

Cookbook for Newport Primary

Created by HPS Menu Planner

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Baked Beans

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Sauteed Pepper Mix

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Applesauce

Applesauce

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Applesauce

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TBLT

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Scrambled Eggs with Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17247

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	25 Cup	481492
BREAD WHEAT WHL SLCD 1/2 6-32Z GCHC	100 Slice	436820

Preparation Instructions

Pour eggs into steamtable pans (12" x 20" x 2 ½") that have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Heat in oven: 300° F for 15 minutes. Check and stir once after 10 minutes. DO NOT OVERCOOK. CCP: Heat to 145° F for 3 minutes. Eggs should have a slightly moist appearance. CCP: Hold for hot service 135° F or higher. Portion 1/4 cup and serve within 15 minutes.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	193.80		
Fat	8.60g		
SaturatedFat	1.80g		
Trans Fat	0.01g		
Cholesterol	155.00mg		
Sodium	411.80mg		
Carbohydrates	21.00g		
Fiber	2.90g		
Sugar	3.00g		
Protein	9.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.74mg	Iron	2.03mg

Belgian Waffle - W/ Strawberries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17248

Ingredients

Description	Measurement	DistPart #
WAFFLE BEL WHLWHE 48-3.5 GINNYS	1 Slice	243572
STRAWBERRY 8 MRKN	1/2 Cup	212768

Preparation Instructions

Warm in oven at 350 for 5 minutes and serve immediately.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.50
Fruit	0.45
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	326.72		
Fat	14.36g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	161.17mg		
Carbohydrates	46.00g		
Fiber	4.34g		
Sugar	23.40g		
Protein	4.81g		
Vitamin A	513.78IU	Vitamin C	67.51mg
Calcium	18.37mg	Iron	1.91mg

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17249

Ingredients

Description	Measurement	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each	497202
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each	666785

Preparation Instructions

Thaw in cooler overnight. PLACE SINGLE LAYER ON PARCHMENT LINED BAKING SHEET.

CONVECTION OVEN: 350 DEGREES Bake for 20 minutes. Best when flipped halfway through baking.

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE AT 135 DEGREES OR HIGHER FOR NO MORE THAN 4 HOURS

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	250.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	450.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17250

Ingredients

Description	Measurement	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	6 Each	839520

Preparation Instructions

Thaw, warm and serve immediately.

If served with a smoothie, as indicated on menu, all students receive three donuts to meet the 1oz Grain/1 oz Meat requirement.

If served alone, six donut holes are equivalent to 2oz grain requirement.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	280.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	11.48IU	Vitamin C	0.00mg
Calcium	13.78mg	Iron	0.80mg

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17256

Ingredients

Description	Measurement	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Serving	237390
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Serving	138941

Preparation Instructions

BAKE Biscuits

1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1

4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Cook frozen chicken at 350 for 9-11 minutes (conventional); at 325 for 5-7 (convection)

Assemble breakfast sandwich and serve immediately.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	270.00
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	630.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	2.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 2.08mg

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17297

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
EGG SCRMBD CKD FZ 4-5 GFS	2/15 Pound	584584
CHEESE CHED MLD SHRD 4-5 LOL	0 Cup	150250

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	10.54
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	258.03		
Fat	9.57g		
SaturatedFat	3.29g		
Trans Fat	0.00g		
Cholesterol	132.68mg		
Sodium	449.00mg		
Carbohydrates	30.09g		
Fiber	3.00g		
Sugar	3.05g		
Protein	11.59g		
Vitamin A	12.00IU	Vitamin C	0.00mg
Calcium	167.93mg	Iron	2.67mg

Cinnamon Glazed Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17298

Ingredients

Description	Measurement	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	1 Each	646262

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	200.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	100.00mg		
Sodium	280.00mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.00mg	Iron	1.00mg

Very Berry Parfait

Servings:	75.00	Category:	Entree
Serving Size:	1.00 1 serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17299

Ingredients

Description	Measurement	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	75 Ounce	649742
YOGURT VAN L/F PARFPR 6-4 YOPL	6 Ounce	811500
BLUEBERRY FREE-FLOW IQF 30 GFS	1/4 Cup	119873
STRAWBERRY 8 MRKN	1/4 Cup	212768

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.03
Grain	1.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 1 serving

Amount Per Serving

Calories	122.69		
Fat	3.52g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.07mg		
Sodium	76.20mg		
Carbohydrates	20.56g		
Fiber	2.02g		
Sugar	6.40g		
Protein	3.08g		
Vitamin A	0.07IU	Vitamin C	0.35mg
Calcium	2.78mg	Iron	0.72mg

Chunky Monkey Parfait

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17300

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Cup	197769
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	811500
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	1 Teaspoon	283610
CEREAL GRANOLA HNY OATS 4-44Z	2 Ounce	818961

Preparation Instructions

Slice banana and put 1 cup into a 9oz cup. Add 4oz of yogurt and 2oz of granola. Top with chocolate chips. Refrigerate until ready to serve.

