Toast Sticks w/ Apple Topping

Cheeseburger

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7903

Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	200 Each	203270
CHEESE AMER 160CT SLCD R/F 6-5 LOL	200 Slice	722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810

Preparation Instructions

BAKE

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

Place one hamburger on one bottom bun, top with one slice of cheese, top with top bun.

Wrap in foil wrapper #222224

Hold at 135F or higher.

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 145.70

Fat 7.01g

SaturatedFat 3.25g

Trans Fat 0.00g

Cholesterol 42.50mg

Sodium 480.75mg

Carbohydrates 2.13g

Fiber 1.02g

Sugar 0.52g

Protein 17.53g

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

Calcium 116.32mg **Iron** 1.81mg

Beef Soft Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7906

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Ounce	722330
TORTILLA FLOUR 6.25 PRSD 24-12CT	1 Each	331058
CHEESE CHED SHRD 6-5 COMM	1 Ounce	199720

Preparation Instructions

TACO MEAT: KEEP FROZEN UNTIL COOKING. Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches 165F . CAUTION: Open bag carefully to avoid being burned.

EMPTY TACO MEAT INTO STEAM TABLE PAN. HOLD AT 135F UNTIL ASSEMBLY/SERVICE.

LINE TORTILLAS ON CLEAN SURFACE. ASSEMBLE TACOS:
PLACE 1 OZ TACO MEAT, 1 OZ CHEESE ON EACH TORTILLA.
ROLL TORTILLA IN FOIL WRAPPER FOR SERVICE.
PLACE ALL FOILED TACOS IN PAN, HOLD AT 135F FOR SERVICE.
SERVING SIZE K-4 IS ONE TACO.
EACH BAG OF TACO MEAT SHOULD YIELD 76, 1 OZ SERVINGS.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 238.14

Fat 13.05g

SaturatedFat 7.32g

Trans Fat 0.09g

Cholesterol 41.04mg

Sodium 517.08mg

Carbohydrates 16.08g

Fiber 1.13g

Sugar 1.13g

Protein 12.04g

Vitamin A 203.47IU

Vitamin C 1.58mg

Calcium 36.43mg **Iron** 1.63mg

Baked Beans

Servings:	29.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7937

Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	116 Fluid Ounce	570710

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 29.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	130.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	29.00g		
Fiber	5.00g		
Sugar	10.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Mac & Cheese

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7939

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	5 Pound	609121

Preparation Instructions

Mac & Cheese: Use 6oz. scoop to serve. Serve in 6 ounce foam bowl.

13 servings per 5# bag

80 servings per 1 case (6-5#bags in one case)

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	302.15		
Fat	15.08g		
SaturatedFat	8.31g		
Trans Fat	0.51g		
Cholesterol	48.21mg		
Sodium	777.95mg		
Carbohydrates	26.67g		
Fiber	2.05g		
Sugar	3.08g		
Protein	16.41g		
Vitamin A	670.77IU	Vitamin C	0.00mg
Calcium	372.31mg	Iron	1.03mg

Cheesy Pull-Apart Breadsticks

Servings:	105.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7941

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS WGRAIN 105-4Z	105 Each	723880

Preparation Instructions

PRODUCT SHOULD BE THOROUGHLY THAWED PRIOR TO COOKING. PLEASE LEAVE A SPACE BETWEEN EACH UNIT TO ENSURE PROPER BROWNING AND EVEN CHEESE MELT.

PRE-HEAT OVEN TO 325-350 DEGREES AND COOK FOR 9-12 MINUTES OR UNTIL THE CHEESE IS PROPERLY AND EVENLY MELTED.

THE PRODUCT HAS A 5 DAY SHELF LIFE AFTER THAWING.

HOLD PRODUCT AT 135F FOR SERVICE.

Item should be placed directly on student tray. May put spatula out for kids to self-serve.

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 260.00

Fat 11.00g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 380.00mg

Carbohydrates 28.00g

Fiber 3.00g

Sugar 2.00g

Protein 15.00g

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

Calcium 313.00mg **Iron** 2.00mg

Steamed Broccoli

Servings:	25.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7944

Ingredients

Description	Measurement	DistPart #
BROCCOLI FZ 30 COMM	12 1/2 Cup	549292
SEASONING GARDEN NO SALT 19Z TRDE	2 Tablespoon	565148
MARGARINE SLD 30-1 GCHC	1/2 Cup	733061

Preparation Instructions

Directions:

Place frozen broccoli in 4 inch serving pan

Add seasoning and Margarine

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes: * Do not cook vegetables too early in the day, holding for too longer will cause the vegetables to turn mushy.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 62.80

Fat 3.52g

SaturatedFat 1.44g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 57.20mg

Carbohydrates 5.96g

Fiber 3.00g

Sugar 1.00g

Protein 3.00g

Vitamin A 240.00IU **Vitamin C** 0.00mg

Calcium 0.00mg **Iron** 0.00mg

Garden salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7950

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup	600504
TOMATO GRAPE SWT 10 MRKN	2 Each	129631
CARROT MATCHSTICK SHRED 2-3 RSS	1 Tablespoon	198161

Preparation Instructions

Clean lettuce/tomatoes. Serve 1 c in bowl w 2 tomatoes and 1 Tbsp of shredded carrots. Serve and hold at 41F or below.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	56.51
Fat	0.07g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	48.17mg
Carbohydrates	11.83g
Fiber	3.92g
Sugar	4.83g
Protein	3.16g
Vitamin A 5005.46IU	Vitamin C 5.84mg
Calcium 71.00mg	Iron 2.83mg

Refried Bean Dip

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7954

Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	1 #10 CAN	293962
SALSA 103Z 6-10 REDG	6 Cup	452841
CHEESE CHED SHRD 6-5 COMM	2 Cup	199720

Preparation Instructions

1. Stir together the prepared beans and salsa in hotel pan until thoroughly combined.
2. Heat until 135F in steamer or oven.
3. Pull pan out of oven/steamer, then sprinkle shredded cheddar cheese on top.
4. Hold at 135F for service.
5. Serve with #8 disher- 4 oz or 1/2 cup in a 4 ounce foam bowl.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	225.93		
Fat	7.68g		
SaturatedFat	4.32g		
Trans Fat	0.00g		
Cholesterol	19.20mg		
Sodium	763.54mg		
Carbohydrates	25.92g		
Fiber	5.76g		
Sugar	2.24g		
Protein	11.52g		
Vitamin A	227.84IU	Vitamin C	2.56mg
Calcium	64.96mg	Iron	1.92mg

Homemade Meatsauce

Servings:	78.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7958

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	30 Pound	573201

Preparation Instructions

COOK FROM FROZEN

Place frozen meatsauce in steamer or boiling kettle until internal temp reaches 165F> about 45 minutes.

CCP: Hold Hot at 135F or higher

Use #6 scoop to serve pasta sauce on top of 4 ounces of noodles.

Use a 8 ounce foam bowl for service.

Nutrition Facts

Servings Per Recipe: 78.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories 183.52

Fat 7.69g

SaturatedFat 3.08g

Trans Fat 0.00g

Cholesterol 60.44mg

Sodium 318.68mg

Carbohydrates 9.89g

Fiber 2.20g

Sugar 7.69g

Protein 16.48g

Vitamin A 710.99IU **Vitamin C** 20.88mg

Calcium 48.35mg **Iron** 2.20mg

Garlic Breadstick

Servings:	168.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7959

Ingredients

Description	Measurement	DistPart #
BREADSTICK GARLIC 168CT NY 10081	168 Each	616500

Preparation Instructions

BAKING INSTRUCTIONS: REMOVE BREADSTICKS FROM BAG. PLACE FLAT ON COOKING SURFACE. ALWAYS SERVE WARM. CONVENTIONAL OR TOASTER OVEN: PREHEAT OVEN TO 375 DEGREES F. PLACE BREADSTICKS FLAT ON BAKING SHEET/ALUMINUM FOIL. BAKE FOUR MINUTES OR UNTIL GOLDEN BROWN.

HOLD AT 135F. SERVE WARM WITH TONGS.

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	200.00mg
Carbohydrates	15.00g
Fiber	0.50g
Sugar	1.00g
Protein	2.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.90mg

California Blend

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7961

Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF 30 KE	12 1/2 Cup	283780
SEASONING GARDEN NO SALT 19Z TRDE	2 Tablespoon	565148
MARGARINE SLD 30-1 GCHC	1/2 Cup	733061

Preparation Instructions

Directions:

Place frozen vegetables in 4 inch serving pan

Add seasoning and Margarine

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes: Do not cook too early in the day because the product will become mushy.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 53.47

Fat 3.52g

SaturatedFat 1.44g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 55.20mg

Carbohydrates 4.29g

Fiber 1.33g

Sugar 1.33g

Protein 0.67g

Vitamin A 240.00IU **Vitamin C** 0.00mg

Calcium 13.33mg **Iron** 0.00mg

French Toast Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7963

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN MAPL 255CT	3 each	555012

Preparation Instructions

French Toast Sticks:

Preheat oven to 325 degrees F. Place single layer of frozen sticks, glaze side up on baking sheet. Bake for 8 minutes or until product reaches an internal temperature of 165 degrees F.

Hold at 135F for service.

Omelet:

HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. Cook from FROZEN 29-33 MIN. do not over cook or cheese with seep from omelet.

Serve with 1 syrup on the side.

Serve 3 french toast sticks with 1 omelet in 1# boat. Syrup on side.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	9.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	110.00mg		
Sodium	280.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	6.00mg

Hashbrown Potatoes

Servings:	31.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7970

Ingredients

Description	Measurement	DistPart #
HASHBROWN STARZ .36Z 6-5 LAMB	5 Pound	233101

Preparation Instructions

Preheat oven to 400F.

Arrange product in a single layer. Do not over crowd.

Bake 812 minutes or until light golden in color.

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.

Nutrition Facts

Servings Per Recipe: 31.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 153.61

Fat 8.19g

Saturated Fat 1.02g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 286.74mg

Carbohydrates 17.41g

Fiber 2.05g

Sugar 0.00g

Protein 2.05g

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

Calcium 8.19mg **Iron** 1.02mg

Carrot & Celery Cup

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7971

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	12 1/2 Cup	510637
CELERY STIX 4-3 RSS	12 1/2 Cup	781592

Preparation Instructions

Clean and cut all veggies and combine carrots and celery for service. Hold at 41F or lower.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.87
Fat	0.07g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	54.20mg
Carbohydrates	5.17g
Fiber	2.17g
Sugar	3.17g
Protein	0.33g
Vitamin A 8097.17IU	Vitamin C 3.39mg
Calcium 42.95mg	Iron 0.51mg

Peas & Carrots

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7987

Ingredients

Description	Measurement	DistPart #
PEAS & CARROT 12-2.5 GFS	12 1/2 Cup	119458
MARGARINE SLD 30-1 GCHC	1/2 Cup	733061

Preparation Instructions

Directions:

Place frozen vegetables in 4 inch serving pan

Add margarine by cutting in pieces.

Place in steam oven for 10 minutes, do not over cook.

CCP: Heat to 135° F or higher.

Notes: Do not cook too early in the day because the product will become mushy.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 69.31

Fat 3.52g

SaturatedFat 1.44g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 50.13mg

Carbohydrates 7.46g

Fiber 2.24g

Sugar 2.99g

Protein 1.49g

Vitamin A 240.00IU **Vitamin C** 0.00mg

Calcium 0.00mg **Iron** 0.52mg

Mighty Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7988

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD 6-5 JTM	4 Each	135071
SAUCE SPAGHETTI FCY 6-10 REDPK	2 Ounce	852759
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce	645170

Preparation Instructions

1. Heat meatballs & sauce according to directions. CCP: Hold Hot at 135F or higher
 2. Portion 4 meatballs w/ sauce glazed over. Top meatballs with #30 scoop (2 Tbsp) of mozzarella cheese.
- Use GFS # 276142 for bun
- 1- 5# bag of meatballs makes 35 subs that have 4 meatballs each.
- 1-30# case of meatballs makes 210 subs

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	197.93
Fat	11.00g
SaturatedFat	4.79g
Trans Fat	0.48g
Cholesterol	37.90mg
Sodium	498.87mg
Carbohydrates	9.50g
Fiber	2.47g
Sugar	4.63g
Protein	15.57g
Vitamin A 332.27IU	Vitamin C 4.13mg
Calcium 142.90mg	Iron 1.60mg

Crispy Chicken Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7989

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480

Preparation Instructions

Bake chicken patty

16-18 min minutes at 375°F from frozen, internal temperature must reach 165F. Do not cook too high because the whole grain patty will dry out.

Place 1 patty on 1 bun and wrap in foil wrapper. Keep at 135F for service.

About 128 patty's per case.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 200.00

Fat 9.00g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 290.00mg

Carbohydrates 9.00g

Fiber 3.00g

Sugar 0.00g

Protein 19.00g

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

Calcium 0.00mg **Iron** 1.00mg

Cucumbers & Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7990

Ingredients

Description	Measurement	DistPart #
CUCUMBER SELECT SUPER 45 MRKN	1/2 Cup	198587
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each	182265

Preparation Instructions

Wash cucumbers, slice in circles and store in 5 ounce souffle cups. Hold at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 125.40

Fat 12.25g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 10.00mg

Sodium 253.60mg

Carbohydrates 3.00g

Fiber 0.15g

Sugar 2.50g

Protein 0.15g

Vitamin A 27.30IU **Vitamin C** 0.73mg

Calcium 4.16mg **Iron** 0.08mg

Parmesan Dusted Bosco Sticks

Servings:	72.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8002

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	144 Each	235411
PAN COAT/TPNG SPRY BTR 6-16.5Z GFS	1 Each	758370
CHEESE BLND PARM GRTD 4-5 P/L	2 Cup	186891

Preparation Instructions

1. Preheat oven to 400° F.
 2. Place Bosco Sticks in single layer on a baking sheet.
- Top Bosco Sticks breadsticks with butter spray and parmesan cheese after baking.
Let sit for a couple minutes before bagging so cheese adheres to sticks.
Use Bosco bags for service.
Hold at 135F.

Nutrition Facts

Servings Per Recipe: 72.00
Serving Size: 2.00 Each

Amount Per Serving			
Calories		315.03	
Fat		10.75g	
SaturatedFat		5.00g	
Trans Fat		0.00g	
Cholesterol		33.75mg	
Sodium		507.48mg	
Carbohydrates		34.00g	
Fiber		4.00g	
Sugar		2.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	461.99mg	Iron	2.00mg

Popcorn Chicken

Servings:	38.00	Category:	Entree
Serving Size:	11.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8005

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	418 Each	327120

Preparation Instructions

Bake chicken for 6-8 minutes at 375°F from frozen until internal temperature reaches 165F. Serve with dinner roll on side.

1-8# bag yields 38 servings

1 case will yield 152 servings

1 serving= 11 popcorn chicken balls

Serve in 4 ounce paper boat.

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 11.00 Each

Amount Per Serving

Calories	230.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.00mg		
Carbohydrates	14.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	2.00mg

Mashed Potatoes

Servings:	42.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8006

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Package	613738

Preparation Instructions

- 1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN.
- 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION.
- 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE.
- 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

Serve 4 ounces per serving.

Side dish- put in 6 ounce squat #272248

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 72.30

Fat 0.80g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 329.36mg

Carbohydrates 13.66g

Fiber 0.80g

Sugar 0.00g

Protein 1.61g

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

Calcium 8.03mg **Iron** 0.24mg

Chicken Gravy

Servings:	227.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8009

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CHIX LO SOD 6-32Z HHL	1 each	574732

Preparation Instructions

In a large saucepan, combine gravy mix with warm tap water. Mix well with a wire whisk. Bring mixture to a boil, over medium heat, stirring constantly. Remove from heat.

1- 32 oz package will make 227 ounces prepared.

Each serving should be 1 oz.

Nutrition Facts

Servings Per Recipe: 227.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	14.98		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	79.91mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sloppy Joe on Bun

Servings:	132.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8010

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	30 Pound	564790
4" WG WHITE HAMBURGER BUN	132 bun	1711

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.

Internal temperature should reach 165F.

Serve sloppy joe using #8 scoop, 4 oz. on 1 bun.

Nutrition Facts

Servings Per Recipe: 132.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 285.25

Fat 7.51g

SaturatedFat 2.20g

Trans Fat 0.00g

Cholesterol 44.08mg

Sodium 697.73mg

Carbohydrates 36.02g

Fiber 4.00g

Sugar 12.01g

Protein 19.02g

Vitamin A 459.80IU **Vitamin C** 6.01mg

Calcium 44.06mg **Iron** 10.00mg

Cooked Carrots

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8011

Ingredients

Description	Measurement	DistPart #
CARROT FZ 30 COMM	12 1/2 Cup	150390
MARGARINE SLD 30-1 GCHC	1/2 Cup	733061

Preparation Instructions

FROZEN CARROTS CAN BE COOKED WITHOUT THAWING. STOCK POT , ADD FROZEN CARROTS TO BOILING WATER. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 10 TO 20 MIN. DRAIN.

STEAMER: PLACE FROZEN CARROTS IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED FOR 3 TO 5 MIN. DRAIN. DO NOT BOIL. COOK FROZEN VEGETABLES ONLY UNTIL TENDER BUT CRISP; THEY MAY CONTINUE TO COOK WHEN HELD ON A HOT STEAMTABLE OR IN A HOLDING CABINET.

SCHEDULE COOKING OF CARROTS SO THEY WILL BE SERVED SOON AFTER COOKING. CARROTS WILL BECOME OVERCOOKED IF HELD TOO LONG.