SLE Components

Amount Per Serving

Meat	1.49
Grain	0.75
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	438.86
Fat	5.49g
SaturatedFat	2.06g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	80.94mg
Carbohydrates	96.51g
Fiber	7.84g
Sugar	51.94g
Protein	8.60g
Vitamin A 151.04IU	Vitamin C 20.54mg
Calcium 153.59mg	Iron 1.46mg

Pancakes W/ Syrup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17301

Ingredients

Description	Measurement	DistPart #
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package	269220
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each	666785

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	220.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17302

Ingredients

Description	Measurement	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	160432

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	145.00mg	Iron	1.80mg

Ham and Egg Cheese Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17303

Ingredients

Description	Measurement	DistPart #
TURKEY HAM DCD 2-5 JENNO	1/2	202150
EGG WHL LIQ W/CITRIC 20 EZEGGS	1 Tablespoon	533165
CHEESE CHED SHRD 6-5 COMM	1/2 Ounce	199720

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	91.46		
Fat	6.50g		
SaturatedFat	3.67g		
Trans Fat	0.00g		
Cholesterol	78.31mg		
Sodium	174.81mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.50g		
Vitamin A	0.00IU	Vitamin C	0.33mg
Calcium	8.67mg	Iron	1.00mg

Cinnamon Twist Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17304

Ingredients

Description	Measurement	DistPart #
BREADSTICK CINN BLUEB TWST 96-2.3Z	1 Each	480431

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Biscuits & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17305

Ingredients

Description	Measurement	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup	464694
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Hold each until service.

Place 1 biscuit on the tray and ladle 1/4 cup of gravy over biscuit.

CCP: Heat to 165 degrees F or higher for at least 15 seconds

CCP: Hold for hot service at 135 degrees F or higher

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00		
Fat	16.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	620.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Banana Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17307

Ingredients

Description	Measurement	DistPart #
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	557981

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	3.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Blueberry Muffin

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17308

Ingredients

Description	Measurement	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17310

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each	184970
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00		
Fat	12.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	470.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Egg and Cheese Sliders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17312

Ingredients

Description	Measurement	DistPart #
SAND SLIDER SAUS EGG & CHS IW 72-2CT	1 Each	523710

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.75
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	80.00		
Fat	2.50g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	145.00mg		
Carbohydrates	10.00g		
Fiber	2.50g		
Sugar	2.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.50mg	Iron	0.80mg

Bagel W/ Cream Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17313

Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	217911
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each	863106

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00		
Fat	8.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	270.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	7.00g		
Protein	7.00g		
Vitamin A	300.00IU	Vitamin C	1.20mg
Calcium	60.00mg	Iron	1.80mg

Banana Cream Pie Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17314

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	811500
BANANA TURNING 40 P/L	1/2 Cup	200999
CRACKER GRHM HNY L/F 200-2CT NAB	1 Package	256137

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.49
Grain	0.50
Fruit	0.37
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.69		
Fat	2.55g		
SaturatedFat	0.82g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	130.60mg		
Carbohydrates	54.38g		
Fiber	2.32g		
Sugar	30.92g		
Protein	4.71g		
Vitamin A	56.64IU	Vitamin C	7.70mg
Calcium	148.75mg	Iron	0.63mg

Strawberry Shortcake Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17787

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	6 Ounce	811500
STRAWBERRY 8 MRKN	1/2 Cup	212768
CRACKER GRHM HNY L/F 200-2CT NAB	1 Package	256137

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.24
Grain	0.50
Fruit	0.33
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	255.11		
Fat	2.89g		
SaturatedFat	1.12g		
Trans Fat	0.00g		
Cholesterol	5.60mg		
Sodium	160.42mg		
Carbohydrates	52.37g		
Fiber	1.73g		
Sugar	32.63g		
Protein	6.20g		
Vitamin A	10.21IU	Vitamin C	50.01mg
Calcium	225.10mg	Iron	0.75mg

Fruit Smoothie

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17790

Ingredients

Description	Measurement	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	1/2 Cup	244630
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	811500
JUICE APPLE 100 8-64FLZ HV	1/2 Cup	175470

Preparation Instructions

Place all ingredients into a blender.

Mixes can be made with any FROZEN fruit, but quantity should equal 1/2 cup per person.

Pour into 12 oz clear plastic cup with lid and straw. Offer additional fruit and milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	144.44
Fat	0.75g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	61.26mg
Carbohydrates	31.51g
Fiber	1.50g
Sugar	22.54g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 27.00mg
Calcium 144.33mg	Iron 0.36mg

Oatmeal Cup

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17793

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Ounce

Amount Per Serving

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

Sausage W/ French Toast Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17794

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	1 Each	646222
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	1 Each	352740

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.33
Grain	0.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	113.33		
Fat	5.17g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	180.00mg		
Carbohydrates	7.67g		
Fiber	0.67g		
Sugar	2.67g		
Protein	8.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.67mg	Iron	0.69mg

Frozen Fruit Juice Cup - Strawberry Kiwi

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17800

Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	863880

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	35.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Frozen Fruit Juice Cup - Raspberry

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17802

Ingredients

Description	Measurement	DistPart #
SHERBET CUP RASPBERRY 96-4FLZ LUIGI	1 Each	702440

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	110.00		
Fat	1.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	20.00mg		
Carbohydrates	23.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	20.00mg	Iron	0.36mg

Birthday Treat - Orange

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17803

Ingredients

Description	Measurement	DistPart #
SHERBET CUP ORNG 48-4FLZ BLBNY	1 Each	519920

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	21.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

Watermelon Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17805

Ingredients

Description	Measurement	DistPart #
APPLESAUCE WILD WTRMLN 96-4.5Z COMM	1 Each	136701

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

Applesauce- Blue Raspberry

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17807

Ingredients

Description	Measurement	DistPart #
APPLESAUCE BLUE RASPB 96-4.5Z	1	358553

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17809

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice	150260
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice	204822

Preparation Instructions

1. Spray garlic butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans.
 2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
 3. Top each slice of bread with 4 slices (2 oz) of cheese.
 4. Cover with remaining bread slices.
 5. Spray tops of sandwiches with garlic butter.
 6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE
- CCP: Heat to 140° F or higher. CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	400.00		
Fat	20.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	1130.00mg		
Carbohydrates	38.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	16.00g		
Vitamin A	600.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	2.00mg

Tomato Soup

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17810

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	1/2 Cup	101427

Preparation Instructions

Simmer over low heat, stirring often

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	480.00mg		
Carbohydrates	20.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.60mg

Celery sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17811

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

serve chilled

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Beef Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18093

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	722330
CHIP TORTL RND YEL 5-1.5 KE	1 Ounce	163020
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup	712131

Preparation Instructions

1. Prepare Taco meat according to directions
CCP: Hold beef for hot service at 135F or higher.
3. Meanwhile, clean and chop DOD romaine lettuce. If DOD romaine is not available, use GFS code 735787.
4. At service, portion 1 cup salad, 2 oz beef, half cup corn and quarter cup cheese.
5. Serve with 1 ounce of tortilla chips- approximately 10 chips.

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.25
Fruit	0.00
GreenVeg	0.50
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	355.43
Fat	18.14g
SaturatedFat	8.20g
Trans Fat	0.27g
Cholesterol	58.12mg
Sodium	566.25mg
Carbohydrates	27.73g
Fiber	4.89g
Sugar	2.89g
Protein	22.11g
Vitamin A 610.41IU	Vitamin C 4.73mg
Calcium 296.80mg	Iron 2.61mg

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18094

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810
PORK SHRDD BBQ 6-5 JTM	2 Ounce	366320

Preparation Instructions

1. Cook Pork according to manufacturer's instructions. Be sure to heat to proper internal temperature.
2. Scoop 2 oz meat onto bun.
3. Wrap with foil and hold for hot service.

**Allergens: Wheat, Soy

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	239.00		
Fat	5.10g		
SaturatedFat	1.55g		
Trans Fat	0.02g		
Cholesterol	22.00mg		
Sodium	269.95mg		
Carbohydrates	35.00g		
Fiber	4.70g		
Sugar	12.00g		
Protein	13.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.00mg	Iron	1.00mg

Sweet n' Sour Chicken and Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18095

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	1 Serving	281831
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup	676463
SAUCE SWEET & SOUR DIP CUP 100-1Z GFS	1 Each	714510

Preparation Instructions

Cook chicken according to directions. CCP: Hold hot at 135 F or higher

For rice: Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

Serve chicken over top .5 cup cooked brown rice (or on the side) and serve with a sweet and sour dip cup.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.07

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	442.50		
Fat	16.25g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	740.00mg		
Carbohydrates	54.25g		
Fiber	4.50g		
Sugar	12.75g		
Protein	19.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.50mg	Iron	4.50mg

Apple Cinnamon Cheerios

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18141

Ingredients

Description	Measurement	DistPart #
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	110.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	110.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	4.50mg

Cocoa Puffs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18142

Ingredients

Description	Measurement	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	110.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	120.00mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	4.50mg

Lucky Charms

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18143

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	110.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	6.00mg
Calcium	100.00mg	Iron	4.50mg

Smart Start Meal (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18144

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	649742

Preparation Instructions

Place yogurt, granola and fruit of the day in a small, hinged-lid clear container.

Offer a milk and allow students to take a juice if requested.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	200.00
Fat	4.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	140.00mg
Carbohydrates	35.00g
Fiber	2.00g
Sugar	15.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 0.72mg

Smart Start Meal GF

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18145

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052

Preparation Instructions

In a hinged-lid clear container, arrange cheese stick, cereal and fruit of the day.

Gluten Free Options:

Hard boiled egg in place of cheese stick.

Lucky Charms Pouch-235240 is preferred over the bowl cereal in the Smart Start meal. It is not always available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00		
Fat	8.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	310.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	8.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	4.50mg

Grab and Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18146

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB L/F POUZ 4Z 6-8CT YOPL	1 Each	707193
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each	282431

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.00		
Fat	6.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	210.00mg		
Carbohydrates	45.00g		
Fiber	3.00g		
Sugar	22.00g		
Protein	6.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.72mg

Grab and Go Bag (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18147

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	1 Each	707193
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	265931

Preparation Instructions

Grab and Go bags are late arrivals.

Place yogurt, cereal bar and fruit of the day into a bag. Offer students a milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	155.00mg		
Carbohydrates	48.00g		
Fiber	3.00g		
Sugar	21.00g		
Protein	6.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	150.00mg	Iron	3.75mg

Orange Slices

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18153

Ingredients

Description	Measurement	DistPart #
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup	117897

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	400.00IU	Vitamin C	18.00mg
Calcium	20.00mg	Iron	0.36mg

Mixed Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18154

Ingredients

Description	Measurement	DistPart #
FRUIT COCKTAIL IN JCE 6-10 GFS	1/2 Cup	610232

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Seedless Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18155

Ingredients

Description	Measurement	DistPart #
GRAPES GREEN SEEDLESS 17AVG	1/2 Cup	197858

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	56.27		
Fat	0.27g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.67mg		
Carbohydrates	14.67g		
Fiber	0.73g		
Sugar	13.33g		
Protein	0.53g		
Vitamin A	84.00IU	Vitamin C	3.36mg
Calcium	11.76mg	Iron	0.25mg

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18156

Ingredients

Description	Measurement	DistPart #
BANANA TURNING 40 P/L	1 Each	200999

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

Pear Slices

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18157

Ingredients

Description	Measurement	DistPart #
PEAR DCD XL/S 6-10 GFS	1/2 Cup	290203

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18158

Ingredients

Description	Measurement	DistPart #
STRAWBERRY 8 MRKN	3/4 Cup	212768

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	36.72		
Fat	0.36g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.17mg		
Carbohydrates	9.00g		
Fiber	2.34g		
Sugar	5.40g		
Protein	0.81g		
Vitamin A	13.78IU	Vitamin C	67.51mg
Calcium	18.37mg	Iron	0.47mg

Farm Fresh Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18160

Ingredients

Description	Measurement	DistPart #
Apples, Gala	1 Serving	310

Preparation Instructions

Apples from the Local Food Connection- picked from a local farm.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	98.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	23.53g		
Fiber	4.00g		
Sugar	17.84g		
Protein	0.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	0.21mg

Diced Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18161

Ingredients

Description	Measurement	DistPart #
PEACH DCD XL/S 6-10 GFS	1/2 Cup	268348

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Pineapple

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18162

Ingredients

Description	Measurement	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Cup	189979

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	0.00mg	Iron	0.36mg

Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18163

Ingredients

Description	Measurement	DistPart #
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup	117897

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	400.00IU	Vitamin C	18.00mg
Calcium	20.00mg	Iron	0.36mg

Meal Deal (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18169

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	528690
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each	142411

Preparation Instructions

In a hinged lid clear container, arrange all components: grain, meat, vegetable of the day and fruit of the day. Offer students pack with a milk.