Hold at 135F.

Serve with 4 oz server.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 59.00

Fat 4.52g

SaturatedFat 1.44g

Trans Fat 0.00g

Cholesterol 24.00mg

Sodium 78.20mg

Carbohydrates 6.00g

Fiber 2.00g

Sugar 3.00g

Protein 0.00g

Vitamin A 240.00IU **Vitamin C** 0.00mg

Calcium 0.00mg **Iron** 0.00mg

Walking Taco w/ Doritos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8012

Ingredients

Description	Measurement	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Each	456090
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	722330
CHEESE CHED SHRD 6-5 COMM	1 Ounce	199720

Preparation Instructions

KEEP MEAT 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.

Open bags of doritos as needed.

Scoop 2 oz of meat mixture and 1 oz of shredded cheese on top of Doritos---do this right before serving for each line so the chips do not get soggy.

Offer salsa on the side for students to add themselves.

EACH 5# BAG OF TACO MEAT SHOULD YIELD 38, 2 OZ SERVINGS.

1 CASE meat = 228 SERVINGS

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	354.40
Fat	18.90g
SaturatedFat	8.80g
Trans Fat	0.29g
Cholesterol	65.00mg
Sodium	681.90mg
Carbohydrates	25.00g
Fiber	4.00g
Sugar	3.00g
Protein	20.80g
Vitamin A 645.00IU	Vitamin C 5.00mg

Calcium 79.00mg **Iron** 2.30mg

Spanish Rice

Servings:	25.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8049

Ingredients

Description	Measurement	DistPart #
RICE SPANISH 6-36Z GCHC	3 3/4 Pound	834850
MARGARINE SLD 30-1 GCHC	5/6 Cup	733061
WATER DISTILLED 4-1GAL GCHC	18 1/3 Cup	711143

Preparation Instructions

STOVE TOP METHOD: BRING TO BOIL IN COOKING PAN 2.75 QUARTS (11 CUPS) WATER AND 1/4 CUP (2 OUNCES) COOKING OIL, MARGARINE, OR BUTTER (OPTIONAL). STIR IN ENTIRE CONTENTS OF RICE AND SEASONING PACKET. COVER TIGHTLY AND TURN TO LOW HEAT. SIMMER OVER LOW HEAT (LOW BOIL) APPROXIMATELY 20-25 MINUTES, OR UNTIL MOST OF THE LIQUID IS ABSORBED. TURN OUT INTO SHALLOW STEAM TABLE PAN. FLUFF GENTLY WITH FORK TO DISTRIBUTE THE SEASONINGS. COVER AND KEEP WARM (140-160 DEGREES F) UNTIL SERVING.

OVEN METHOD: COMBINE 2.75 QUARTS (11 CUPS) BOILING WATER, 4 OUNCES (1/2 CUP) MARGARINE OR BUTTER (OPTIONAL), RICE, AND CONTENTS OF SEASONING PACKET IN A LARGE SHALLOW BAKING PAN. COVER TIGHTLY AND BAKE IN A 350 DEGREE F OVEN UNTIL MOST OF THE LIQUID IS ABSORBED, APPROXIMATELY 30 MINUTES IN A CONVENTIONAL OVEN OR 25 MINUTES IN A CONVECTION OVEN. STIR TO DISTRIBUTE SEASONINGS. COVER AND KEEP WARM (140-160 DEGREES F) UNTIL SERVING.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 291.76

Fat 6.41g

SaturatedFat 2.39g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 637.98mg

Carbohydrates 51.14g

Fiber 2.27g

Sugar 2.27g

Protein 4.55g

Vitamin A 1250.67IU **Vitamin C** 20.45mg

Calcium 22.73mg **Iron** 2.05mg

Black Bean and Corn Relish

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8059

Ingredients

Description	Measurement	DistPart #
SALSA 103Z 6-10 REDG	1 Gallon	452841
SPICE CILANTRO 4Z TRDE	3/4 Cup	565903
BEANS BLACK LO SOD 6-10 BUSH	1 Gallon	231981
CORN 6-10 CMDTY	1 Gallon	120483

Preparation Instructions

Mix all ingredients together and refrigerate overnight. Cup in individual 4 oz cups for service
Hold at 41F.

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	118.60		
Fat	0.96g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	100.59mg		
Carbohydrates	24.36g		
Fiber	5.12g		
Sugar	2.57g		
Protein	5.76g		
Vitamin A	2.37IU	Vitamin C	0.03mg
Calcium	38.63mg	Iron	1.15mg

Chicken Alfredo Pasta

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8061

Ingredients

Description	Measurement	DistPart #
WATER SPRNG 4-1GAL GCHC	72 Fluid Ounce	686860
PASTA ROTINI 2-10 KE	3 Pound	635511
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 1/2 Pound	570533
CHEESE MOZZ SHRD 4-5 LOL	10 Ounce	645170

Preparation Instructions

Cook noodles, meat and sauce separately. After meat is finished cooking add it to sauce, add cheese and stir. DO NOT mix noodles with sauce mixture.

Hold noodles and sauce separately until ready to serve for each line. Do Not drain noodles until ready to serve.

To assemble:

1. Scoop 4 ounces of noodles into a 12 oz foam bowl.
2. Ladle 4 ounces of the sauce/meat mixture on top of noodles.
3. Sprinkle with dried parsley for color.
4. Make per line to avoid drying out.

Hold at 135F.

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 363.23

Fat 11.44g

SaturatedFat 5.52g

Trans Fat 0.00g

Cholesterol 60.41mg

Sodium 612.53mg

Carbohydrates 39.08g

Fiber 1.50g

Sugar 5.76g

Protein	25.05g		
Vitamin A	302.24IU	Vitamin C	0.00mg
Calcium	304.83mg	Iron	2.09mg

Spinach Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8062

Ingredients

Description	Measurement	DistPart #
SPINACH BABY CLND 2-2 RSS	13 Pound	560545
CUCUMBER SELECT 6CT MRKN	2 1/2 Pound	592323
TOMATO GRAPE SWT 10 MRKN	2 Each	129631

Preparation Instructions

Portion 1/2 cup of spinach into individual salad bowls and top with 2 slices cucumber & 2 tomatoes.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	4.99
Fat	0.03g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.32mg
Carbohydrates	1.13g
Fiber	0.61g
Sugar	0.31g
Protein	0.61g
Vitamin A 18.88IU	Vitamin C 0.48mg
Calcium 18.13mg	Iron 0.57mg

Pepperoni Calzone

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8063

Ingredients

Description	Measurement	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	80 Each	135191

Preparation Instructions

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES.

COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING 165 F .

THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

Batch cook for best results.

Hold at 135 F.

Place on student trays- may put spatula out for student self service.

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00
Fat	11.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	590.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	6.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 361.00mg	Iron 2.00mg

Seasoned Green Beans

Servings:	68.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8064

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	4 #10 CAN	100307
MARGARINE SLD 30-1 GCHC	1/2 Cup	733061
SPICE ONION POWDER 19Z TRDE	4 Teaspoon	126993
SPICE GARLIC POWDER 6 TRDE	4 Teaspoon	513857

Preparation Instructions

Stir all ingredients together and heat until beans reach 135F.

Do not cook too early. Do not overcook. Product will continue to soften on steam table.

Stir after beans come out of oven to distribute butter.

Hold at 135F.

Serve with 4 oz slotted spoodle.

Nutrition Facts

Servings Per Recipe: 68.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 36.72

Fat 1.29g

SaturatedFat 0.53g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 226.08mg

Carbohydrates 5.04g

Fiber 3.07g

Sugar 1.52g

Protein 1.55g

Vitamin A 88.24IU **Vitamin C** 0.00mg

Calcium 0.15mg **Iron** 0.01mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8065

Ingredients

Description	Measurement	DistPart #
Hot Dog Bun Nickles	1 bun	
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each	154792

Preparation Instructions

WASH HANDS.

Can be steamed or cooked in 350F oven. Do not over cook because hot dogs will split.

1. Place 1 hot dog in each bun. Serving Size= 2 hot dogs

Convection oven: 350°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 290.00

Fat 32.00g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 760.00mg

Carbohydrates 21.00g

Fiber 0.00g

Sugar 1.00g

Protein 10.00g

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

Calcium 8.47mg **Iron** 0.59mg

Cheese Quesadilla

Servings:	96.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8068

Ingredients

Description	Measurement	DistPart #
QUESADILLA CHS MINI WHL GR 288-1.34Z	288 Each	198961

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE ON PARCHMENT LINED PAN 15 TO 20 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

This item should be batch cooked for best quality.

Hold at 135F.

Place in 1# boat for service.

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 3.00 Each

Amount Per Serving

Calories 270.00

Fat 10.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 10.00mg

Sodium 560.00mg

Carbohydrates 31.00g

Fiber 3.00g

Sugar 2.00g

Protein 13.00g

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

Calcium 150.00mg **Iron** 1.80mg

Corn Nibblers

Servings:	19.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8069

Ingredients

Description	Measurement	DistPart #
CORN 6-10 CMDTY	1 #10 CAN	120483
MARGARINE SLD 30-1 GCHC	1/4 Cup	733061

Preparation Instructions

Directions:

In 4" steam table pan place 1 can of corn with 1/4 cup butter

CCP: Heat to 145° F or higher for at least 15 Seconds

Steam frozen corn for 12 minutes or till temp is reached

Cook to line as needed Place corn in serving line CCP: Hold at 135° F or higher.

CCP: Hold at 135° F or higher.

Notes: Serve with 4 oz slotted spoodle.

Nutrition Facts

Servings Per Recipe: 19.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	109.54		
Fat	3.68g		
SaturatedFat	0.95g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	43.58mg		
Carbohydrates	20.42g		
Fiber	2.72g		
Sugar	4.08g		
Protein	2.72g		
Vitamin A	157.89IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8070

Ingredients

Description	Measurement	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
4" Whole Grain White Hamburger Bun	1 Each	1711

Preparation Instructions

Assemble chicken on sandwich bun. Wrap in foil wrapper.

Hold at 135F for service.

Serve lettuce and tomato on the side.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 240.00

Fat 5.50g

Saturated Fat 1.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 590.00mg

Carbohydrates 27.00g

Fiber 2.00g

Sugar 4.00g

Protein 21.00g

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

Calcium 6.00mg **Iron** 1.00mg

Sweet Potato Puffs

Servings:	71.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8071

Ingredients

Description	Measurement	DistPart #
POTATO SWT MINI TATER PUFF 6-2.5 LAMB	15 Pound	872570

Preparation Instructions

CONVECTION - 400°F - 9 - 12 MINUTES,

1- 2.5# bag= 11 servings

1- 15# case= 71 servings

* Tip- Portion by gloved hand into 1/2 cup container. Scoops break down the tater tots and tear them.

If you are plating straight onto student tray- measure 1/2 cup portion with 4 oz cup. Count how many tots this is and keep near your station for visual reference, but use gloved hands to portion onto student trays.

Nutrition Facts

Servings Per Recipe: 71.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 171.54

Fat 4.04g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 232.08mg

Carbohydrates 34.31g

Fiber 3.03g

Sugar 16.14g

Protein 1.01g

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

Calcium 23.21mg **Iron** 0.00mg

Pulled BBQ Pork on Bun

Servings:	80.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8072

Ingredients

Description	Measurement	DistPart #
PORK BBQ W/TEXAS SCE 4-5 COMM	20 Pound	651590
4" Whole Grain White Hamburger Bun	80 Each	1711

Preparation Instructions

Serve 4 oz scoop of pork onto 1 hamburger bun.

Hold at 135F for service.

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	377.00
Fat	14.40g
SaturatedFat	4.20g
Trans Fat	0.00g
Cholesterol	74.00mg
Sodium	991.00mg
Carbohydrates	38.00g
Fiber	2.20g
Sugar	4.00g
Protein	23.90g
Vitamin A 251.40IU	Vitamin C 4.10mg
Calcium 0.00mg	Iron 1.30mg

Stuffed Crust Pepperoni Pizza

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8073

Ingredients

Description	Measurement	DistPart #
PIZZA PEPP WDG WGRAIN STFD 72CT MAX	72 Each	198941

Preparation Instructions

Do not over cook or cheese will seep from crust.

Hold at 135 F.

Serve on student tray- may put out spatula for student self service.

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 290.00

Fat 9.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 15.00mg

Sodium 550.00mg

Carbohydrates 37.00g

Fiber 3.00g

Sugar 5.00g

Protein 17.00g

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

Calcium 340.00mg **Iron** 2.60mg

Taco Max Snacks

Servings:	96.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8074

Ingredients

Description	Measurement	DistPart #
TACO SNAX WGRAIN 288-1.36Z MAX	288 Piece	107201
SOUR CREAM CUP 100-1Z PAULY	96 Each	126400

Preparation Instructions

Serve 3 piece in a 1/2#boat or on student tray.

Serve sour cream on the side.

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	310.00
Fat	14.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	540.00mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	2.00g
Protein	14.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 190.00mg	Iron 2.40mg

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8076

Ingredients

Description	Measurement	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each	722301

Preparation Instructions

For best results: Prepare corn dogs from frozen

1. Pre-heat oven to 375F.
2. Place parchment pan liner on a full size sheet pan and spray lightly with pan coating.
3. Pour contents of bag of frozen corn dogs and spread evenly over the entire sheet pan leaving some space between each of them.
4. Bake at 375F for 15 - 17 minutes or until corn dogs reach 165F and batter is fully cooked and serve
Serve in 4 ounce paper boat.
Hold at 135F.

Note: For best results leave oven doors closed during the entirety of the cooking step in order to keep oven temperature at optimum level. Cooking times depend on load in the oven being heated.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	267.00		
Fat	11.00g		
Saturated Fat	1.90g		
Trans Fat	0.00g		
Cholesterol	34.00mg		
Sodium	365.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	12.00g		
Protein	9.00g		
Vitamin A	114.00IU	Vitamin C	51.00mg
Calcium	66.00mg	Iron	1.00mg

Waffle Fries

Servings:	23.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8077

Ingredients

Description	Measurement	DistPart #
FRIES WAFFLE 6-4.5 MCC	4 1/2 Pound	201081

Preparation Instructions

Do not over crowd pan or potatoes will not crisp.

Batch cook, leaving in warming cabinet too long will cause sogginess.

Do not cover in pans because product will become soggy.

Serve with gloved hand.

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 145.12

Fat 5.18g

SaturatedFat 1.04g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 82.93mg

Carbohydrates 22.80g

Fiber 3.11g

Sugar 0.00g

Protein 2.07g

Vitamin A 0.00IU **Vitamin C** 3.73mg

Calcium 0.00mg **Iron** 0.75mg

Sweet n' Sour Chicken

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8078

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	600 Each	327120
SAUCE SWT & SOUR 12-52Z GFS	52 Fluid Ounce	219096

Preparation Instructions

1. Cook chicken according to directions. CCP: Hold hot at 135 F or higher. Serve 12 chicken balls each.
 2. Heat sweet n' sour in separate steam table pan, heat until 135F. Serve with 2 oz ladel over the chicken.
- Serve chicken and sauce over top 1/2 cup fried rice.
Do not mix the chicken and sauce or chicken too early or chicken will get soggy.

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	287.31		
Fat	14.18g		
SaturatedFat	2.73g		
Trans Fat	0.00g		
Cholesterol	21.82mg		
Sodium	532.62mg		
Carbohydrates	24.11g		
Fiber	3.27g		
Sugar	8.37g		
Protein	15.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.60mg	Iron	2.18mg

Fried Rice

Servings:	8.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8080

Ingredients

Description	Measurement	DistPart #
WATER SPRNG 4-1GAL GCHC	6 Cup	686860
MARGARINE SLD 30-1 GCHC	2 Ounce	733061
RICE BRN ASIAN 6-26.4Z UBEN	26 2/5 Ounce	244541

Preparation Instructions

Oven: 1. Combine 1 1/2 quarts (6 cups) hot water (190 degrees F) and contents of seasoning packet in a deep half size steam table pan. Stir well to disperse seasoning in water. Add rice and 2 ounces butter (optional) and mix well. 2. Cover and bake at 400degrees F for 25 minutes or until most of the water is absorbed. 3. Stir well. Serve immediately or keep warm (160 degrees F). Fluff with fork before serving.

Stovetop: 1. Combine 1 1/2 quarts (6 cups) water and contents of seasoning packet in a stock pot. Stir well to disperse seasoning in water. Add rice and 2 ounces butter (optional) and mix well. 2. Bring to a vigorous boil. Remove from heat. Cover tightly until most of the water is absorbed (about 25 minutes). 3. Stir well. Serve immediately or transfer to serving pan and keep warm (160 degrees F). Fluff with fork before serving. For best results. For firmer rice, use less water and reduce cooking time. For softer rice, use more water and increase cooking time. To refrigerate cooked rice: cover tightly to keep grains from drying out and absorbing odors from other foods. To reheat cooked rice: add a small amount of water and cover. Heat in an oven, steamer or on a stove top. Fluff rice and serve.

Hold at 135F.

Serve 3 ounces per serving

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories 111.63

Fat 3.58g

SaturatedFat 1.33g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 213.13mg

Carbohydrates 17.33g

Fiber 0.83g

Sugar 1.24g

Protein	2.06g		
Vitamin A	187.50IU	Vitamin C	0.00mg
Calcium	8.25mg	Iron	0.30mg

Ham & Cheese Pocket

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8081

Ingredients

Description	Measurement	DistPart #
POCKET TKY HAM & CHS 80-4.8Z S&F FDS	80 Each	549632

Preparation Instructions

Thaw prior to cooking. Product should be slacked on a sheet pan leaving 1-2 inches of space between each unit. This will ensure that each unit is evenly cooked.

Heat product at 350F for 10-12 minutes or until it reached an internal temperature of 165F.

Hold at 135F.

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 280.00

Fat 11.00g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 590.00mg

Carbohydrates 31.00g

Fiber 3.00g

Sugar 4.00g

Protein 19.00g

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

Calcium 337.00mg **Iron** 2.00mg

Rectangle Cheese Pizza

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8082

Ingredients

Description	Measurement	DistPart #
PIZZA CHS 4X6 WGRAIN 50/50 96CT MAX	96 Each	198931

Preparation Instructions

BAKE AT 375F. BAKE ON PARCHMENT LINED PAN 12 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F.

Do not over cook.

This item should be batch cooked.

Hold at 135 F.

Serve on student tray- may put out spatula for student self service.

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 280.00

Fat 9.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 10.00mg

Sodium 480.00mg

Carbohydrates 37.00g

Fiber 4.00g

Sugar 4.00g

Protein 15.00g

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

Calcium 270.00mg **Iron** 2.70mg

Chicken Nuggets

Servings:	38.00	Category:	Entree
Serving Size:	5.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8100

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	152 Each	281831

Preparation Instructions

Bake at 375F for 6-8 minutes.

Place 5 nuggets in a 4 ounce paper boat for service.

Hold at 135F.

32# case= 152 servings

8# bag= 38 servings

1 serving= 5 nuggets

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 5.00 each

Amount Per Serving

Calories 210.00

Fat 12.00g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 320.00mg

Carbohydrates 13.00g

Fiber 2.00g

Sugar 1.00g

Protein 13.00g

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

Calcium 30.00mg **Iron** 2.00mg

Crispy Chicken Tenders

Servings:	150.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8102

Ingredients

Description	Measurement	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	450 Piece	283951

Preparation Instructions

32# case= 150 servings

8# bag= 37 servings

1 serving= 3 strips

Place strips in 8 ounce paper boat.

Hold at 135F for service.

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 3.00 Each

Amount Per Serving

Calories 260.00

Fat 15.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 390.00mg

Carbohydrates 16.00g

Fiber 3.00g

Sugar 1.00g

Protein 15.00g

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

Calcium 36.00mg **Iron** 2.00mg

French Bread Pizza

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8105

Ingredients

Description	Measurement	DistPart #
FRENCH BRD WGRAIN GARL CHS 60-4.55Z	60 Each	154371

Preparation Instructions

CONVECTION OVEN: 375F FOR 10 TO 13 MINUTES.

Serve on student tray- may put out spatula for student self service.

Hold at 135F.

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	15.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	580.00mg
Carbohydrates	30.00g
Fiber	0.00g
Sugar	3.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 340.00mg	Iron 2.30mg

Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8171

Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BACON TKY CKD 12-50CT JENNO	1 Slice	834770

Preparation Instructions

Assembly:

Place one hamburger on one bottom bun, top with one slice of cheese, tear 1 slice of bacon in half, cross bacon over cheese, top with top bun.

Wrap in pink foil wrapper.

Hold at 135F or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 165.00

Fat 8.50g

SaturatedFat 3.25g

Trans Fat 0.00g

Cholesterol 47.50mg

Sodium 590.00mg

Carbohydrates 2.00g

Fiber 1.00g

Sugar 0.50g

Protein 19.50g

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

Calcium 116.00mg **Iron** 1.80mg

Beef Soft Tacos

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8172

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
TORTILLA FLOUR 6.25 PRSD 24-12CT	2 Each	331058
CHEESE CHED SHRD 6-5 COMM	2 Ounce	199720

Preparation Instructions

TACO MEAT: KEEP FROZEN UNTIL COOKING. Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches 165F . CAUTION: Open bag carefully to avoid being burned.

EMPTY TACO MEAT INTO STEAM TABLE PAN. HOLD AT 135F UNTIL ASSEMBLY/SERVICE.

LINE TORTILLAS ON CLEAN SURFACE. ASSEMBLE TACOS:

PLACE 1 OZ TACO MEAT, 1 OZ CHEESE ON EACH TORTILLA.

ROLL TORTILLA IN FOIL WRAPPER FOR SERVICE.

PLACE ALL FOILED TACOS IN PAN, HOLD AT 135F FOR SERVICE.

SERVING SIZE 5-12 IS TWO TACOS.

EACH 5 lb. BAG OF TACO MEAT SHOULD YIELD 38, 2 OZ taco.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories 476.28

Fat 26.09g

SaturatedFat 14.64g

Trans Fat 0.18g

Cholesterol 82.08mg

Sodium 1034.16mg

Carbohydrates 32.15g

Fiber 2.26g

Sugar 2.26g

Protein 24.08g

Vitamin A 406.94IU **Vitamin C** 3.15mg

Calcium 72.87mg **Iron** 3.26mg

Boneless Chicken Chunks

Servings:	38.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8173

Ingredients

Description	Measurement	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	152 Each	561301

Preparation Instructions

1 bag (7.5lb) has 152 chicken chunks in it, each serving is 4 chicken chunks

1 bag= 38 servings

1 case= 152 servings total

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 4.00 Each

Amount Per Serving

Calories 160.00

Fat 7.00g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 270.00mg

Carbohydrates 10.00g

Fiber 2.00g

Sugar 0.00g

Protein 14.00g

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

Calcium 9.00mg **Iron** 1.00mg

Corn Dog on Stick

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8174

Ingredients

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

Preparation Instructions

CONVECTION OVEN: 350F FOR 14-17 MINUTES.

Internal temperature needs to reach 165F.

Hold at 135F. Keep in warmer until students come to line.

Leave corn dogs on sheet tray, let students take by stick end. No paper product needed.

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Each

Amount Per Serving

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

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8179

Ingredients

Description	Measurement	DistPart #
SAND GRLLD CHS WGRAIN IW 72-4.19Z	1 Each	786360

Preparation Instructions

Bake in oven at 350 degrees until cheese is melted. Do not over cook.

Hold at 135F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.30
Fat	9.90g
SaturatedFat	5.60g
Trans Fat	0.00g
Cholesterol	32.00mg
Sodium	580.80mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	6.00g
Protein	18.50g
Vitamin A 523.96IU	Vitamin C 0.00mg
Calcium 465.89mg	Iron 1.64mg

Ham & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8180

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 Slice	556121
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup	678791
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

Preparation Instructions

1. Thaw ham according to directions. CCP: Keep cold 41F or below.
2. Place 1/4 c. lettuce across the length of the tortilla. Add 3 slices of ham across the center of the wrap from one end to the other then top with 2 slices of cheese.
3. Fold the sides of tortilla inward, then fold over the top.
4. Roll tortilla forward tight. Place rolled tortilla onto deli paper, shaped in a diamond.
5. Roll tortilla in paper tightly, fold in sides and then top. Serve chilled, hold at 41F.

Wrap in deli wrapper #

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	280.00
Fat	9.25g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	871.25mg
Carbohydrates	33.50g
Fiber	1.25g
Sugar	2.75g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.90mg
Calcium 143.50mg	Iron 2.54mg

Popcorn Chicken Salad w/ Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-8181

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup	600504
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	11 Each	327120
CHEESE CHED SHRD 6-5 COMM	2 Tablespoon	199720
TOMATO GRAPE SWT 10 MRKN	3 Each	129631
Cucumber	3 Slice	
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400

Preparation Instructions

Assemble lettuce in clamshell # 829701. Top lettuce with shredded cheese, cucumber, and tomato, then cooled chicken.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Serve croutons in a basket on the side. Do not put in with salad.

Hold for service at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories 419.08

Fat 23.08g

SaturatedFat 8.52g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 663.35mg

Carbohydrates 28.31g

Fiber 6.08g

Sugar 5.60g

Protein 23.97g

Vitamin A 281.14IU

Vitamin C 4.62mg

Calcium 95.04mg **Iron** 4.76mg

Spicy Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8182

Ingredients

Description	Measurement	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	3 Each	281731

Preparation Instructions

3 chicken tenders= 1 serving
37 servings per 8lb. bag
149 servings per 32lb. case
Hold at 135F.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 3.00 Each

Amount Per Serving

Calories	260.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.00mg	Iron	2.00mg

Turkey & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8183

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	244190
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup	678791
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
2. Place 1/4 c. lettuce across the length of the tortilla. Add 3 slices of turkey across the center of the wrap from one end to the other then top with 2 slices of cheese.
3. Fold the sides of tortilla inward, then fold over the top.
4. Roll tortilla forward tight. Place rolled tortilla onto deli paper, shaped in a diamond.
5. Roll tortilla in paper tightly, fold in sides and then top. Serve chilled, hold at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	282.50
Fat	9.25g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	786.25mg
Carbohydrates	33.50g
Fiber	1.25g
Sugar	2.75g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.50mg	Iron 2.18mg

Yogurt Boat

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8184

Ingredients

Description	Measurement	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

Preparation Instructions

In a 1# food tray, place 1 muffin 1 string cheese and 1 yogurt.
Place in 41F cooler until ready to serve.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00
Fat	11.00g
SaturatedFat	3.00g
Trans Fat	0.10g
Cholesterol	25.00mg
Sodium	400.00mg
Carbohydrates	46.00g
Fiber	1.00g
Sugar	25.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.00mg	Iron 0.72mg

Grilled Chicken Salad w/ Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-8185

Ingredients

Description	Measurement	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CARROT MATCHSTICK SHRED 2-3 RSS	1 Ounce	198161
CUCUMBER SELECT 24CT MRKN	3 Each	418439
TOMATO GRAPE SWT 10 MRKN	3 Each	129631
CHEESE CHED SHRD 6-5 COMM	1 Ounce	199720
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400
BREADSTICK FB 8 125CT NY	1 Each	509167

Preparation Instructions

Grilled chicken breasts should be cooked first and cooled completely before assembly.

Place lettuce in a clamshell #771981.

In each corner place the following separately: carrots, cucumber, tomatoes, and cheese.

Top with sliced chicken breast. DO NOT DICE.

Place breadstick in salad container on side.

Serve croutons on the side, not in container.

Hold at 41F or below.

May keep product for 1 day.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 471.89

Fat 15.73g

Saturated Fat 7.02g

Trans Fat 0.00g

Cholesterol 70.00mg

Sodium	911.52mg		
Carbohydrates	49.98g		
Fiber	7.08g		
Sugar	11.10g		
Protein	32.31g		
Vitamin A	5118.59IU	Vitamin C	8.55mg
Calcium	148.52mg	Iron	8.03mg

Fruit & Yogurt Parfait w/ Granola & UBR

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8191

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Fluid Ounce	811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	711664
STRAWBERRY IQF 30 COMM	1/4 Cup	150450
Wild Blueberries fzn	1/4 Cup	100243
ROUND BKFST UBR IW 126-2.2Z RICH	1 Each	129001

Preparation Instructions

Place 1 cup of yogurt in parfait cup. Top with strawberries and blueberries.

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.

Hold at 41F or less.

Serve UBR for 2 Grains

Cup- 672312

Insert- 656521

Lid- 792210

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 626.71

Fat 12.49g

SaturatedFat 4.83g

Trans Fat 0.00g

Cholesterol 12.46mg

Sodium 374.74mg

Carbohydrates 112.94g

Fiber 9.80g

Sugar 61.84g

Protein 14.30g

Vitamin A	7.96IU	Vitamin C	0.01mg
Calcium	298.47mg	Iron	1.04mg

Crispy Chicken Bacon Ranch Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8204

Ingredients

Description	Measurement	DistPart #
4" WG WHITE HAMBURGER BUN	1 bun	1711
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
CHEESE CHED SHRD 6-5 COMM	1 Tablespoon	199720
DRESSING RNCH BTRMLK 4-1GAL LTHSE	1 Teaspoon	741461
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480

Preparation Instructions

Do not assemble too early or buns will get soggy.

Place 1 patty on bottom bun, top patty with cheese, top with 1 piece of bacon, torn in half and criss crossed.

Squeeze 1 tsp ranch dressing on top bun.

Put sandwich together.

Wrap in foil.

Hold at 135F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 441.50

Fat 19.00g

SaturatedFat 4.92g

Trans Fat 0.00g

Cholesterol 66.67mg

Sodium 810.00mg

Carbohydrates 35.50g

Fiber 5.00g

Sugar 4.33g

Protein 30.00g

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

Calcium 11.17mg **Iron** 9.00mg

Sloppy Joe Nachos

Servings:	44.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8232

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	10 Pound	564790
SAUCE CHS WHT BLND 6-106Z LOL	106 Fluid Ounce	235631
CHIP TORTL RND YEL 5-1.5 KE	7 Pound	163020

Preparation Instructions

Place chips in 1# boat.

Using a 2 oz ladle or scoop, portion meat onto nacho chips.

Top with 2 oz ladle of warm cheese sauce.

Meat: 1 bag=5#, contains 22- 2 oz servings, therefore 10#= 44 servings

Cheese: 106 oz= 1 bag,

1 bag= 48 servings of a 2 oz scoop

Hold meat and cheese in separate containers at 135F.

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 3906.87

Fat 140.48g

Saturated Fat 21.63g

Trans Fat 0.00g

Cholesterol 68.17mg

Sodium 3712.49mg

Carbohydrates 572.61g

Fiber 58.02g

Sugar 8.01g

Protein 76.27g

Vitamin A 459.80IU **Vitamin C** 6.01mg

Calcium 1444.71mg **Iron** 12.09mg

General Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8302

Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
White Wheat Hamburger Bun	1 Each	1793
ONION RING BRD WGRAIN 6-5#TASTY BRAND	2 Each	234061
SAUCE BBQ 6-80FLZ SWTBRAY	1 Tablespoon	212071

Preparation Instructions

Place one hamburger on one bottom bun, top with one slice of cheese, circle of BBQ sauce, and 2 onion rings, top with top bun.

Wrap in foil wrapper.

Hold at 135F or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	360.00		
Fat	11.70g		
SaturatedFat	3.85g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	917.00mg		
Carbohydrates	42.70g		
Fiber	5.20g		
Sugar	10.50g		
Protein	22.70g		
Vitamin A	100.00IU	Vitamin C	0.96mg
Calcium	156.00mg	Iron	2.41mg

Tater Tots

Servings:	31.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8304

Ingredients

Description	Measurement	DistPart #
POTATO TATER TOTS 6-5 OREI	5 Pound	141510

Preparation Instructions

Make sure to cook from frozen.

Serve with utensil that won't tear product, using a gloved hand may be the best option. You can portion 1 serving of tater tots into a bowl and use that for a guide for about how many tots equal 4 ounces.

Nutrition Facts

Servings Per Recipe: 31.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 133.13

Fat 6.14g

SaturatedFat 1.02g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 317.46mg

Carbohydrates 16.39g

Fiber 2.05g

Sugar 0.00g

Protein 2.05g

Vitamin A 0.00IU **Vitamin C** 3.69mg

Calcium 0.00mg **Iron** 0.00mg

Beef & Cheese Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8305

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
SAUCE CHS WHT BLND 6-106Z LOL	2 Fluid Ounce	235631
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	163020

Preparation Instructions

Place chips in 1# boat.

Using a 2 oz ladle or scoop, portion meat onto nacho chips.

Top with 2 oz ladle of warm cheese sauce.

Meat: 1 bag=5#, contains 38- 2 oz servings, therefore 10#= 76 servings

Cheese: 106 oz= 1 bag,

1 bag= 48 servings of a 2 oz scoop

Hold meat and cheese in separate containers at 135F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	430.28		
Fat	19.09g		
Saturated Fat	6.64g		
Trans Fat	0.18g		
Cholesterol	42.08mg		
Sodium	794.16mg		
Carbohydrates	45.15g		
Fiber	5.26g		
Sugar	1.26g		
Protein	18.08g		
Vitamin A	406.94IU	Vitamin C	3.15mg
Calcium	346.87mg	Iron	1.98mg

Cheeseburger Mac

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8307

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	5 Pound	609121
BEEF CRMBL CKD 6-5 COMM	1 Pound	785840

Preparation Instructions

Mix beef into mac and cheese until evenly dispersed.

Mac & Cheese: Use 6oz. scooper to serve.

13 servings per 5# bag

80 servings per 1 case (6-5#bags in one case)

Hold at 135F per serving.

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 344.62

Fat 16.31g

SaturatedFat 8.80g

Trans Fat 0.51g

Cholesterol 64.82mg

Sodium 857.95mg

Carbohydrates 27.90g

Fiber 2.67g

Sugar 3.08g

Protein 23.79g

Vitamin A 670.77IU **Vitamin C** 0.00mg

Calcium 391.38mg **Iron** 2.26mg

Chicken & Waffles

Servings:	38.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8310

Ingredients

Description	Measurement	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	152 Each	561301
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	38 Each	607351
SYRUP PANCK CUP 200-1.5Z GFS	1 Each	160090

Preparation Instructions

1 bag (7.5lb) has 152 chicken chunks in it, each serving is 4 chicken chunks

1 bag= 38 servings

1 case= 152 servings total

Serve syrup on the side.

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 4.00 Each

Amount Per Serving

Calories 463.16

Fat 20.00g

SaturatedFat 4.50g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 620.00mg

Carbohydrates 53.82g

Fiber 5.00g

Sugar 12.50g

Protein 18.00g

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

Calcium 49.00mg **Iron** 2.80mg

Buffalo Chicken Dip w/ Chips

Servings:	75.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8313

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	15 Pound	570533
CHEESE CREAM LOAF 10-3 GCHC	5 Pound	163562
CHEESE CHED SHRD 6-5 COMM	5 Pound	199720
SAUCE HOT 4-1GAL CRWNCOLL	4 1/2 Cup	264471
DRESSING RNCH BTRMLK 4-1GAL LTHSE	3 Cup	741461
CHIP TORTL RND YEL 5-1.5 KE	22 Each	163020

Preparation Instructions

Place thawed diced chicken into full sized 6" hotel pan.