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00		
Fat	10.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	720.00mg		
Carbohydrates	44.00g		
Fiber	3.00g		
Sugar	11.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	353.00mg	Iron	1.80mg

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18171

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810
PORK SHRDD BBQ 6-5 JTM	4 Ounce	366320

Preparation Instructions

1. Cook Pork according to manufacturer's instructions. Be sure to heat to proper internal temperature.
2. Scoop 4 oz meat onto bun.
3. Wrap with foil or line tray with sandwiches and wrap. Hold for hot service.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	338.00		
Fat	8.20g		
SaturatedFat	2.60g		
Trans Fat	0.04g		
Cholesterol	44.00mg		
Sodium	389.90mg		
Carbohydrates	44.00g		
Fiber	5.40g		
Sugar	20.00g		
Protein	21.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	93.00mg	Iron	1.00mg

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18173

Ingredients

Description	Measurement	DistPart #
BEAN BAKED FCY 6-10 ALLEN	1/2 Cup	583375

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	150.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	590.00mg		
Carbohydrates	29.00g		
Fiber	5.00g		
Sugar	11.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Creamy Cole Slaw

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18175

Ingredients

Description	Measurement	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 1/2 Gallon	198226
DRESSING SALAD LT 4-1GAL GCHC	1 3/4 Cup	429422
SUGAR CANE GRANUL XFINE 50# P/L	1/8 Cup	563191
SPICE MUSTARD DRY 1 COLMANS	1 Teaspoon	400018

Preparation Instructions

Use DOD coleslaw blend if available. Place cabbage and carrots in large bowl and toss lightly to mix.

Combine reduced calorie mayonnaise, sugar, and dry mustard.

Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

Special Tips: Add dressing just before serving. If recipe is prepared in advance, the yield will be reduced.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.32
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	58.94		
Fat	2.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	11.20mg		
Sodium	113.60mg		
Carbohydrates	7.56g		
Fiber	1.28g		
Sugar	5.16g		
Protein	0.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	22.40mg	Iron	0.00mg
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Sauteed Pepper Mix

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18177

Ingredients

Description	Measurement	DistPart #
PEPPERS & ONION FLME RSTD 6-2.5	1/2 Cup	847208

Preparation Instructions

Coat kettle or pot if using a stove top, with a thin layer of olive oil.

Sauté pepper and onion mix until they are slightly softened.

Prepare just before service. If held for too long, mix will lose color and become mushy. Do not overcook.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	24.17		
Fat	0.45g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	66.48mg		
Carbohydrates	4.23g		
Fiber	0.91g		
Sugar	2.12g		
Protein	0.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.07mg	Iron	0.21mg

Garden Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18179

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup	600504

Preparation Instructions

Use DOD romaine/iceberg blend if available.

PREPARATION: RINSE THOROUGHLY. READY TO USE

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	3.76		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.51mg		
Carbohydrates	0.75g		
Fiber	0.25g		
Sugar	0.25g		
Protein	0.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.51mg	Iron	0.25mg

Frozen Fruit Juice Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18181

Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	863890

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	35.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1750.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Salisbury Steak w/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18183

Ingredients

Description	Measurement	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Tablespoon	552050
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each	233140
BEEF STK SALISBURY CHARB 59-2.7Z ADV	1 Each	571730

Preparation Instructions

Cook beef patties and rolls according to directions.

Basic gravy preparation:

IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY ADD FULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	335.00		
Fat	16.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	500.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	8.00g		
Protein	18.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	49.00mg	Iron	2.80mg

Seasoned Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 #8 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18184

Ingredients

Description	Measurement	DistPart #
SPICE ONION POWDER 19Z TRDE	1/17 Teaspoon	126993
SPICE GARLIC POWDER 6 TRDE	1/17 Teaspoon	513857
BEAN GREEN CUT MXD SV 6-10 GCHC	1/20 #10 CAN	273856

Preparation Instructions

Mix in seasonings, heat and serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 #8 Scoop

Amount Per Serving

Calories	26.49		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	181.19mg		
Carbohydrates	5.65g		
Fiber	2.61g		
Sugar	2.59g		
Protein	1.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.95mg	Iron	0.53mg

Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18185

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	3/5 Ounce	613738

Preparation Instructions

Preparation and Cooking Instructions:

- 1: Pour 4 Liters (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half steamtable pan.
- 2: Add all potatoes and stir for 15 seconds. Step 3: Let stand for 5 minutes, stir and serve.

Portion size: .5 cup

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.36

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	65.06		
Fat	0.72g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	296.39mg		
Carbohydrates	12.29g		
Fiber	0.72g		
Sugar	0.00g		
Protein	1.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.23mg	Iron	0.22mg

Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18186

Ingredients

Description	Measurement	DistPart #
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	1 Each	153650

Preparation Instructions

Prepare according to package directions.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18187

Ingredients

Description	Measurement	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96-4.5Z	1 Each	152111

Preparation Instructions

Prepare according to package directions.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	310.00
Fat	12.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	530.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	8.00g
Protein	16.00g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	222.00mg
Iron	2.50mg

Hot Dog or Cheese Coney

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18197

Ingredients

Description	Measurement	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each	656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	564053
CHILI CINCINNATI STYLE 6-5 COMM	1 Ounce	343990
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250

Preparation Instructions

Prepare chili as directed on package.