In separate bowl, cut up cream cheese in cubes.

Add shredded cheese, hot sauce, and ranch.

Pour mixture over chicken.

Cover with foil.

Bake at 350 F for 30 minutes and heat internally 165F.

Place chips in 1# boat, top with 4 oz of chicken dip.

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 349.13

Fat 21.35g

SaturatedFat 9.15g

Trans Fat 0.00g

Cholesterol 94.70mg

Sodium 867.76mg

Carbohydrates 7.93g

Fiber 0.59g

Sugar 0.64g

Protein	26.25g
Vitamin A 10.00IU	Vitamin C 3.46mg
Calcium 22.11mg	Iron 1.18mg

KFC Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8328

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Each	327120
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	613738
CORN 6-10 CMDTY	1/4 Cup	120483
CHEESE CHED SHRD 6-5 COMM	1 Tablespoon	199720
GRAVY MIX CHIX LO SOD 6-32Z HHL	1 Fluid Ounce	574732

Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to recipe.
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve
7. Serve with dinner roll on side

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 746.83

Fat 22.14g

SaturatedFat 5.27g

Trans Fat 0.00g

Cholesterol 33.18mg

Sodium 2476.59mg

Carbohydrates 104.15g

Fiber 8.55g

Sugar 2.41g

Protein 26.37g

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

Calcium 78.19mg **Iron** 3.26mg

Double Dogs- You get Two!

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8331

Ingredients

Description	Measurement	DistPart #
Hot Dog Bun Nickles	2 bun	
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	2 Each	154792

Preparation Instructions

WASH HANDS.

Can be steamed or cooked in 350F oven. Do not over cook because hot dogs will split.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories 580.00

Fat 64.00g

SaturatedFat 12.00g

Trans Fat 0.00g

Cholesterol 70.00mg

Sodium 1520.00mg

Carbohydrates 42.00g

Fiber 0.00g

Sugar 2.00g

Protein 20.00g

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

Calcium 16.94mg **Iron** 1.18mg

Baked Potato Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ea	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8332

Ingredients

Description	Measurement	DistPart #
POTATO BAKER IDAHO 6Z 50 MRKN	1 Each	328731
MARGARINE CUP CHURN SPRD 900-5GM P/L	1 Each	106490
CHEESE CHED SHRD 6-5 COMM	1 Tablespoon	199720
SOUR CREAM CUP 100-1Z PAULY	1 Each	126400
BACON TKY CKD 12-50CT JENNO	1 Tablespoon	834770

Preparation Instructions

Poke each potato several times with a fork.

Mix together 1 tablespoon of butter and 1/4 teaspoon salt. Rub the mixture over each of the baking potatoes.

In a convection oven, bake the potatoes at 375 for 45 to 50 minutes and turn them halfway through the cooking.

Top with cheese.

Let students top their potato with the rest of the ingredients as wanted.

Hold at 135F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ea

Amount Per Serving

Calories 251.50

Fat 14.00g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 292.50mg

Carbohydrates 26.00g

Fiber 4.00g

Sugar 3.00g

Protein 8.00g

Vitamin A 400.00IU **Vitamin C** 0.00mg

Calcium 34.00mg **Iron** 1.00mg

Beef & Cheese Burrito

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8474

Ingredients

Description	Measurement	DistPart #
TACO BF/CHS SNAC WGRAIN 60-5Z	60 Each	674921
SAUCE ENCHILADA MILD 4-1GAL GRSZ	128 Fluid Ounce	598461
CHEESE CHED SHRD 6-5 COMM	3 Cup	199720

Preparation Instructions

- 1) Line thawed burritos in 2" deep full size steam table pan, the burritos should be tight next to each other.
- 2) Spread enchilada sauce on top of burritos.
- 3) Sprinkle cheese on top of sauce.
- 4) Cover pan with foil.
- 5) Place in 275 degree oven for 16-22 minutes, until internal temp reaches 165F.
- 6) Hold at 135F.

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	375.17
Fat	15.66g
SaturatedFat	7.30g
Trans Fat	0.00g
Cholesterol	26.50mg
Sodium	897.93mg
Carbohydrates	42.27g
Fiber	5.75g
Sugar	5.13g
Protein	16.94g
Vitamin A 322.70IU	Vitamin C 2.51mg
Calcium 108.95mg	Iron 1.93mg

Bean & Cheese Burrito

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8475

Ingredients

Description	Measurement	DistPart #
BURRITO CHS/BN RED CHILI WGRAIN 60-5Z	60 Each	497630
SAUCE ENCHILADA MILD 4-1GAL GRSZ	128 Fluid Ounce	598461
CHEESE CHED SHRD 6-5 COMM	3 Cup	199720

Preparation Instructions

- 1) Line thawed burritos in 2" deep full size steam table pan, the burritos should be tight next to each other.
- 2) Spread enchilada sauce on top of burritos.
- 3) Sprinkle cheese on top of sauce.
- 4) Cover pan with foil.
- 5) Place in 275 degree oven for 16-22 minutes, until internal temp reaches 165F.
- 6) Hold at 135F.

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	365.17		
Fat	13.66g		
Saturated Fat	7.30g		
Trans Fat	0.00g		
Cholesterol	16.50mg		
Sodium	867.93mg		
Carbohydrates	46.27g		
Fiber	5.75g		
Sugar	4.13g		
Protein	15.94g		
Vitamin A	722.70IU	Vitamin C	3.71mg
Calcium	108.95mg	Iron	1.93mg

Turkey & Gravy

Servings:	28.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8476

Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY 4-7	7 Pound	722460

Preparation Instructions

Place frozen or thawed bag of product into a steam pan and place in steamer.

Heat according to chart time AND until internal temperature is 140°F. as measured by a meat thermometer.

Remove from steamer. Cut open bag and pour contents into desired Serving pan & serve.

Time: Frozen - 1 hr. 15 min.; Thawed - 40 min.

* For preparation by a food preparation establishment

Serve with #10 scoop or 4 ounce spoodle.

Serve over mashed potatoes with roll on the side.

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 130.00

Fat 6.00g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 55.00mg

Sodium 450.00mg

Carbohydrates 2.00g

Fiber 0.00g

Sugar 0.00g

Protein 16.00g

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

Calcium 0.00mg **Iron** 0.36mg

Chocolate Chip Cookie

Servings:	120.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8477

Ingredients

Description	Measurement	DistPart #
DOUGH CKY HS CHOC CHP 1Z 4-120 KE	120 Each	697840

Preparation Instructions

Recommend: Cook first thing in the morning so that the cookies can set up.

- 1) Preheat oven to 325F.
- 2) Place cookies on baking tray 3" apart.
- 3) Bake for 9-12 minutes.
- 4) Recommend rotating tray half way for an even bake.
- 5) Remove from oven allow to cool.

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00		
Fat	6.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	120.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	10.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

Beef & Cheese Lasagna

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8502

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 COMM	104 Ounce	785840
ONION DCD 1/4 2-5 RSS	6 Pound	198307
SPICE GARLIC POWDER 21Z TRDE	1/4 Cup	224839
SPICE PEPR BLK CRACKED 18Z TRDE	2 Teaspoon	516856
SPICE PARSLEY FLAKES 11Z TRDE	1/2 Cup	513989
SAUCE SPAGHETTI FCY 6-10 REDPK	2 #10 CAN	852759
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	5 1/2 Pound	108197
CHEESE MOZZ SHRD 4-5 LOL	8 Pound	645170

Preparation Instructions

- 1) In large bowl add diced onions to thawed beef crumbles. Add garlic.
- 2) Add pepper, parsley to spaghetti sauce. Pour over beef mixture and mix.
- 3) Assemble as follows in 4" deep full size steam table pans, that are sprayed with pan release spray. For 100 servings use 4 pans.

For each pan:

1st layer: 1 qt 1/2 cup meat sauce

2nd layer: 14 uncooked noodles lengthwise

3rd layer: 1 qt 1/2 cup meat sauce

4th layer: 1 lb mozzarella cheese

5th layer: 14 uncooked noodles lengthwise

6th layer: 1 qt 1/2 cup meat sauce

7th layer: 1 lb mozzarella cheese

4. Tightly cover pans with foil.

5. Bake 325F for 45 minutes ie until internal temp reaches 165F.

6. Remove pans from oven. Uncover and let stand for 15 minutes before serving, or the lasagna will seep.

7. Hold for service at 135F.

Serve 1 breadstick on the side.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 274.67

Fat 9.16g

SaturatedFat 4.90g

Trans Fat 0.00g

Cholesterol 33.24mg

Sodium 533.31mg

Carbohydrates 29.46g

Fiber 3.22g

Sugar 6.65g

Protein 20.10g

Vitamin A 346.41IU **Vitamin C** 3.54mg

Calcium 300.55mg **Iron** 1.86mg

Crispy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8641

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810

Preparation Instructions

- Cook chicken patty according to instructions.
- Put chicken on bun.
- Wrap in foil wrapper.
- Hold at 135F.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	340.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	440.00mg		
Carbohydrates	35.00g		
Fiber	7.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	2.00mg

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8642

Ingredients

Description	Measurement	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	525490
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810

Preparation Instructions

Cook chicken patty according to instructions.

Put chicken on bun.

Wrap in foil wrapper.

Hold at 135F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	340.00		
Fat	12.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	480.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	2.00mg

Sausage & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8825

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each	184970
DOUGH BISC CNTRY STYL 240-2.5Z RICH	1 Each	609293
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

Preparation Instructions

Split thawed biscuit.

Add sausage patty and cheese.

Wrap in thin foil wrapper, NOT insulated wrapper.

Cook in 350F oven for about 12 minutes until internal temp is 165F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 315.00

Fat 17.00g

SaturatedFat 8.25g

Trans Fat 0.00g

Cholesterol 37.50mg

Sodium 1040.00mg

Carbohydrates 27.00g

Fiber 1.00g

Sugar 2.50g

Protein 13.50g

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

Calcium 136.00mg **Iron** 1.80mg

Homemade Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9490

Ingredients

Description	Measurement	DistPart #
MARGARINE SLD 30-1 GCHC	2 Teaspoon	733061
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice	722360
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice	204822

Preparation Instructions

Melt butter on pan. Place bread onto melted butter. Top each piece of bread with 4 slices of cheese. Top with second piece of bread. Brush more butter on top.

Toast at 350F until cheese is melted.

Hold at 135F.

Serve on student tray, may put on spatula for student self-service.

1 case of American Cheese makes 240 sandwiches

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	406.67
Fat	17.33g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1143.33mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	8.00g
Protein	20.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 444.00mg	Iron 2.00mg

Popcorn Chicken Salad w/ Croutons & Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9500

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	14 Each	327120
CHEESE CHED SHRD 6-5 COMM	1 Ounce	199720
TOMATO GRAPE SWT 10 MRKN	3 Each	129631
CUCUMBER SELECT 24CT MRKN	3 Each	418439
CARROT MATCHSTICK SHRED 2-3 RSS	1 Ounce	198161
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400
BREADSTICK FB 8 125CT NY	1 Each	509167

Preparation Instructions

Assemble lettuce in clamshell # 771981. Separate into each corner: tomato, cheese, cucumber, and carrots. Then top with cooled chicken. Place breadstick in salad container.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Serve croutons in a basket on the side. Do not put in with salad.

Hold for service at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories 664.61

Fat 28.27g

SaturatedFat 9.20g

Trans Fat 0.00g

Cholesterol 55.45mg

Sodium 1046.98mg

Carbohydrates	66.80g
Fiber	10.90g
Sugar	12.38g
Protein	35.12g
Vitamin A 5118.59IU	Vitamin C 8.55mg
Calcium 184.52mg	Iron 9.58mg

Pizza Hut Cheese Pizza Slice

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9739

Ingredients

Description	Measurement	DistPart #
Pizza Hut Cheese Pizza Slice	8 Each	1

Preparation Instructions

Hold at 135 F.

Serve on student tray- may put out spatula for student self service.

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving

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

Pizza Hut Pepperoni Pizza Slice

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9740

Ingredients

Description	Measurement	DistPart #
Pizza Hut Pepperoni Pizza Slice	8 Each	2

Preparation Instructions

Hold at 135 F.

Serve on student tray- may put out spatula for student self service.

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00		
Fat	11.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	570.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Tomato Soup

Servings:	25.00	Category:	Vegetable
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9769

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 HNZ	1/2 Cup	102008
1 % White Milk	51 Fluid Ounce	

Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING UTENSIL. GRADUALLY STIR IN 1 CAN MILK. COVER; HEATSLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE @ 160-170*. Hold at 135F. Serve 4 ounce portion

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories 207.60

Fat 5.10g

SaturatedFat 3.06g

Trans Fat 0.00g

Cholesterol 30.60mg

Sodium 263.20mg

Carbohydrates 23.24g

Fiber 0.00g

Sugar 22.92g

Protein 16.40g

Vitamin A 32.40IU **Vitamin C** 4.18mg

Calcium 62.00mg **Iron** 0.03mg

Roasted Butternut Squash

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9770

Ingredients

Description	Measurement	DistPart #
SQUASH BUTTERNUT 35AVG P/L	5 Pound	535117
cinnamon	2 Tablespoon	
MARGARINE SLD 30-1 GCHC	2 Tablespoon	733061

Preparation Instructions

Mix squash cubes, cinnamon and melted butter in a bowl. Toss to evenly coat the cubes.

Baked at 400F for 2- 25 minutes until fragrant.

Hold at 135F.

Serve with 4 ounce. scoop.

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	25.75		
Fat	1.13g		
SaturatedFat	0.45g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.40mg		
Carbohydrates	4.00g		
Fiber	0.70g		
Sugar	0.75g		
Protein	0.35g		
Vitamin A	3795.50IU	Vitamin C	7.35mg
Calcium	16.80mg	Iron	0.25mg

Warm Soft Pretzel

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9856

Ingredients

Description	Measurement	DistPart #
PRETZEL SFT PREBKD 2.5Z 4-25CT GCHC	100 Each	764362

Preparation Instructions

1 pretzel = serving
100 pretzels per case

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	150.00mg
Carbohydrates	36.00g
Fiber	1.00g
Sugar	1.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Hashbrown Patty

Servings:	240.00	Category:	Vegetable
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9868

Ingredients

Description	Measurement	DistPart #
HASHBROWN RND 6-5 MCCAIN	30 Pound	389003

Preparation Instructions

Convection Oven: 425 degrees F - Place 6 lbs of frozen round on a shallow baking pan and spread evenly. - all 5 bakings to fill the oven - bake 24-30 minutes - turn once - cook from frozen.

One bag= 240 servings, 2 hashbrowns per serving

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	6.25		
Fat	0.22g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.56mg		
Carbohydrates	1.00g		
Fiber	0.06g		
Sugar	0.00g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Dirt Pudding Cup

Servings:	56.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10390

Ingredients

Description	Measurement	DistPart #
PUDDING RTS MILK CHOC 6-10 GCHC	2 #10 CAN	163554
TOPPING OREO PCS LRG 25 NAB	3 1/2 Cup	420719
CANDY GUMMY WORM 12-48Z GFS	2 Each	496401

Preparation Instructions

Use a 6 ounce sqaut cup.

Scoop 4 ounce of pudding into each cup.

Top with 2 Tbsp/1 ounce of crushed oreos.

Top with 2 gummy worms each.

DO NOT lid. The kids will want to see the presentation.

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 146.57

Fat 4.02g

SaturatedFat 0.38g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 198.38mg

Carbohydrates 27.92g

Fiber 0.92g

Sugar 18.00g

Protein 1.21g

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

Calcium 20.98mg **Iron** 1.27mg

Cranberry Relish

Servings:	46.00	Category:	Fruit
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10393

Ingredients

Description	Measurement	DistPart #
CRANBERRY SAUCE WHL 6-10 GFS	1 #10 CAN	164730

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories 123.71

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 11.25mg

Carbohydrates 28.12g

Fiber 0.00g

Sugar 23.62g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.00mg

Traditional Stuffing

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10395

Ingredients

Description	Measurement	DistPart #
STUFFING MIX TRAD 12-31.13Z GCHC	4 Ounce	455770

Preparation Instructions

1 CARTON MAKES 1/2 STEAM TABLE PAN. 2 CARTONS MAKE 1 STEAM TABLE PAN.

You should get around 28- 4 ounce servings per bag.

ADD SEASONING PACKET AND 8 OUNCES OF BUTTER TO 7 CUPS OF WATER.

BRING TO A BOIL.

REMOVE FROM HEAT, LET STAND 5 MINUTES.

GENTLY STIR IN CORNBREAD CRUMBS.

COVER AND LET STAND 15 MINUTES.

FLUFF WITH A FORK AND SERVE.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	620.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	4.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.44mg

Jr. High- Sliced Turkey Breast w/ Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10396

Ingredients

Description	Measurement	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	2 Slice	563652
CHICKEN GRAVY	1 Ounce	12913

Preparation Instructions

REHEATING FROM THAWED STATE IS RECOMMENDED.

STEAMER: (PREFERRED METHOD) PLACE BAG OF PRODUCT IN PACKAGING INTO A STEAM PAN AND PLACE IN PREHEATED STEAMER. HEAT ACCORDING TO CHART AND UNTIL INTERNAL TEMPERATURE IS 140 DEGREES F.

REMOVE FROM STEAMER AND SERVE HOT.

FROZEN: 1:30-2 HRS. THAWED: 35-40 MINUTES.

CONVECTION/CONVENTIONAL OVEN: PREHEAT EQUIPMENT ACCORDING TO CHART. REMOVE PRODUCT FROM PACKAGING. PLACE FROZEN PRODUCT INTO LARGE HOTEL PAN IN THE FROZEN LOG FORMATION OR DIVIDE THAWED PRODUCT UP INTO FOUR SECTIONS AND STACK FLAT IN 4 COLUMNS IN MEDIUM SIZE PAN. ADD 1 CUP OF WATER TO THE PAN. TENT WITH FOIL AND HEAT ACCORDINGLY TO CHART TIME AND UNTIL INTERNAL TEMPERATURE IS 140 DEGREES F. REMOVE FROM OVEN AND SERVE HOT. CONVECTION OVEN: FROZEN : 1:30-2 HRS AT 325 DEGREES F. THAWED: 50 MIN - 1:15 HRS AT 325 DEGREES F. CONVENTIONAL OVEN: FROZEN: 2:15-2:45 AT 350 DEGREES F. THAWED: :130-1:45 HRS AT 350 DEGREES F.

Approx 141 servings per case

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

Calories 90.00

Fat 1.50g

Saturated Fat 0.50g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 560.00mg

Carbohydrates 2.00g

Fiber 0.00g

Sugar 0.50g

Protein	17.50g		
Vitamin A	0.00IU	Vitamin C	0.53mg
Calcium	4.50mg	Iron	0.46mg

Roasted Turkey with Gravy

Servings:	152.00	Category:	Entree
Serving Size:	2.47 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10420

Ingredients

Description	Measurement	DistPart #
TURKEY CKD BRST&THIGH 4-10.2AVG	40 4/5 Pound	652521
CHICKEN GRAVY	304 Ounce	12913

Preparation Instructions

Thawing Instructions

THAW BEFORE COOKING. THAW AT LEAST 48 - 72 HOURS IN REFRIGERATOR OR AT LEAST 10 - 12 HOURS IN COLD RUNNING WATER. DO NOT THAW AT ROOM TEMP. ALWAYS LEAVE IN SEALED PLASTIC DURING THAWING.

Shelf Life

FROZEN - 365 DAYS

Basic Preparation

FROM THAWED. REMOVE OUTER BAG. KEEPING INNER BAG SECURE. CONVECTION OVEN: PREHEAT OVEN TO 325°F. PLACE IN ROASTING PAN AND ADD 1/2 CUP OF WATER. BAKE FOR 3 - 3 1/2 HOURS OR UNTIL INTERNAL TEMP REACHES 140°F. CONVENTIONAL OVEN: PREHEAT OVEN TO 350°F. PLACE IN ROASTING PAN AND ADD 1/2 CP OF WATER. BAKE FOR 3 1/2 - 4 HOURS OR UNTIL TEMP REACHES 140°F.

Nutrition Facts

Servings Per Recipe: 152.00

Serving Size: 2.47 Ounce

Amount Per Serving

Calories 159.10

Fat 5.22g

Saturated Fat 1.74g

Trans Fat 0.00g

Cholesterol 69.55mg

Sodium 980.73mg

Carbohydrates 5.74g

Fiber 0.00g

Sugar 1.00g

Protein 23.60g

Vitamin A 0.00IU **Vitamin C** 1.05mg

Calcium 9.00mg **Iron** 0.83mg

Topsy Turvy Mini Pumpkin Pie

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10421

Ingredients

Description	Measurement	DistPart #
PUDDING RTS VAN 6-10 GCHC	1 #10 CAN	106771
PUMPKIN FCY 6-10 GFS	30 Ounce	186244
SPICE PUMPKIN PIE 16Z TRDE	2 Tablespoon	514195
CRUMB CRACKER GRAHAM 10 KEEB	1 Cup	109568
TOPPING WHIP I/BG 12-16Z ONTOP	16 Ounce	330442

Preparation Instructions

1. Make in batches of 100. Multiplying recipe does not work well because of spices.
 2. In large mixing bowl combine pudding, pumpkin pie filling and spice. Mix well.
 3. Pour filling into gallon size zip lock bag. DO NOT fill to the top, maybe only fill half way.
 4. Line tray with cups first so you can easily pipe from cup to cup.
 5. Cut small hole in corner of ziplock bag. Squeeze pumpkin mixture filling the cup about 2/3 full.
 6. Using 1/2 tsp. top with graham cracker crumbs.
***** At this step you can put in cooler over night, covered, if desired. Do not add whipped topping if holding over night because it will get gummy and stick to the cover.
 7. Top with a dollop of whipped topping.
- Use GFS cup #688930-400 cups in a case.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.43
Fat	1.06g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	65.32mg
Carbohydrates	14.07g
Fiber	1.84g

Sugar			6.68g
Protein			1.28g
Vitamin A	8400.00IU	Vitamin C	2.88mg
Calcium	29.57mg	Iron	0.47mg

Caramel Apple Pie Parfait

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10446

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	13 Cup	811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	13 Ounce	711664
TOPPING CRML SQZ BTL 12-24Z GFS	13 Tablespoon	200582

Preparation Instructions

Prepare apple filling the day before to chill down before assembly.

Using a 16 ounce parfait cup.

Squeeze in 4 ounce of yogurt.

Top with 4 ounce of apple mixture.

Top with 4 more ounces of yogurt.

Swirl caramel on top.

Fill insert with granola.

Top with lid.

Hold at 41F.

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 330.55

Fat 3.24g

SaturatedFat 1.66g

Trans Fat 0.00g

Cholesterol 7.46mg

Sodium 186.07mg

Carbohydrates 67.60g

Fiber 0.50g

Sugar 46.34g

Protein 8.13g

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

Calcium 268.66mg **Iron** 0.18mg

Hummus w/ Flatbread & String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11056

Ingredients

Description	Measurement	DistPart #
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each	601133
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	1 Each	696831
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

Preparation Instructions

Put 1 cup of hummus, 1 string cheese and flatbread cut into triangles into 1 # boat.
Serve at room temperature, not in hot or cold well.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	8.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	435.00mg
Carbohydrates	45.00g
Fiber	8.00g
Sugar	6.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 278.00mg	Iron 1.44mg

Italian Bagel Sammy w/ Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11057

Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	230264
MEAT COMBO PK SLCD 12-1 JENNO	3 1/25 Ounce	236012
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940

Preparation Instructions

Thaw at room temperature a day ahead of time.

Top the bottom part of the bagel with 2 slices of ham, 2 slices of salami, 1 slice of bologna and 1 slice of cheese.

Top with second half of bagel.

Wrap in deli wrap.

*Display one sandwich on top of counter in a clear container so kids can see it.

Hold at 41F or below.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 326.12

Fat 13.85g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 77.16mg

Sodium 1027.54mg

Carbohydrates 31.13g

Fiber 4.00g

Sugar 5.50g

Protein 21.77g

Vitamin A 37.81IU **Vitamin C** 1.81mg

Calcium 175.49mg **Iron** 3.16mg

Hurry Up Summer! Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11059

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	8 Cup	811490
JUICE PINEAPPLE 100 12-46FLZ DOLE	4 Cup	566144
APPLESAUCE UNSWT 6-10 COMM	4 Cup	549280

Preparation Instructions

TIP: Either chill all ingredients in cooler the night before or make the smoothie the night before and chill the entire mixture.

- 1) Combine 1 bag of yogurt (4lbs) with 4 cups of pineapple juice in mixing bucket. Stir until well mixed.
- 2) Add applesauce, 2 cups at a time. Stirring until smooth.
- 3) Verify mixture makes 4 quarts so each serving contains 1/2 cup fruit; add applesauce as needed to yield 4 quarts (16 cups).
- 4) Portion 8 ounces into 9 ounce cup. Place lids on cups and serve chilled. Refrigerate at 41F or below if not serving immediately.

Hold for service at 41F or lower.

Cup- 258880, Lid- 258990

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories 950.90

Fat 5.98g

SaturatedFat 5.97g

Trans Fat 0.00g

Cholesterol 29.85mg

Sodium 480.22mg

Carbohydrates 200.07g

Fiber 1.35g

Sugar 143.78g

Protein 30.05g

Vitamin A 0.00IU

Vitamin C 0.00mg

Calcium 1075.25mg **Iron** 0.02mg

Beef & Cheese Ravioli

Servings:	72.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11065

Ingredients

Description	Measurement	DistPart #
RAVIOLI FORT/ENRICHED 6-10 CHBOY	6 #10 CAN	496286

Preparation Instructions

Serve in 12 ounce foam bowl. 1 serving = 8 ounce.

1 can = 12 servings

1 case= 72 servings

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	260.01
Fat	8.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	600.02mg
Carbohydrates	30.00g
Fiber	4.00g
Sugar	6.00g
Protein	16.00g
Vitamin A 300.01IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.70mg

Pepperoni Pizza Stuffed Breadsticks

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11072

Ingredients

Description	Measurement	DistPart #
BREADSTICK PIZZA STFD PEPP 105-4Z	3 Each	736652

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	870.00
Fat	39.00g
SaturatedFat	15.00g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	1650.00mg
Carbohydrates	81.00g
Fiber	9.00g
Sugar	9.00g
Protein	48.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 627.00mg	Iron 6.00mg

Hearty Beef Chili in a Bread Bowl

Servings:	82.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11075

Ingredients

Description	Measurement	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	30 Pound	344012
BREAD BOWL WHLWHE 90-2Z SUPBAK	82 Each	230273

Preparation Instructions

Fill each bread bowl with 4 ounce of chili.

Fill as you go, if you fill too early the bowl will get soggy.

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	312.62
Fat	9.02g
SaturatedFat	2.21g
Trans Fat	0.00g
Cholesterol	46.13mg
Sodium	355.93mg
Carbohydrates	43.06g
Fiber	7.02g
Sugar	10.02g
Protein	18.05g
Vitamin A 1257.08IU	Vitamin C 19.08mg
Calcium 51.21mg	Iron 5.71mg

Club Wrap (Turkey, Ham & Bacon w/ Cheese)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11080

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 Ounce	244190
TURKEY HAM SLCD 12-1 JENNO	1 1/50 Ounce	556121
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup	678791

Preparation Instructions

1. Thaw ham & turkey according to directions. CCP: Keep cold 41F or below.
2. Place 1/4 c. lettuce across the length of the tortilla. Add 2 slices of ham, 2 slices of turkey, 1 slice of cheese torn in half, and 2 strips of bacon across the center of the wrap from one end to the other.
3. Fold the sides of tortilla inward, then fold over the top.
4. Roll tortilla forward tight. Place rolled tortilla onto deli paper, shaped in a diamond.
5. Roll tortilla in paper tightly, fold in sides and then top. Serve chilled, hold at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories 339.17

Fat 13.00g

SaturatedFat 4.58g

Trans Fat 0.00g

Cholesterol 52.50mg

Sodium 1124.58mg

Carbohydrates 33.50g

Fiber 1.25g

Sugar 2.75g

Protein 22.17g

Vitamin A 0.00IU **Vitamin C** 0.60mg

Calcium 143.50mg **Iron** 2.48mg

Italian Bagel Sammy w/ Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11086

Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	230264
MEAT COMBO PK SLCD 12-1 JENNO	3 1/50 Ounce	236012
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940

Preparation Instructions

Thaw at room temperature a day ahead of time.

Top the bottom part of the bagel with 2 slices of ham, 2 slices of salami, 2 slice of bologna and 1 slice of cheese.

Top with second half of bagel.

Wrap in deli wrap.

*Display one sandwich on top of counter in a clear container so kids can see it.

Hold at 41F or below.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	325.22
Fat	13.79g
SaturatedFat	4.98g
Trans Fat	0.00g
Cholesterol	76.73mg
Sodium	1023.51mg
Carbohydrates	31.13g
Fiber	4.00g
Sugar	5.50g
Protein	21.68g
Vitamin A 37.56IU	Vitamin C 1.80mg
Calcium 175.10mg	Iron 3.15mg

Smoothie w/ Pretzels Meal

Servings:	16.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11087

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	4 Pound	811490
JUICE PINEAPPLE 100 12-46FLZ DOLE	4 Cup	566144
APPLESAUCE UNSWT 6-10 COMM	4 Cup	549280
PRETZEL TWIST TINY 64-LSSV ROLD GOLD	16 Each	712600
CHEESE STRING MOZZ LT IW 168-1Z LOL	16 Each	786801
CRACKER GRHM HNY L/F 200-2CT NAB	2 Package	256137

Preparation Instructions

TIP: Either chill all ingredients in cooler the night before or make the smoothie the night before and chill the entire mixture.

- 1) Combine 1 bag of yogurt (4lbs) with 4 cups of pineapple juice in mixing bucket. Stir until well mixed.
- 2) Add applesauce, 2 cups at a time. Stirring until smooth.
- 3) Verify mixture makes 4 quarts so each serving contains 1/2 cup fruit; add applesauce as needed to yield 4 quarts (16 cups).
- 4) Portion 8 ounces into 9 ounce cup. Place lids on cups and serve chilled. Refrigerate at 41F or below if not serving immediately.

Hold for service at 41F or lower.

Cup- 258880, Lid- 258990

Instruct kids that pretzels, string cheese, & graham crackers & smoothie come together.

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories 1128.40

Fat 10.17g

SaturatedFat 7.97g

Trans Fat 0.00g

Cholesterol 39.85mg

Sodium 1138.97mg

Carbohydrates	225.45g
Fiber	2.35g
Sugar	146.28g
Protein	39.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1284.50mg	Iron 1.27mg

Breaded Chicken Caesar Salad w/ Breadstick & Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11088

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHEESE PARM IMIT GRTD 2-5 SCHRBR	2 Tablespoon	595101
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	14 Each	327120
BREADSTICK GARLIC 168CT NY 10081	1 Each	616500
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400

Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with popcorn chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories 552.73

Fat 24.55g

SaturatedFat 4.18g

Trans Fat 0.00g

Cholesterol 25.45mg

Sodium 993.79mg

Carbohydrates 57.82g

Fiber 9.65g

Sugar	8.61g
Protein	26.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 179.33mg	Iron 8.78mg

Breaded Chicken Caesar Salad w/ Breadstick & Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11089

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHEESE PARM IMIT GRD 2-5 SCHRBR	2 Tablespoon	595101
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	14 Each	327120
BREADSTICK GARLIC 168CT NY 10081	1 Each	616500
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400

Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with popcorn chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories 552.73

Fat 24.55g

SaturatedFat 4.18g

Trans Fat 0.00g

Cholesterol 25.45mg

Sodium 993.79mg

Carbohydrates 57.82g

Fiber 9.65g

Sugar	8.61g
Protein	26.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 179.33mg	Iron 8.78mg

Grilled Chicken Caesar Salad w/ Breadstick & Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11090

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHEESE PARM IMIT GRD 2-5 SCHRBR	2 Tablespoon	595101
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
BREADSTICK GARLIC 168CT NY 10081	1 Each	616500
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400

Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with sliced chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories 360.00

Fat 12.00g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 858.33mg

Carbohydrates 41.00g

Fiber 5.83g

Sugar	7.33g
Protein	23.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.33mg	Iron 7.23mg

Grilled Chicken Caesar Salad w/ Breadstick & Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11091

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHEESE PARM IMIT GRD 2-5 SCHRBR	2 Tablespoon	595101
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
BREADSTICK GARLIC 168CT NY 10081	1 Each	616500
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400

Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with sliced chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories 360.00

Fat 12.00g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 858.33mg

Carbohydrates 41.00g

Fiber 5.83g

Sugar			7.33g
Protein			23.83g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	143.33mg	Iron	7.23mg

Honey Apple Crisp

Servings:	96.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11138

Ingredients

Description	Measurement	DistPart #
FLOUR H&R A/P 2-25 GCHC	30 Ounce	227528
OATS QUICK HOT CEREAL 12-42Z GCHC	18 Ounce	240869
SUGAR BROWN MED 25 GFS	30 Ounce	108626
SPICE CINNAMON GRND 15Z TRDE	4 Tablespoon	224723
MARGARINE SLD 30-1 GCHC	24 Ounce	733061
APPLE SLCD 6-10 COMM	2 #10 CAN	120500
Tap Water for Recipes	0 Cup	000001WTR
SUGAR BEET GRANUL 25 GFS	30 Ounce	108588
LEMON JUICE 100 12-32FLZ GCHC	1/2 Cup	311227

Preparation Instructions

- 1) For topping: Combine flour, rolled oats, brown sugar, 3 Tbsp of cinnamon, and cut up margarine. Mix until crumbly. Set aside for step 6.
- 2) For Filling: Drain apples, save juice. For 96 servings add enough water to juice to make 3 cups liquid. Set liquid aside for Step 5.
- 3) Pour two #10 can of apples into two 2" shallow steam table pans. (One can per pan)
- 4) Spread 15 ounce sugar, 1/2 Tbsp cinnamon, 1/4 c. lemon juice over each pan. Stir mixture into apples.
- 5) Pour 1.5 cups liquid over apples in each pan.
- 6) Divide toppings among pans. Sprinkle approximately 9 cups topping, evenly, over apples in each steam table pan.
- 7) Bake until topping is browned and crisp. 350 degrees F. for 25-35 minutes.
- 8) Cut each pan into 6x8= 48 pieces.

This does count as the fruit serving for the day. K-8 gets one portion of fruit, HS- two portions of fruit
Hold at 135F or higher for service.