Serve: 1 hotdog in 1 bun with the option to add 1oz of chili and/or .25 cup of cheese on top.

SLE Components

Amount Per Serving

Meat	3.36
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	409.78		
Fat	23.87g		
SaturatedFat	10.06g		
Trans Fat	0.18g		
Cholesterol	89.68mg		
Sodium	637.01mg		
Carbohydrates	28.08g		
Fiber	5.18g		
Sugar	3.18g		
Protein	21.51g		
Vitamin A	300.00IU	Vitamin C	9.00mg
Calcium	284.73mg	Iron	2.16mg

Chili Cheese Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18198

Ingredients

Description	Measurement	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	3 Ounce	509661
CHILI CINCINNATI STYLE 6-5 COMM	3 Ounce	343990
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	406321

Preparation Instructions

Chili: Keep frozen. Place in a sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. Portion no more than 3oz into a serving bowl.

Fries: PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Cheese: Portion 1oz in soufflé cup to serve on the side. Additional option: 1 ounce of cheese may be put directly on top of chili.

SLE Components

Amount Per Serving

Meat	2.08
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.07
Legumes	0.00
Starch	0.56

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	399.73		
Fat	21.39g		
SaturatedFat	9.17g		
Trans Fat	0.54g		
Cholesterol	59.03mg		
Sodium	504.48mg		
Carbohydrates	34.95g		
Fiber	3.77g		
Sugar	2.54g		
Protein	18.76g		
Vitamin A	300.00IU	Vitamin C	4.01mg
Calcium	242.20mg	Iron	2.88mg

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18199

Ingredients

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

Preparation Instructions

TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS

350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES.

Serving Size: 1 ea

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	267.00
Fat	11.00g
SaturatedFat	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

Spaghetti with Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18200

Ingredients

Description	Measurement	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce	221460
MEATBALL CKD .65Z 6-5 COMM	4 Each	785860
SAUCE MARINARA A/P 6-10 REDPK	4 Ounce	592714

Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes.

Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer.

Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.71
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	418.14		
Fat	13.36g		
SaturatedFat	3.50g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	673.14mg		
Carbohydrates	54.57g		
Fiber	7.86g		
Sugar	9.71g		
Protein	21.86g		
Vitamin A	559.29IU	Vitamin C	9.57mg
Calcium	106.86mg	Iron	3.80mg

Chicken Tenders w/ Funyuns

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18201

Ingredients

Description	Measurement	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	3 Piece	283951
SNACK ONIO WGRAIN 104-.75Z FUNYUN	1 Each	865601

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Serving Size: 3 each

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Serving

Amount Per Serving			
Calories	360.00		
Fat	18.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	515.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.70mg

Fish Nuggets - W/ Mac & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18202

Ingredients

Description	Measurement	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	4 Each	523291
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup	119122

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Serving Size: 3 each

SLE Components

Amount Per Serving

Meat	3.49
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

Amount Per Serving			
Calories	436.42		
Fat	18.21g		
SaturatedFat	5.98g		
Trans Fat	0.00g		
Cholesterol	47.39mg		
Sodium	1501.34mg		
Carbohydrates	44.13g		
Fiber	3.49g		
Sugar	5.48g		
Protein	25.69g		
Vitamin A	559.70IU	Vitamin C	0.00mg
Calcium	59.85mg	Iron	2.61mg

Walking Taco - W/ Tostitos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18203

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	722330
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup	135261
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package	284751

Preparation Instructions

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater

Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater

Hold ingredients at 135 degrees F or greater until service

Serving: Place 3oz of taco meat into 1 bag of Reduced Fat Doritos. Place .25 cup of cheese sauce in bag or in soufflé cup on side and serve.

SLE Components

Amount Per Serving

Meat	2.89
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	325.43		
Fat	16.14g		
SaturatedFat	6.70g		
Trans Fat	0.27g		
Cholesterol	53.12mg		
Sodium	776.25mg		
Carbohydrates	25.73g		
Fiber	3.89g		
Sugar	1.89g		
Protein	19.11g		
Vitamin A	610.41IU	Vitamin C	4.73mg
Calcium	270.80mg	Iron	1.89mg

Fiestada

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18204

Ingredients

Description	Measurement	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	1 Each	487272

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	360.00		
Fat	14.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	710.00mg		
Carbohydrates	43.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	241.00mg	Iron	3.10mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18205

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. Once assembled line on sheet pan, cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	290.00
Fat	15.50g
SaturatedFat	6.50g
Trans Fat	0.50g
Cholesterol	52.50mg
Sodium	640.00mg
Carbohydrates	23.00g
Fiber	4.00g
Sugar	3.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 142.00mg	Iron 2.44mg

Cheesy Bread Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18206

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	232930
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	700.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	9.00g		
Protein	21.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	374.00mg	Iron	1.90mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18207

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810

Preparation Instructions

Place chicken patties on paper lined cookie sheets.

Bake @350* approx. 8-10 minutes.

Layer chicken patties upright in 4B pans.

Place hamburger buns in 4B pans.

Assemble on serving line.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	550.00mg		
Carbohydrates	42.00g		
Fiber	7.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	101.00mg	Iron	3.00mg

Brunch For Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18208

Ingredients

Description	Measurement	DistPart #
HASHBROWN FAST 2.5Z 6-3.5 LAMB	2 Each	242241
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	109000
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice	204822
JELLY ASST 1 200-.5Z SMUCK	1 Each	284912

Preparation Instructions

Cook sausage, bacon and hash browns according to instructions on the box.