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	138.33
Fat	5.65g
SaturatedFat	2.27g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	60.39mg
Carbohydrates	21.33g
Fiber	1.39g
Sugar	14.97g
Protein	0.78g
Vitamin A 375.00IU	Vitamin C 0.30mg
Calcium 0.70mg	Iron 0.29mg

Breaded Mozzarella Sticks

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11813

Ingredients

Description	Measurement	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	143261

Preparation Instructions

About 10 servings per bag,
About 80 servings per case.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	310.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	560.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	2.00g
Protein	19.00g
Vitamin A 578.00IU	Vitamin C 0.93mg
Calcium 516.00mg	Iron 1.77mg

Pepperoni Pizza Pasta Bake

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12144

Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR 2-10 KE	1 1/2 Pound	654550
OIL SALAD CLR 35 KE	1/4 Cup	578509
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon	224839
SALT IODIZED 25 CARG	1 1/2 Teaspoon	108286
EGG LIQ SUB FF CHOLEST FR 12-2	1 3/4 Cup	121216
SAUCE SPAGHETTI FCY 6-10 REDPK	1/2 #10 CAN	852759
CHEESE MOZZ SHRD 4-5 LOL	32 Ounce	645170
PEPPERONI SLCD 14-16/Z 2-5 GFS	4 Ounce	729981

Preparation Instructions

Make sure egg product is thawed.

Once you prepare the pasta, pour into a greased, shallow, full-sized pan. You do not want to use a deep pan because the toppings won't be enough.

Mix with egg, oil, and spices. Bake at 350 for ten minutes.

Remove from oven.

Top with sauce, cheese, and pepperoni.

Bake at 350 degrees for another 15- 20 minutes or until cheese is melty and bubbly.

Cut 4x6 for 24 servings.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 240.26

Fat 9.00g

SaturatedFat 3.37g

Trans Fat 0.04g

Cholesterol 15.00mg

Sodium	625.85mg
Carbohydrates	27.36g
Fiber	2.86g
Sugar	5.35g
Protein	12.97g
Vitamin A 360.85IU	Vitamin C 3.68mg
Calcium 187.75mg	Iron 1.34mg

Broccoli-Potato Cheese Soup

Servings:	90.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12152

Ingredients

Description	Measurement	DistPart #
POTATO CUBES NAT 6-6 GCHC	5 Pound	412060
SAUCE CHS WHT BLND 6-106Z LOL	106 Ounce	235631
Skim Milk -Gallon	1 Gallon	139
CHEESE CHED SHRD 6-5 COMM	10 Ounce	199720
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon	224839
BROCCOLI FZ 30 COMM	5 Pound	549292

Preparation Instructions

Recipe yields- 90- 4.75 ounce servings

Step 1: In a deep full steam table pan combine thawed potatoes, white cheese sauce, milk, cheese, and garlic powder.

Step 2: Cover and heat on full steam about 45 minutes until potatoes are tender.

Step 3: Add thawed broccoli.

Step 4: Cover, continue cooking about 15 minutes, until soup reaches 165F.

Step 5: Serve about 4 ounces with crackers on the side.

Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 507.47

Fat 34.23g

SaturatedFat 21.95g

Trans Fat 0.00g

Cholesterol 97.56mg

Sodium 1988.31mg

Carbohydrates 13.84g

Fiber 1.84g

Sugar 0.66g

Protein		30.78g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1137.06mg	Iron	0.06mg

Red Jello Treat

Servings:	24.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12155

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	2 Quart	000001WTR
GELATIN MIX ASST RED 12-24Z GCHC	24 Ounce	500135
100% Apple Juice	2 Quart	
TOPPING WHIP I/BG 12-16Z ONTOP	1 Tablespoon	330442

Preparation Instructions

DISSOLVE CONTENTS OF 24OZ PKG IN 2 QUARTS OF VERY HOT WATER (160-180 BEST).

ADD 2 QUARTS OF COLD JUICE AND STIR AGAIN.

POUR INTO INDIVIDUAL DISHES, MOLDS OR A SHALLOW PAN.

CHILL UNTIL FIRM, 4 HOURS OR OVER NIGHT.

Top with a dollop of On Top whipped cream.

This counts as their fruit serving for the day.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 36.77

Fat 0.04g

Saturated Fat 0.04g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 42.71mg

Carbohydrates 8.83g

Fiber 0.00g

Sugar 8.83g

Protein 0.50g

Vitamin A 0.00IU **Vitamin C** 7.50mg

Calcium 0.21mg **Iron** 0.04mg

Zesty Breaded Orange Chicken

Servings:	20.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12192

Ingredients

Description	Measurement	DistPart #
CHIX CHNK BRD W/ORNG SCE CKD 5-5.4	5 2/5 Pound	746931

Preparation Instructions

Cook chicken, hold at 135F or higher. Do not mix chicken with sauce until right before service to avoid the chicken getting soggy. Batch cook.

One bag of chicken to one bag of sauce.

One 5.4 lb. bag of chicken should yield 20- 4 ounce servings. This is 4 ounce by WEIGHT. Please weigh 4 ounce of chicken to determine what size scoop to use.

About 100 servings per case.

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	241.92		
Fat	12.96g		
SaturatedFat	2.59g		
Trans Fat	0.00g		
Cholesterol	95.04mg		
Sodium	311.04mg		
Carbohydrates	10.37g		
Fiber	0.00g		
Sugar	6.91g		
Protein	19.87g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.87mg	Iron	0.86mg

Breaded Mozzarella Sticks

Servings:	84.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12193

Ingredients

Description	Measurement	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	504 Each	143261

Preparation Instructions

About 10.5 servings per bag
About 84 servings per case
Serve in 8 oz paper boat.

Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	310.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	560.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	2.00g
Protein	19.00g
Vitamin A 578.00IU	Vitamin C 0.93mg
Calcium 516.00mg	Iron 1.77mg

Orange Dreamsicle Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	8.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12194

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Pound	811500
JUICE ORNG 100 4-1GAL HV	4 Cup	693671
APPLESAUCE UNSWT 6-10 COMM	4 Cup	549280

Preparation Instructions

Refrigerate until serving at 41F or lower.

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories 134.47

Fat 0.38g

SaturatedFat 0.37g

Trans Fat 0.00g

Cholesterol 1.87mg

Sodium 36.05mg

Carbohydrates 32.32g

Fiber 1.35g

Sugar 24.96g

Protein 2.57g

Vitamin A 0.00IU **Vitamin C** 18.00mg

Calcium 72.16mg **Iron** 0.00mg

Ham & Cheese Sammy on Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12196

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 Slice	556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BAGEL PLAIN SLCD 2.8Z 15-6CT GCHC	1 Each	175600

Preparation Instructions

1. Thaw ham according to directions. CCP: Keep cold 41F or below.
2. Place 3 slices of ham and 1 slice of cheese between the two bagel halves.
3. Wrap in seran wrap or deli paper.
- 4.. Serve chilled, hold at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	287.50
Fat	5.75g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	890.00mg
Carbohydrates	41.00g
Fiber	1.00g
Sugar	2.50g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.90mg
Calcium 156.00mg	Iron 3.24mg

Zesty Breaded Orange Chicken

Servings:	20.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12208

Ingredients

Description	Measurement	DistPart #
CHIX CHNK BRD W/ORNG SCE CKD 5-5.4	5 2/5 Pound	746931

Preparation Instructions

Cook chicken, hold at 135F or higher. Do not mix chicken with sauce until right before service to avoid the chicken getting soggy. Batch cook.

One bag of chicken to one bag of sauce.

One 5.4 lb. bag of chicken should yield 20- 4 ounce servings. This is 4 ounce by WEIGHT. Please weigh 4 ounce of chicken to determine what size scoop to use.

About 100 servings per case.

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 241.92

Fat 12.96g

Saturated Fat 2.59g

Trans Fat 0.00g

Cholesterol 95.04mg

Sodium 311.04mg

Carbohydrates 10.37g

Fiber 0.00g

Sugar 6.91g

Protein 19.87g

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

Calcium 19.87mg **Iron** 0.86mg

Spicy Cajun Chicken Pasta w/ Cheese Sauce

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12209

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 1/2 Pound	570533
SEASONING CAJUN 22Z TRDE	3 Tablespoon	514012
ONION RED JUMBO 10 MRKN	1 1/4 Pound	596973
SAUCE CHS WHT BLND 6-106Z LOL	30 Ounce	235631
PEPPERS RED & GREEN STRIPS 6-10 P/L	1 Ounce	182550
PEAS & CARROT 12-2.5 GFS	1 1/2 Pound	119458
PASTA ROTINI 2-10 KE	25 Ounce	635511

Preparation Instructions

- 1- Season diced chicken with half the cajun seasoning and set aside.
- 2- Sautee onions in pan until soft.
- 3- Add white cheese sauce to pan, add pureed peppers, and remaining cajun seasoning.
- 4- Add pre-seasoned chicken and heat over medium heat until flavors mix and sauce reaches 165 F>
- 5- Cook pasta according to package directions.
- 6- One serving is 4 ounces noodles with 4 ounce of sauce on top. Do not serve too early or pasta will get soggy. Hold at 135 F.

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 992.92

Fat 55.81g

Saturated Fat 34.50g

Trans Fat 0.00g

Cholesterol 177.50mg

Sodium 3276.73mg

Carbohydrates 52.99g

Fiber 2.59g

Sugar			3.61g
Protein			60.14g
Vitamin A	6.96IU	Vitamin C	3.37mg
Calcium	1826.95mg	Iron	2.26mg

Philly Cheesesteak Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12212

Ingredients

Description	Measurement	DistPart #
ROLL HOAGIE SLCD 872-4.95Z JTM VITOS	1 Each	104420
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	2 3/4 Ounce	593591
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940

Preparation Instructions

Preparation Method:

Convection Oven: Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen.

Steamer: If frozen, heat for 40 - 50 minutes. If thawed, heat for 15- 20 minutes.

Open hoagie, line with 2.75 ounce meat. Top with 1 slice of cheese split in half.

Wrap in foil wrapper.

Keep at 135F for holding for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	578.67		
Fat	21.00g		
SaturatedFat	10.40g		
Trans Fat	0.46g		
Cholesterol	31.83mg		
Sodium	1434.67mg		
Carbohydrates	74.50g		
Fiber	3.92g		
Sugar	8.17g		
Protein	21.00g		
Vitamin A	91.67IU	Vitamin C	8.25mg
Calcium	186.33mg	Iron	5.66mg

KFC Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12218

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Each	327120
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	613738
CORN 6-10 CMDTY	1/4 Cup	120483
CHEESE CHED SHRD 6-5 COMM	1 Tablespoon	199720
GRAVY MIX CHIX LO SOD 6-32Z HHL	1 Fluid Ounce	574732

Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to recipe.
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve
7. Serve with dinner roll on side

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 746.83

Fat 22.14g

SaturatedFat 5.27g

Trans Fat 0.00g

Cholesterol 33.18mg

Sodium 2476.59mg

Carbohydrates 104.15g

Fiber 8.55g

Sugar 2.41g

Protein 26.37g

Vitamin A 0.00IU

Vitamin C 0.00mg

Calcium 78.19mg **Iron** 3.26mg

Seasoned Black Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12221

Ingredients

Description	Measurement	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	1 Gallon	231981
SALT IODIZED 12-26Z DIAC	2 Tablespoon	392473
SPICE CILANTRO 4Z TRDE	3/4 Cup	565903

Preparation Instructions

Drain beans, mix with salt. Heat to internal temp of 135F. Hold at 135F. Sprinkle with cilantro when finished. Serve with 4 oz spoodle.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 76.80

Fat 0.32g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 89.60mg

Carbohydrates 14.72g

Fiber 3.84g

Sugar 0.64g

Protein 4.48g

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

Calcium 38.40mg **Iron** 1.15mg

Chicken & Waffles

Servings:	38.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12229

Ingredients

Description	Measurement	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	152 Each	561301
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	38 Each	607351
SYRUP PANCK CUP 200-1.5Z GFS	1 Each	160090

Preparation Instructions

1 bag (7.5lb) has 152 chicken chunks in it, each serving is 4 chicken chunks

1 bag= 38 servings

1 case= 152 servings total

Serve syrup on the side.

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 4.00 Each

Amount Per Serving

Calories 463.16

Fat 20.00g

SaturatedFat 4.50g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 620.00mg

Carbohydrates 53.82g

Fiber 5.00g

Sugar 12.50g

Protein 18.00g

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

Calcium 49.00mg **Iron** 2.80mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12231

Ingredients

Description	Measurement	DistPart #
Hot Dog Bun Nickles	1 bun	
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each	154792

Preparation Instructions

WASH HANDS.

Can be steamed or cooked in 350F oven. Do not over cook because hot dogs will split.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 290.00

Fat 32.00g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 760.00mg

Carbohydrates 21.00g

Fiber 0.00g

Sugar 1.00g

Protein 10.00g

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

Calcium 8.47mg **Iron** 0.59mg

Asian Mashed Potato Bowl

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12278

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	56 Ounce	613738
BEEF DIPPERS WONDER BITE 400-.7Z PIER	320 Each	770817
PEPPERS RED & GREEN STRIPS 6-10 P/L	1 1/4 Gallon	182550

Preparation Instructions

- 1) Make potatoes according to package directions.
 - 2) Bake beef at 350F until temp reaches 165F for 15 seconds.
 - 3) Drain and rinse peppers. Steam just until hot.
 - 4) Place 1 cup of potatoes in a 12 ounce container. Place 4 pieces of beef over potatoes. Top with 1/4 cup peppers.
- * May serve beef gravy on the side if kids would like that.

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	245.88
Fat	8.84g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	765.78mg
Carbohydrates	24.33g
Fiber	1.84g
Sugar	8.00g
Protein	13.69g
Vitamin A 499.62IU	Vitamin C 47.95mg
Calcium 28.43mg	Iron 3.49mg

Ultimate Turkey Pot Pie w/ Biscuit Topper

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12279

Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY 4-7	28 Pound	722460
VEGETABLES MXD 6-10 GFS	2 #10 CAN	119059
Black Pepper	2 Tablespoon	24108
SEASONING ITAL HRB 6Z TRDE	1 Tablespoon	428574
DOUGH BISC CNTRY STYL 240-2.5Z RICH	100 Each	609293

Preparation Instructions

Use 4 shallow, full sized pans. One bag of gravy per pan.
Bake at 350 F until internal temp reaches 165F.
Serve 8 ounce of mixture with 1 biscuit on top.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 381.12

Fat 17.72g

SaturatedFat 8.24g

Trans Fat 0.00g

Cholesterol 61.60mg

Sodium 1316.43mg

Carbohydrates 31.86g

Fiber 1.52g

Sugar 3.55g

Protein 22.44g

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

Calcium 55.52mg **Iron** 2.15mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12301

Ingredients

Description	Measurement	DistPart #
Hot Dog Bun Nickles	1 bun	
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each	154792

Preparation Instructions

WASH HANDS.

Can be steamed or cooked in 350F oven. Do not over cook because hot dogs will split.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 290.00

Fat 32.00g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 760.00mg

Carbohydrates 21.00g

Fiber 0.00g

Sugar 1.00g

Protein 10.00g

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

Calcium 8.47mg **Iron** 0.59mg

Breaded Fish Sticks w/ Gold Fish Crackers

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12388

Ingredients

Description	Measurement	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z 4-5	4 Each	547102
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280

Preparation Instructions

40 servings per case

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	310.00
Fat	11.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	480.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	1.00g
Protein	15.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 2.30mg

Crispy Chicken Fries

Servings:	144.00	Category:	Entree
Serving Size:	7.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12393

Ingredients

Description	Measurement	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	30 Pound	283562

Preparation Instructions

Lay sticks in even layer on pan. Do not pile on top of each other or product will not crisp.

Serve in 4 oz paper boat. 7 sticks to an order.

Keep warm at 135 F or higher.

About 24 servings per bag. 144 servings per case.

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 7.00 Each

Amount Per Serving

Calories	230.01		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	340.02mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	2.00mg

Cheeseburger Mini Sliders

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12407

Ingredients

Description	Measurement	DistPart #
CHEESEBURGER MINI TWIN 80-5.5Z COMM	160 Each	641270

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	360.00
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	1.00g
Cholesterol	50.00mg
Sodium	710.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	8.00g
Protein	19.00g
Vitamin A 500.00IU	Vitamin C 18.00mg
Calcium 150.00mg	Iron 3.60mg

Fish & Chips

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12692

Ingredients

Description	Measurement	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	2 Each	327162
FRIES WEDGE SEAS 6-5 LAMB	1/2 Cup	457558
SAUCE TARTAR DIPN CUP 100-1Z PPI	1 Each	316687

Preparation Instructions

Place two fish filets and wedges in a 2# boat. Serve tartar on side. Hold at 135F or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 620.00

Fat 32.00g

SaturatedFat 3.50g

Trans Fat 0.00g

Cholesterol 100.00mg

Sodium 1089.99mg

Carbohydrates 51.00g

Fiber 6.00g

Sugar 2.00g

Protein 32.00g

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

Calcium 46.00mg **Iron** 3.00mg

Fish & Chips

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12696

Ingredients

Description	Measurement	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	327162
FRIES WEDGE SEAS 6-5 LAMB	1/2 Cup	457558
SAUCE TARTAR DIPN CUP 100-1Z PPI	1 Each	316687

Preparation Instructions

Place two fish filets and wedges in a 2# boat. Serve tartar on side. Hold at 135F or higher.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 420.00

Fat 23.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 55.00mg

Sodium 789.99mg

Carbohydrates 36.00g

Fiber 4.00g

Sugar 2.00g

Protein 17.00g

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

Calcium 31.00mg **Iron** 2.00mg

Hummus w/ Flatbread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12835

Ingredients

Description	Measurement	DistPart #
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each	601133
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	1 Each	696831
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

Preparation Instructions

Put 1 cup of hummus, 1 cheese stick and 1 flat bread (cut into triangles) in a 8 ounce boat for service.
Serve at room temperature, not in hot or cold well.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	8.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	435.00mg
Carbohydrates	45.00g
Fiber	8.00g
Sugar	6.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 278.00mg	Iron 1.44mg

Soft Pretzels Filled w/ Cheese

Servings:	66.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12844

Ingredients

Description	Measurement	DistPart #
PRETZEL SFTSTIX CHS 200-.75Z J&J	198 Each	555347

Preparation Instructions

BAKE FROM FROZEN STATE: BAKE FOR 10 12 MINUTES AT 350 DEGREES

Serve 3 pretzles in a 6 ounce paper boat.