Offer students two sausage patties but pre tray one.

Students may also have two hash browns.

Serve with toast and offer jelly assortment.

SLE Components

Amount Per Serving

Meat	1.18
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	485.00		
Fat	20.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	980.00mg		
Carbohydrates	56.00g		
Fiber	6.00g		
Sugar	11.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	2.36mg

Beef Rotini - W/ Bread Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18209

Ingredients

Description	Measurement	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	7 Ounce	728590
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

1. Prepare Taco meat according to directions
CCP: Hold beef for hot service at 135F or higher.
3. Meanwhile, clean and chop (if needed) romaine lettuce.
4. At service, portion 1 cup salad and top with 1.5 oz beef, 1/2 cup corn and 1 oz cheese.
5. Serve with Tortilla chips.

SLE Components

Amount Per Serving

Meat	1.88
Grain	2.47
Fruit	0.00
GreenVeg	0.00
RedVeg	0.47
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving			
Calories	445.43		
Fat	18.05g		
SaturatedFat	6.83g		
Trans Fat	0.94g		
Cholesterol	50.81mg		
Sodium	750.16mg		
Carbohydrates	48.58g		
Fiber	3.76g		
Sugar	9.53g		
Protein	21.94g		
Vitamin A	576.75IU	Vitamin C	21.64mg
Calcium	67.75mg	Iron	3.82mg

Marco's Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18210

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

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

Chef Salad - W/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18212

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	129631
EGG HARD CKD PLD DRY PK 12-12CT PAP	1/2 Each	853800
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
TURKEY BRST DCD 2-5	1 Ounce	451300
CHEESE AMER SHRD R/F 4-5 LOL	1/4 Cup	861950
CARROT SHRD MED 2-5 RSS	1/4 Cup	313408
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each	233140

Preparation Instructions

Measure lettuce and set aside for salad assembly.

Wash, cut and measure tomatoes. Slice the egg(half of one) into 3-4 strips.

Assemble the salad attractively in a clear hinged container. Serve with light dressing and a whole grain roll.

CCP: Hold and serve at 41 degrees F or lower.

SLE Components

Amount Per Serving

Meat	3.51
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	327.79
Fat	11.46g
SaturatedFat	4.93g
Trans Fat	0.00g
Cholesterol	140.20mg
Sodium	992.52mg
Carbohydrates	34.94g
Fiber	4.49g
Sugar	12.83g

Protein	24.62g
Vitamin A 5594.26IU	Vitamin C 14.66mg
Calcium 243.86mg	Iron 2.70mg

Southwest Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18213

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	150160
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
TOMATO GRAPE SWT 10 MRKN	3 Each	129631
CORN WHL KERNEL STD GRADE 6-10 KE	1/4 Cup	244805
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/2 Cup	712131
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	662512

Preparation Instructions

Use DOD lettuce and tomatoes when available. Weigh ingredients and assemble salad attractively in a clear hinge lid container:

Fill the bottom with lettuce, the middle with chicken, and cheese, tomatoes and corn around the outside.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	616.08		
Fat	32.58g		
SaturatedFat	15.02g		
Trans Fat	0.00g		
Cholesterol	130.00mg		
Sodium	936.69mg		
Carbohydrates	45.31g		
Fiber	5.91g		
Sugar	6.44g		
Protein	36.30g		
Vitamin A	281.14IU	Vitamin C	4.62mg
Calcium	488.38mg	Iron	1.56mg

Smart Start Meal (2)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18238

Ingredients

Description	Measurement	DistPart #
BAR OATML APPLE SFT IW 216-1.2Z	1 Each	526290
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	853800

Preparation Instructions

Egg and oatmeal bar is precooked and ready to eat.

Place hard boiled egg, oatmeal bar and fruit of the day in a hinged lid, clear container.

Offer a milk and allow students to take a juice if requested.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	210.00
Fat	9.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	175.00mg
Sodium	145.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	10.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.00mg	Iron 2.00mg

Smart Start Meal (3)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18240

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	770960
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760

Preparation Instructions

In a hinged-lid clear container, arrange yogurt, grahams and fruit of the day.

Offer students a milk and allow them to take a juice if requested.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	180.00mg		
Carbohydrates	34.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	4.40mg

Smart Start Meal (4)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18241

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	262362

Preparation Instructions

In a hinged-lid clear container, arrange cheese stick and muffin.

Offer a milk to students and allow them to take a juice if requested.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00		
Fat	14.00g		
SaturatedFat	5.50g		
Trans Fat	0.10g		
Cholesterol	25.00mg		
Sodium	310.00mg		
Carbohydrates	32.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	8.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	208.26mg	Iron	0.81mg

Raisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18418

Ingredients

Description	Measurement	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Cup	544426

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	504.00		
Fat	1.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	31.20mg		
Carbohydrates	124.00g		
Fiber	9.20g		
Sugar	116.00g		
Protein	4.80g		
Vitamin A	14.80IU	Vitamin C	0.40mg
Calcium	63.60mg	Iron	4.68mg

Farm Fresh Pear

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18531

Ingredients

Description	Measurement	DistPart #
PEAR 40	1 Ounce	762560

Preparation Instructions

Pears from the Local Food Connection- obtained from a local farm.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Meal Deal (M)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18532

Ingredients

Description	Measurement	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1 Each	630302
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280

Preparation Instructions

In a hinged lid clear container, arrange all components: grains, meat, vegetable of the day and fruit of the day. Offer students MD with a milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	470.00
Fat	25.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	570.00mg
Carbohydrates	43.00g
Fiber	5.00g
Sugar	11.00g
Protein	18.00g
Vitamin A 700.00IU	Vitamin C 0.00mg
Calcium 390.00mg	Iron 3.70mg

Meal Deal (T)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18533

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	649742

Preparation Instructions

In a hinged lid clear container, arrange all components: grains, meat, vegetable of the day and fruit of the day. Offer students MD with a milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	380.00		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	490.00mg		
Carbohydrates	50.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	16.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg
Calcium	450.00mg	Iron	1.72mg

Assorted Cereal

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18534

Ingredients

Description	Measurement	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052

Preparation Instructions

These cereals credit as a 1 ounce grain. Students may take an additional grain (toast, grahams) or meat alternate (cheese, yogurt, egg) to meet the 2 ounce grain requirement.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00
Fat	6.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	390.00mg
Carbohydrates	69.00g
Fiber	7.00g
Sugar	23.00g
Protein	5.00g
Vitamin A 400.00IU	Vitamin C 4.80mg
Calcium 400.00mg	Iron 12.60mg

Fruit Smoothie (Blenderless)

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18535

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	811500
JUICE APPLE 100 8-64FLZ HV	1/2 Cup	175470
BANANA TURNING 40 P/L	1/2 Cup	200999

Preparation Instructions

Yogurt-8 cups

Juice- 4 cups

Bananas (ripe, mashed smooth and chilled)- 4 cups

Combine yogurt (can be vanilla or strawberry) and juice (apple or unsweetened juice from canned fruit) in 8 quart or larger container and mix until well combined.

Add mashed bananas 2 cups at a time stirring until smooth.

Pour into 8 oz of mixture into 9 oz clear plastic cup with lid and straw. Serve chilled.

Offer students a 1 ounce grain (3 donut holes) and a milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	198.19		
Fat	1.05g		
SaturatedFat	0.82g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	62.16mg		
Carbohydrates	45.26g		
Fiber	2.32g		
Sugar	28.54g		
Protein	4.71g		
Vitamin A	56.64IU	Vitamin C	7.70mg
Calcium	138.75mg	Iron	0.23mg

Meal Deal (W)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18536

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

In a hinged lid clear container, arrange deli sandwich, vegetable of the day and fruit of the day.

Deli Sandwich may be leftover from the previous day's menu.

Offer students MD with a milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18641

Ingredients

Description	Measurement	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each	497202
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each	666785

Preparation Instructions

Thaw in cooler overnight. PLACE SINGLE LAYER ON PARCHMENT LINED BAKING SHEET.

CONVECTION OVEN: 350 DEGREES Bake for 20 minutes. Best when flipped halfway through baking.

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE AT 135 DEGREES OR HIGHER FOR NO MORE THAN 4 HOURS

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	250.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	450.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18642

Ingredients

Description	Measurement	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each	497202
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each	666785

Preparation Instructions

Thaw in cooler overnight. PLACE SINGLE LAYER ON PARCHMENT LINED BAKING SHEET.

CONVECTION OVEN: 350 DEGREES Bake for 20 minutes. Best when flipped halfway through baking.

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE AT 135 DEGREES OR HIGHER FOR NO MORE THAN 4 HOURS

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	250.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	450.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Romaine Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18800

Ingredients

Description	Measurement	DistPart #
CARROT SHRD MED 2-5 RSS	1/4 Cup	313408
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
TOMATO GRAPE SWT 10 MRKN	3 Each	129631

Preparation Instructions

Arrange lettuce attractively in salad container with carrots and two grape tomatoes layered on top. Alternate tomatoes may be used and can be diced or sliced.

Use DOD lettuce and tomatoes when available.

Serve salad chilled.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	27.19		
Fat	0.08g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	21.69mg		
Carbohydrates	5.98g		
Fiber	2.30g		
Sugar	3.27g		
Protein	1.52g		
Vitamin A	5036.69IU	Vitamin C	6.36mg
Calcium	28.71mg	Iron	0.45mg

Lo Mein

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18808

Ingredients

Description	Measurement	DistPart #
PASTA SPAG 51 WGRAIN 2-10	6 Pound	221460

Preparation Instructions

1 pint- olive oil

1 pint- diced onions

1 quart- diced celery

1 quart- shredded carrots

Prepare spaghetti al dente; drain and keep warm.

Heat oil in a tilt skillet or kettle; add diced onion, diced celery and shredded carrots. Sauté until vegetables are tender but crisp.

Add spaghetti, soy sauce to the vegetable mixture. Toss gently to mix all ingredients well.

Heat thoroughly until the temperature reaches 135° F for 15 seconds.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.92
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	201.60		
Fat	1.44g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	39.36g		
Fiber	3.84g		
Sugar	1.92g		
Protein	6.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.20mg	Iron	1.73mg

Bacon Ranch Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18975

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	150160
DRESSING RNCH LT 4-1GAL LTHSE	2 Ounce	861850
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
BREADSTICK WGRAIN 1.31Z 10-20CT	1 Each	152211

Preparation Instructions

Thaw precooked chicken strips, turkey bacon and breadsticks. (Use commodity chicken strips when available or 150160). Heat chicken, bacon, and breadsticks according to directions. Chop 1/4 inch bits and store in walk-in until salad assembly. Assemble each salad into a clear compartment container.

· Fill the bottom with 2 cups of chopped romaine. Starting at top left corner and working clockwise, top romaine with tablespoon of bacon bits and 1/4 cup of cheese.

Place 3 oz of chicken in center of salad, two ranch cups inside one corner and breadsticks in the other corner.

CCP: Hold and Serve at 41 degrees F. or lower.