Nutrition Facts

Servings Per Recipe: 66.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	195.00
Fat	4.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	405.00mg
Carbohydrates	33.00g
Fiber	1.50g
Sugar	1.50g
Protein	6.00g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 1.62mg

Maple Cinnamon French Toast Bites

Servings:	64.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14878

Ingredients

Description	Measurement	DistPart #
FRENCH TST BITES WGRAIN 384-.51Z	384 Each	391073
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Cup	565911

Preparation Instructions

Basic Preparation

Heat in oven at 375 degrees F for 2-3 minutes.

Finish: Roll in granulated sugar/cinnamon mix immediately.

6 balls= 2 grains

64 servings/case

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 6.00 Each

Amount Per Serving

Calories 380.00

Fat 24.00g

SaturatedFat 10.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 540.00mg

Carbohydrates 41.00g

Fiber 2.00g

Sugar 17.00g

Protein 3.00g

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

Calcium 0.00mg **Iron** 0.72mg

Pork Sausage Patty

Servings:	250.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14879

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	250 Each	109000

Preparation Instructions

250 servings per case

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 70.00

Fat 5.00g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 260.00mg

Carbohydrates 0.00g

Fiber 0.00g

Sugar 0.00g

Protein 7.00g

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

Calcium 20.00mg **Iron** 0.36mg

Oven Roasted Hot Dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14880

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	80 Each	154792
BUN HOT DOG WHEAT WHL 12-12CT GFS	80 Each	517830

Preparation Instructions

Thawing Instructions

FROZEN PRODUCT, THAW UNDER REFRIGERATION AT 40 DEGREE F OF LESS.

Shelf Life

FROZEN= 210 DAYS

Basic Preparation

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F. CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS

80 servings per case

Bun- GFS#517830 144 ct in case

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00		
Fat	18.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	685.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.47mg	Iron	1.59mg

Blue Raspberry Shiver Shock Smoothie w/ UBR

Servings:	53.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14887

Ingredients

Description	Measurement	DistPart #
CONC BLUE RASP 100% 4+1 6-64FLZ	64 Fluid Ounce	194313
Tap Water for Recipes	256 Fluid Ounce	000001WTR
YOGURT VAN L/F PARFPR 6-4 YOPL	40 Cup	811500
ROUND BKFST UBR IW 126-2.2Z RICH	1 Each	129001

Preparation Instructions

Mix smoothie together according to directions.

Should yield 53- 12 ounce smoothies.

Concentrate is shelf stable, until mixed with water. Then, good for 2 weeks.

Once mixed with yogurt good for 3 days in 41F refrigeration or less.

Pour 12 ounces into 16 ounce cup- 672312 ,lid- 792201,

Smoothie accounts for 2 MA, 1 Fruit , UBR= 2G

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	192.21
Fat	1.28g
SaturatedFat	1.18g
Trans Fat	0.00g
Cholesterol	5.73mg
Sodium	96.40mg
Carbohydrates	40.28g
Fiber	0.32g
Sugar	29.37g
Protein	5.73g
Vitamin A 0.15IU	Vitamin C 9.06mg
Calcium 204.68mg	Iron 0.09mg

Jumbo Chicken Drumstick

Servings:	168.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14888

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	168 Piece	603391

Preparation Instructions

Serve with tongs on student tray.

Hold at 135F.

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	530.00mg
Carbohydrates	6.00g
Fiber	1.00g
Sugar	0.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.00mg	Iron 1.00mg

Flaky Homestyle Biscuit

Servings:	240.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14889

Ingredients

Description	Measurement	DistPart #
DOUGH BISC CNTRY STYL 240-2.5Z RICH	240 Each	609293

Preparation Instructions

1. PAN FROZEN DOUGH ON PAPER LINED OR GREASED PAN WITH POINTS TOUCHING WIDTH- WISE OF PAN WITH SIDES TOUCHING LENGTH-WISE ON PAN.

DO NOT PAN IN HONEY-COMB OR NESTED CONFIGURATION. ,

BAKE UNTIL GOLDEN BROWN. CONVECTION OVEN: 325 F FOR APPROXIMATELY 15 - 20 MINUTES

Hold at 135F for service. Put in hot well.

Do not serve room temperature.

Serve with tongs.

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	740.00mg		
Carbohydrates	26.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Chili Mac

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14890

Ingredients

Description	Measurement	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	5 Pound	344012
Tap Water for Recipes	4 Cup	000001WTR
PASTA ELBOW MACAR 2-10 KE	1 1/4 Pound	654550
CHEESE CHED SHRD 6-5 COMM	17 Ounce	199720

Preparation Instructions

Hold at 135F.

Serve 1 cup portion into 10 oz. foam bowl #184802.

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 300.34

Fat 11.58g

SaturatedFat 6.27g

Trans Fat 0.00g

Cholesterol 46.77mg

Sodium 319.30mg

Carbohydrates 31.29g

Fiber 3.74g

Sugar 4.43g

Protein 17.52g

Vitamin A 859.01IU **Vitamin C** 13.04mg

Calcium 39.99mg **Iron** 3.06mg

Honey Corn Bread

Servings:	48.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14891

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	6 Cup	000001WTR
CORNBREAD MIX HONEY 6-5 GENM	5 Pound	518921

Preparation Instructions

Spray a full sized sheet pan with non-stick spray. Pour 1 box of mixture into a sheet pan.

Cook.

Cut into 48 squares.

8 rows long x 6 squares wide

1 square per serving

Easiest to cut long ways first. Start by cutting the pan in half, then half again to make 4 rows, then half of each of the remaining rows.

Serve warm at 135F. Serve with tongs.

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 58.33

Fat 1.67g

SaturatedFat 0.83g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 129.17mg

Carbohydrates 10.42g

Fiber 0.00g

Sugar 3.33g

Protein 0.83g

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

Calcium 0.00mg **Iron** 0.45mg

Steak Strips

Servings:	142.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14892

Ingredients

Description	Measurement	DistPart #
BEEF TERIYAKI DIPPERS .7Z 5-5 COMM	570 Each	136591

Preparation Instructions

Serve with 4 ounce mashed potatoes & 1 ounce gravy in 10 ounce boat #184802.

Nutrition Facts

Servings Per Recipe: 142.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	160.56		
Fat	8.03g		
SaturatedFat	3.51g		
Trans Fat	0.50g		
Cholesterol	40.14mg		
Sodium	441.55mg		
Carbohydrates	6.02g		
Fiber	1.00g		
Sugar	4.01g		
Protein	14.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.07mg	Iron	1.45mg

Beef Gravy

Servings:	71.00	Category:	Condiments or Other
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14895

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	1 Gallon	000001WTR
GRAVY MIX BROWN 8-14Z FTHLL	14 Ounce	425915

Preparation Instructions

Serving size 2 ounces.

1 bag of gravy +1 gal of water yields 71- 2 ounce servings

1 case of gravy yields 568- 2 ounce servings

Nutrition Facts

Servings Per Recipe: 71.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving

Calories	15.77		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	252.39mg		
Carbohydrates	3.15g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.55mg	Iron	0.00mg

Bean & Cheese Burrito

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14897

Ingredients

Description	Measurement	DistPart #
BURRITO BEAN/CHS WGRAIN 96-4.5Z	96 Each	150852
CHEESE CHED SHRD 6-5 COMM	4 Cup	199720

Preparation Instructions

For best results, thaw product prior to baking.

Spray full sized sheet pan with non-stick spray. Line pan with single layer of burritos.

Cook for 15 minutes at 300F.

Take out of oven, top with cheese, place back in oven for 5 minutes or until cheese is melted.

Serve in 1# boat.

Hold at 135F.

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	347.67
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	643.33mg
Carbohydrates	40.00g
Fiber	9.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 400.00IU	Vitamin C 3.60mg
Calcium 200.00mg	Iron 2.70mg

Cheddar Cheese Sauce

Servings:	35.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14901

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	106 Fluid Ounce	135261

Preparation Instructions

Cup up 3 ounce of cheese in corner of the plastic tray #220530.

Place nachos or pretzel in larger portion of tray.

Portion cheese right before service to keep hot at 135F.

35 servings per bag

210 servings per case

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving

Calories 151.43

Fat 10.60g

SaturatedFat 6.81g

Trans Fat 0.00g

Cholesterol 30.29mg

Sodium 605.71mg

Carbohydrates 4.54g

Fiber 0.00g

Sugar 0.00g

Protein 7.57g

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

Calcium 316.49mg **Iron** 0.00mg

Broccoli Cheddar Soup

Servings:	32.00	Category:	Entree
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14902

Ingredients

Description	Measurement	DistPart #
SOUP CHS BROCCOLI FRSH 2-8 GCHC	256 Fluid Ounce	173030

Preparation Instructions

Serve in 10 ounce foam bowl.

Hold at 135F.

32 servings/ case

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories	170.00
Fat	10.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	1120.00mg
Carbohydrates	13.00g
Fiber	1.00g
Sugar	5.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.00mg	Iron 0.30mg

Chicken Fries

Servings:	80.00	Category:	Entree
Serving Size:	14.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14903

Ingredients

Description	Measurement	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	1116 Each	283562

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 14.00 Each

Amount Per Serving

Calories	458.36
Fat	25.91g
SaturatedFat	4.98g
Trans Fat	0.00g
Cholesterol	39.86mg
Sodium	677.57mg
Carbohydrates	27.90g
Fiber	3.99g
Sugar	1.99g
Protein	25.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 63.77mg	Iron 3.99mg

Tostito Round Chips

Servings:	104.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14904

Ingredients

Description	Measurement	DistPart #
CHIP TORTL RND R/F 104-.88Z TOSTIT	104 Package	284751

Preparation Instructions

Serve with nacho cheese sauce in tray #220530.

Nutrition Facts

Servings Per Recipe: 104.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	100.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	0.00mg

Dinner Roll

Servings:	288.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18222

Ingredients

Description	Measurement	DistPart #
DOUGH ROLL WGRAIN 288-1.25Z RICH	288 Each	237702

Preparation Instructions

Basic Preparation

PAN IN 48 CLUSTERS OR 24 (4X6) SINGLES ON A LINED SHEET PAN. ONCE THAWED, PROOF FOR 50 MINUTES IN warming oven/Crescor.

BAKE AT 375°F IN CONVECTION OVEN FOR 10-12 MINUTES.

Keep on warm serving line at 135F.

Serve with tongs.

Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 80.00

Fat 1.50g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 70.00mg

Carbohydrates 14.00g

Fiber 2.00g

Sugar 2.00g

Protein 3.00g

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

Calcium 7.06mg **Iron** 0.72mg

Hamburger Bun WG

Servings:	120.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18223

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	120 Each	517810

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.00		
Fat	2.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	26.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	1.00mg

Penne Pasta

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18234

Ingredients

Description	Measurement	DistPart #
PASTA PENNE RIGATE 2-10 FAMOSO	5 Pound	418121

Preparation Instructions

On Stove Top Boiling Water:

For each pound of pasta bring 1 gallon of water to a full rolling boil.

Gradually add pasta to boiling water, stir gently and return to a full boil.

Leave the pot uncovered and keep water at a constant boil. Stir occasionally to prevent pasta from sticking.

Taste the pasta two minutes before the recommended cook time elapses to check for preferred tenderness.

Pasta should be firm to the bite or "al dente" because it will soften on steam table. Drain pasta immediately, pour into hotel pan and add a little oil to avoid sticking.

Serve with 4 ounce slotted spoodle.

Cook times 9-12 minutes.

In Steamer:

Steaming is the best way to batch-cook pasta in a cafeteria kitchen. To steam pasta, first place a 4 inch full size perforated pan inside a 4 inch full size solid pan. Fill the perforated pan with 2-3 pounds of pasta. Cover pasta completely with warm water to speed the cooking process. Cook according to the recipe or pasta manufacturers directions in the steamer. Pasta should be cooked to al dente, meaning to the tooth. Pasta should still have a bite, and not be mushy. Drain the cooking water as quickly as possible by rolling a cart near the steamer to transport pasta pan to the sink. Pull the perforated pan out of the solid pan to drain. Discard water. If pasta will be served or held separately from the sauce, toss with a little oil or pan release spray. This will help prevent the pasta from sticking. Never rinse pasta that is meant to be served hot. If needed, hold pasta in a cabinet no longer than 1 hour. Otherwise, transfer immediately to the serving line. You should have hot water in your serving well with the pan sunk down into the well to keep the pasta steamed.

Pasta should be held separately from the sauce.

Pasta should be served with a 4 ounce spoodle.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 160.00

Fat 0.80g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	32.00g		
Fiber	1.60g		
Sugar	1.60g		
Protein	5.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.20mg	Iron	0.80mg

Hoagie Bun

Servings:	96.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18235

Ingredients

Description	Measurement	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	96 Each	276142

Preparation Instructions

Thaw and serve.

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	160.00		
Fat	2.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.00mg

Ham & Cheese Hoagie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18245

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 Slice	556121
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup	678791
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	276142

Preparation Instructions

1. Thaw ham according to directions. CCP: Keep cold 41F or below.
 2. Place 1/4 c. lettuce across the length of the hoagie. Add 3 slices of ham across the center of the hoagie from one end to the other then top with 1 slice of cheese that is cut in half.
 3. Wrap in deli paper.
- Hold at 41F or less.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00
Fat	6.25g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	671.25mg
Carbohydrates	30.50g
Fiber	2.25g
Sugar	4.75g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.90mg
Calcium 154.50mg	Iron 2.54mg

Cheese Omelet

Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18249

Ingredients

Description	Measurement	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	144 Each	240080

Preparation Instructions

Thawing Instructions

THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE.

Basic Preparation

CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	165.00mg		
Sodium	300.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.00mg

Cheese Omelet

Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18250

Ingredients

Description	Measurement	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	144 Each	240080

Preparation Instructions

Thawing Instructions

THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE.

Basic Preparation

CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	165.00mg		
Sodium	300.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.00mg

Pepperoni Stromboli

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18251

Ingredients

Description	Measurement	DistPart #
STROMBOLI MT & CHS 72-4.2Z S&F	72 Each	474964

Preparation Instructions

For best results, allow to thaw prior to cooking.

Do not refreeze.

Cook for 8-10 minutes in a 380 degree F Convection oven.

Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer.

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 260.00

Fat 10.00g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 640.00mg

Carbohydrates 29.00g

Fiber 3.00g

Sugar 4.00g

Protein 16.00g

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

Calcium 0.00mg **Iron** 0.00mg

Nacho's with Dippy Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18613

Ingredients

Description	Measurement	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	1 Ounce	163020
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup	135261

Preparation Instructions

Use #220530 nacho tray for service

Place 1 ounce of chips in larger compartment= 10 chips

Scoop or ladle 1/4 cup of warm cheese into smaller compartment

Cheese should be scooped right before each line to avoid film resting on top of cheese.

Hold product at 135F or higher.

About 120 servings of chips per case.

180 servings of cheese per case

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	11.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	500.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	249.00mg	Iron	0.36mg

Generals Chili Mac

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18664

Ingredients

Description	Measurement	DistPart #
CHILI CINCINNATI STYLE 6-5 COMM	5 Pound	343990
PASTA ELBOW MACAR 2-10 KE	1 1/4 Pound	654550
CHEESE CHED SHRD 6-5 COMM	20 Ounce	199720

Preparation Instructions

Hold sauce and noodles separately.

Cup right before service.

Cup up 4 ounce of noodles, top with 4 ounce of sauce.

Place 1 ounce cups of cheddar cheese on side for students to top themselves.

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	372.14		
Fat	20.97g		
SaturatedFat	10.23g		
Trans Fat	0.72g		
Cholesterol	68.71mg		
Sodium	438.03mg		
Carbohydrates	25.30g		
Fiber	1.72g		
Sugar	1.72g		
Protein	19.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.94mg	Iron	2.43mg

Honey Corn Bread Biscuit

Servings:	168.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18665

Ingredients

Description	Measurement	DistPart #
DOUGH BISC HNY CORN WGRAIN 168-2.75Z	168 Each	576272

Preparation Instructions

Serve 1 per student

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	10.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	500.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

Farm-Stand Blueberry French Toast Bake

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19108

Ingredients

Description	Measurement	DistPart #
Pillsbury Whole Grain French Bread	16 Piece	93974
EGG LIQ SUB FF CHOLEST FR 12-2	32 Fluid Ounce	121216
YOGURT VAN L/F PARFPR 6-4 YOPL	64 Fluid Ounce	811500
cinnamon	2 Tablespoon	
BLUEBERRIES FZ WILD IQF 30 COMM	8 Cup	764740
SUGAR POWDERED 10X 12-2 PION	1/2 Cup	859740

Preparation Instructions

DIRECTIONS

1. Spray a 2-inch steam table pan (shallow pan) with release spray.
 2. Place eggs, yogurt and cinnamon In a medium mixing bowl. Mix thoroughly. Set aside.
 3. Slice French Bread lengthwise and place all halves in sprayed pan. Scatter 7 cups of blueberries evenly into the open French Bread.
 4. Pour the yogurt mixture evenly over the French Bread. Scatter remaining 1 cup of blueberries across the top.
 5. Cover well and refrigerate overnight.
 6. Bake in a 300° Convection oven for 1 hour or until knife slipped into the center comes out clean. The internal temperature will be about 190°.
 8. Let cool slightly then top with powdered sugar.
- Serve 2 halves (the entire french bread baguette) for one serving.
Do not cook too far in advance or product will become mushy.
Serve in 1# boat.

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 372.50

Fat	4.75g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	428.52mg
Carbohydrates	67.13g
Fiber	5.00g
Sugar	29.17g
Protein	16.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 253.07mg	Iron 6.94mg

Homemade Blueberry Sauce

Servings:	25.00	Category:	Fruit
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19111

Ingredients

Description	Measurement	DistPart #
BLUEBERRIES FZ WILD IQF 30 COMM	2 Cup	764740
APPLESAUCE UNSWT 6-10 COMM	2 Cup	549280
cinnamon	1 Tablespoon	
SUGAR BEET GRANUL 25 GFS	1/2 Cup	108588
Tap Water for Recipes	3 Cup	000001WTR
EXTRACT VANILLA PURE 1 PT MCORM	1/2 Teaspoon	150223

Preparation Instructions

You will also need cornstarch for this recipe. 1/4 cup per 25 servings

DIRECTIONS

1. Puree blueberries and apple sauce together.
2. Stir cinnamon, sugar and cornstarch together in a large saucepan. Gradually stir in water.
3. Add pureed fruit and stir to mix.
4. Bring mixture to a boil, reduce heat and simmer while stirring until mixture thickens.
5. Remove from heat and stir in vanilla extract.
6. Hold warm and ladle 2 oz portion over with Baked French Toast Bake

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories 37.12

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.10mg

Carbohydrates	9.92g		
Fiber	0.91g		
Sugar	8.32g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Marinated Steak Strips

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19113

Ingredients

Description	Measurement	DistPart #
BEEF DIPPERS WONDER BITE 400-.7Z PIER	4 Each	770817

Preparation Instructions

Do not over cook.

Serve 4 strips to an order in 4 ounce boat.

17.5 # = 1 case, 1 case = 100 servings

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	150.00
Fat	8.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	420.00mg
Carbohydrates	6.00g
Fiber	1.00g
Sugar	4.00g
Protein	12.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.80mg

Oven Roasted Chicken Wings

Servings:	60.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19164

Ingredients

Description	Measurement	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	30 Pound	159883

Preparation Instructions

Pre-heat oven to 350 degrees F, place frozen chicken pieces in a single layer on an ungreased baking pan, baked uncovered for 10 minutes (convection).

Serve 5 wings to an order in a 8 ounce paper boat.

Hold at 135F.

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 5.00 Each

Amount Per Serving

Calories 640.00

Fat 44.72g

SaturatedFat 10.40g

Trans Fat 0.00g

Cholesterol 280.00mg

Sodium 800.00mg

Carbohydrates 8.00g

Fiber 0.00g

Sugar 0.00g

Protein 42.40g

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

Calcium 0.00mg **Iron** 0.00mg

Homemade Blueberry Muffin Bar

Servings:	32.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19173

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	5 1/2 Cup	000001WTR
MUFFIN MIX WGRAIN 6-4.5# GLDM	5 Pound	152191
BLUEBERRIES FZ WILD IQF 30 COMM	4 33/100 Cup	764740

Preparation Instructions

Pour amount of water into mixing bowl. Add muffin mix.

Mix using a rubber spatula until blended. Fold in blueberries.

Deposit batter into a sprayed full sheet pan.

Bake at 350 for 15-20 minutes directed below, allow to cool and cut each pan into 32, 3x4-inch servings.

1 square= 1 serving

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 110.83

Fat 3.13g

SaturatedFat 1.25g

Trans Fat 0.00g

Cholesterol 3.13mg

Sodium 163.04mg

Carbohydrates 20.83g

Fiber 1.44g

Sugar 9.48g

Protein 1.25g

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

Calcium 0.00mg **Iron** 0.23mg

Deli Ham & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19175

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD .51Z 4-5.25 JENNO	3 Each	656891
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810

Preparation Instructions

1. Thaw ham according to directions. CCP: Keep cold 41F or below.
 2. Add 3 slices of ham folded on bottom bun. Top with Cheese. Top with top bun.
 3. Wrap in deli paper.
- Serve chilled, hold at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00
Fat	8.50g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	900.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 1.80mg
Calcium 159.00mg	Iron 2.08mg

Protein Pack: Hard Boiled Egg, String Cheese, Crackers & Grapes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19177

Ingredients

Description	Measurement	DistPart #
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	853800
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup	197831
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280

Preparation Instructions

Assemble and then chill at 41F.

Container- #775530

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	286.27		
Fat	11.77g		
SaturatedFat	4.57g		
Trans Fat	0.00g		
Cholesterol	180.00mg		
Sodium	406.67mg		
Carbohydrates	30.67g		
Fiber	1.73g		
Sugar	15.33g		
Protein	16.53g		
Vitamin A	584.00IU	Vitamin C	3.36mg
Calcium	342.76mg	Iron	2.25mg

American All-Star Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19178

Ingredients

Description	Measurement	DistPart #
BLUEBERRY 12-1PT P/L	1/4 Cup	451690
STRAWBERRY IQF 6-5 COMM	1/4 Cup	128272
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	811500

Preparation Instructions

Layer 1/4 cup each of blueberries and strawberries in 9 oz plastic cup. #792220, lid #792201

Pipe 1/2 cup (4 oz) yogurt over berries.

Serve with 2 G Team Cheerios Cereal Bar on top of lid, or to side.

Keep at 41F or lower.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 153.04

Fat 0.87g

SaturatedFat 0.75g

Trans Fat 0.00g

Cholesterol 3.73mg

Sodium 61.08mg

Carbohydrates 33.38g

Fiber 1.90g

Sugar 22.67g

Protein 4.01g

Vitamin A 19.98IU **Vitamin C** 3.59mg

Calcium 136.55mg **Iron** 0.10mg

Berry Delicious Chicken Salad w/ Croutons & Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19202

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	14 Each	327120
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170
CUCUMBER SELECT 24CT MRKN	3 Each	418439
BLUEBERRY 12-1PT P/L	1/4 Cup	451690
STRAWBERRY 8 MRKN	1/4 Cup	212768
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400
BREADSTICK FB 8 125CT NY	1 Each	509167

Preparation Instructions

Assemble lettuce in clamshell #809401. Separate into each corner: cheese, cucumber, blueberries and strawberries. Then top with cooled chicken. Place breadstick in salad container.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Serve croutons in a basket on the side. Do not put in with salad.

Hold for service at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories 618.89

Fat 22.50g

SaturatedFat 4.93g

Trans Fat 0.00g

Cholesterol 32.95mg

Sodium 926.25mg

Carbohydrates	73.07g		
Fiber	11.67g		
Sugar	17.06g		
Protein	32.78g		
Vitamin A	108.77IU	Vitamin C	39.53mg
Calcium	285.72mg	Iron	9.74mg

Berry Delicious Chicken Salad w/ Croutons & Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19204

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170
CUCUMBER SELECT 24CT MRKN	3 Each	418439
BLUEBERRY 12-1PT P/L	1/4 Cup	451690
STRAWBERRY 8 MRKN	1/4 Cup	212768
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400
BREADSTICK FB 8 125CT NY	1 Each	509167

Preparation Instructions

Assemble lettuce in clamshell #809401. Separate into each corner: cheese, cucumber, blueberries and strawberries. Then top with cooled chicken. Place breadstick in salad container.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Serve croutons in a basket on the side. Do not put in with salad.

Hold for service at 41F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories 426.16

Fat 9.95g

SaturatedFat 2.75g

Trans Fat 0.00g

Cholesterol 47.50mg

Sodium 790.79mg

Carbohydrates	56.25g
Fiber	7.85g
Sugar	15.78g
Protein	29.96g
Vitamin A 108.77IU	Vitamin C 39.53mg
Calcium 249.72mg	Iron 8.19mg

Beef Honey BBQ Rib Hoagie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19319

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	276142

Preparation Instructions

Place baked rib onto hoagie. Wrap in foil.

Hold at 135F or higher.

Ribs- 100 per case

Buns- 96 case

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	12.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	96.00mg	Iron	3.80mg

Steak & Mashed Potato Bowl

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19320

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	56 Ounce	613738
BEEF DIPPERS WONDER BITE 400-.7Z PIER	320 Each	770817

Preparation Instructions

- 1) Make potatoes according to package directions.
- 2) Bake beef at 350F until temp reaches 165F for 15 seconds.
- 4) Place 1 cup of potatoes in a 12 ounce container. Place 4 pieces of beef over potatoes.
Top with 1/4 cup gravy. See separate recipe for gravy.

Beef- 100 servings /case

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	225.90
Fat	8.84g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	765.78mg
Carbohydrates	20.34g
Fiber	1.84g
Sugar	4.00g
Protein	13.69g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 28.43mg	Iron 2.05mg

Oven Roasted Chicken Wings

Servings:	60.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19335

Ingredients

Description	Measurement	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	30 Pound	159883
SAUCE BBQ 6-80FLZ SWTBRAY	1 Tablespoon	212071
SAUCE HOT 4-1GAL CRWNCOLL	1 Teaspoon	264471

Preparation Instructions

Pre-heat oven to 350 degrees F, place frozen chicken pieces in a single layer on an ungreased baking pan, baked uncovered for 10 minutes (convection).

After baking toss in sauce. Using tongs, boat 5 wing into 1# paper boat.

Hold at 135F.

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 5.00 Each

Amount Per Serving

Calories 640.58

Fat 44.72g

SaturatedFat 10.40g

Trans Fat 0.00g

Cholesterol 280.00mg

Sodium 804.92mg

Carbohydrates 8.14g

Fiber 0.00g

Sugar 0.13g

Protein 42.40g

Vitamin A 0.00IU **Vitamin C** 0.02mg

Calcium 0.00mg **Iron** 0.00mg

Fruit & Yogurt Parfait w/ Granola & Cereal Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19343

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Fluid Ounce	811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	711664
STRAWBERRY IQF 30 COMM	1/4 Cup	150450
Wild Blueberries fzn	1/4 Cup	100243
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	265931

Preparation Instructions

Place strawberries and blueberries in cup, top with 8 ounces of yogurt. * Fruit on bottom so it doesn't weigh down the yogurt and look empty.

Place 2 Tablespoons of granola in insert cup.

Cover with lid and refrigerate.

Hold at 41F or less.

Serve Cereal Bar with for 2 Grains

Cup- 672312

Insert- 656521

Lid- 792210

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 496.71

Fat 8.49g

SaturatedFat 2.83g

Trans Fat 0.00g

Cholesterol 7.46mg

Sodium 269.74mg

Carbohydrates 98.94g

Fiber 6.50g

Sugar 51.84g

Protein	11.30g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 418.66mg	Iron 4.11mg

Ham & Cheese Hoagie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19345

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 Slice	556121
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup	678791
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN SUB SLCD WGRAIN 8 10-6CT	1 Each	406343

Preparation Instructions

1. Thaw ham according to directions. CCP: Keep cold 41F or below.
 2. Place 1/4 c. lettuce across the length of the hoagie. Add 3 slices of ham across the center of the hoagie from one end to the other then top with 1 slice of cheese that is cut in half.
 3. Wrap in deli paper.
- Hold at 41F or less.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00
Fat	7.25g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	701.25mg
Carbohydrates	41.50g
Fiber	3.25g
Sugar	6.75g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.90mg
Calcium 198.50mg	Iron 3.24mg

Granny's Apple Pie Parfait

Servings:	26.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19666

Ingredients

Description	Measurement	DistPart #
APPLE SLCD 6-10 COMM	1 #10 CAN	120500
brown sugar	1 Cup	
cinnamon	1 Tablespoon	
YOGURT VAN L/F PARFPR 6-4 YOPL	13 Cup	811500
CRACKER GRHM HNY L/F 200-2CT NAB	2 Package	256137

Preparation Instructions

The day before:

DO NOT DRAIN APPLES.

Stir cinnamon and brown sugar into apples with juice.

Add cornstarch. Stir

Heat in oven for 15 minutes until bubbly and thick.

Then chill sauce over night in fridge.

Assemble Parfait:

Squeeze 2 oz of yogurt in cup.

With slotted spoon. Top with 4 oz apples.

Top with 2 oz yogurt.

Drizzle sauce from apple mixture on top.

Serve with 2 packets of graham crackers on the side.

Keep at 41F or lower.

Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 166.30

Fat 0.86g

SaturatedFat 0.75g

Trans Fat 0.00g

Cholesterol 3.73mg

Sodium	75.03mg		
Carbohydrates	36.07g		
Fiber	1.99g		
Sugar	25.83g		
Protein	3.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	135.10mg	Iron	0.03mg

Harvest Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19724

Ingredients

Description	Measurement	DistPart #
Pepper Green	4 Slice	2162
Carrots Shredded 5#	2 Tablespoon	2767
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	2 Tablespoon	147270
Lettuce 70/30 Iceberg/Romaine 4/5#	1 Cup	2780
Baby Spinach	1 Cup	15R76
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
CRANBERRY DRIED 300-1.16Z COMM	1/2 Each	765981
Apple	33/100 Each	
BREADSTICK GARLIC 168CT NY 10081	1 Each	616500

Preparation Instructions

1. Mix lettuces together in large bowl.
2. Place 2 cups of lettuce/spinach mixture into salad container.
3. Assemble individual salads by fanning grilled chicken strips in the middle of the lettuce.
4. On either side of the chicken, In neat rows, line the remaining ingredients.

From left to right as follows:

Dried Cranberries (1 Tbsp) Edamame (2 Tbsp) Shredded Carrots (1 Tbsp) Sliced Grilled Chicken (1 breast) Shredded Carrots (1 Tbsp), Green Peppers (4 strips) Sliced Apples (3 Strips) For Red, Green, Orange effect

5. Place breadstick inside salad container.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 313.33

Fat 9.33g

SaturatedFat 2.17g

Trans Fat 0.00g

Cholesterol	40.00mg		
Sodium	546.67mg		
Carbohydrates	34.00g		
Fiber	3.33g		
Sugar	13.67g		
Protein	20.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.67mg	Iron	2.50mg

Apple Filling

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19747

Ingredients

Description	Measurement	DistPart #
APPLE SLCD 6-10 COMM	1 #10 CAN	120500
Tap Water for Recipes	2 Quart	000001WTR
JUICE LEMON 8-48FLZ RLLEM	1/4 Cup	864061
SUGAR BEET GRANUL 25 GFS	5 Cup	108588
STARCH CORN 24-1 ARGO	1/2 Cup	108413
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon	224723
SALT IODIZED 12-26Z DIAC	1 Teaspoon	392473
SPICE NUTMEG GRND 16Z TRDE	1 Teaspoon	224944

Preparation Instructions

Prepare apple filling the day before for parfaits to chill down before assembly. For French toast this recipe can be made the day of and kept hot.

1. Drain apples, then in a bowl, toss with lemon juice.
2. Place water, sugar, cornstarch, cinnamon, salt, and nutmeg into a sauce pan. Stir to combine, then bring to a boil over medium heat, stirring often.

Boil for two minutes.

3. Add apples, turn down to simmer, and cover. Cook, stirring often, until apples soften. About 5-8 minutes.
4. Pour into 1/2 pan to cool. May put inside another half pan lined with ice sheets to cool faster. Cover and chill over night.

DO NOT put hot filling into parfaits as it will curdle the yogurt.

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 2.00 Ounce

Amount Per Serving

Calories	55.41
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g

Cholesterol	0.00mg		
Sodium	3.40mg		
Carbohydrates	14.24g		
Fiber	0.68g		
Sugar	12.66g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Maple Glazed French Toast Sticks w/ Apple Topping

Servings:	42.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19762

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN MAPL 255CT	255 Each	555012
SUGAR POWDERED 10X 12-2 PION	0 Ounce	859740

Preparation Instructions

Bake French toast sticks, then place 6 sticks in a 1# boat.
Top with 2 ounces of warm apple filling. See additional recipe.
Dust lightly with powdered sugar.

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 6.00 Each

Amount Per Serving

Calories 445.24

Fat 18.21g

SaturatedFat 4.05g

Trans Fat 0.00g

Cholesterol 222.62mg

Sodium 566.67mg

Carbohydrates 54.64g

Fiber 4.05g

Sugar 24.29g

Protein 16.19g

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

Calcium 12.14mg **Iron** 12.14mg

Maple Glazed French Toast Sticks w/ Apple Topping

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19779

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN MAPL 255CT	3 Each	555012
SUGAR POWDERED 10X 12-2 PION	0 Ounce	859740
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	109000

Preparation Instructions

84 servings per case of FT

250 servings per case of sausage pattys

Bake French toast sticks, then place 3 sticks in a 1# boat with a sausage patty.

Top FT with 2 ounces of warm apple filling. See additional recipe.

Dust lightly with powdered sugar.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00		
Fat	14.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	135.00mg		
Sodium	540.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	6.36mg