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	427.52		
Fat	23.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	115.00mg		
Sodium	815.01mg		
Carbohydrates	29.50g		
Fiber	2.50g		
Sugar	5.50g		
Protein	26.50g		
Vitamin A	300.01IU	Vitamin C	0.00mg

Calcium 257.30mg **Iron** 1.35mg

Deli Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19059

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
TURKEY HAM 2-7AVG JENNO	3 Ounce	434663
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	276142

Preparation Instructions

Assemble sandwich by placing turkey slices on sub bun first, followed by a slice of cheese.

Hold sandwiches for cold service at 41F or lower.

Serve in small, clear hinge lid container.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	315.00		
Fat	11.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	1165.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	21.00g		
Vitamin A	150.00IU	Vitamin C	1.80mg
Calcium	131.00mg	Iron	3.08mg

Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19062

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	150160
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
CHEESE AMER SHRP SHRD 4-5 LOL	1 Ounce	861960

Preparation Instructions

Use commodity fajita strips and shredded cheese when available.

On each tortilla fill bottom half with chicken, shredded cheese. Roll in the form of a burrito. Cut seam side down, cut diagonally and serve immediately.

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	295.00		
Fat	14.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	92.50mg		
Sodium	625.00mg		
Carbohydrates	21.50g		
Fiber	2.00g		
Sugar	1.50g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	104.00mg	Iron	1.08mg

Veggie Boat

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19137

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	768146
CUCUMBER SELECT 24CT MRKN	1/4 Cup	418439
TOMATO CHERRY 11 MRKN	1/4 Cup	569551
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	732486

Preparation Instructions

Wash all fresh vegetables under cold running water. Drain well. Slice or separate as necessary. Place required amounts into container/trays. Refrigerate at 40 degrees until serving time.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	24.97		
Fat	0.18g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	24.67mg		
Carbohydrates	5.25g		
Fiber	1.79g		
Sugar	3.00g		
Protein	1.14g		
Vitamin A	388.50IU	Vitamin C	18.58mg
Calcium	18.75mg	Iron	0.27mg

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19138

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED 6-5 JTM	1 Ounce	271081
BROCCOLI CUTS 6-4 GFS	1/2 Cup	610871

Preparation Instructions

1. Steam broccoli according to manufacturer's instructions. Be careful not to overcook. Broccoli should be bright green and slightly crisp. CCP: Heat to 135 F or higher.
2. Prepare cheese sauce according to manufacturer's instructions. CCP: Heat to 135 F or higher.
3. Ensure broccoli is fully drained before mixing in cheese sauce.

**Allergens: Milk, Soy

SLE Components

Amount Per Serving

Meat	0.55
Grain	0.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.26		
Fat	4.54g		
SaturatedFat	2.54g		
Trans Fat	0.00g		
Cholesterol	15.38mg		
Sodium	238.31mg		
Carbohydrates	3.55g		
Fiber	1.49g		
Sugar	1.25g		
Protein	5.25g		
Vitamin A	727.09IU	Vitamin C	28.03mg
Calcium	138.82mg	Iron	0.40mg

Chili Cheese Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19195

Ingredients

Description	Measurement	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	3 Ounce	509661
CHILI CINCINNATI STYLE 6-5 COMM	3 Ounce	343990
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
BREADSTICK WGRAIN 1.31Z 10-20CT	1 Each	152211

Preparation Instructions

Chili: Keep frozen. Place in a sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

Fries: PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Portion 3oz of fries into boat directly on the tray. Portion chili on top of fries or on the side. Serve students 1oz on the side in a soufflé cup or directly on chili.

Offer a breadstick.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.07
Legumes	0.00
Starch	0.56

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	419.73		
Fat	21.39g		
SaturatedFat	9.17g		
Trans Fat	0.54g		
Cholesterol	59.03mg		
Sodium	559.48mg		
Carbohydrates	37.95g		
Fiber	4.77g		
Sugar	2.54g		
Protein	19.76g		
Vitamin A	300.01IU	Vitamin C	4.01mg
Calcium	245.47mg	Iron	2.73mg

Wedge Cut Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19196

Ingredients

Description	Measurement	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	2 3/4 Ounce	509661

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Portion no more than 3 ounces to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	92.01		
Fat	2.56g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.67mg		
Carbohydrates	15.33g		
Fiber	2.04g		
Sugar	0.00g		
Protein	2.04g		
Vitamin A	0.00IU	Vitamin C	3.68mg
Calcium	0.00mg	Iron	0.74mg

Salad Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19197

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 3/35 Ounce	570533
EGG HRD CKD DCD IQF 4-5 GFS	33/35 Tablespoon	192198
CHEESE AMER SHRD R/F 4-5 LOL	47/3289 Ounce	861950
TOMATO 6X6 LRG 10 MRKN	1/20 Cup	199001
PEPPERS GREEN LRG 5 MRKN	13/140 Cup	592315
CUCUMBER SDLSS 12-1CT P/L	3/28 Cup	532312
ONION DCD 1/4 2-5 RSS	0 Cup	198307
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	202150
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.08
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.05
OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	141.07		
Fat	5.71g		
SaturatedFat	1.79g		
Trans Fat	0.00g		
Cholesterol	108.03mg		
Sodium	330.03mg		
Carbohydrates	4.07g		
Fiber	1.37g		
Sugar	2.10g		
Protein	16.44g		
Vitamin A	131.04IU	Vitamin C	13.08mg

Calcium 30.93mg **Iron** 1.67mg

Crispy Garbanzos

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19198

Ingredients

Description	Measurement	DistPart #
BEAN GARBANZO 6-10 GCHC	0 Cup	118753
OIL OLV XVGRN 3-1GAL FILIPPO	0 Tablespoon	645142

Preparation Instructions

Preheat oven to 350F. Drain and rinse beans using a colander or strainer. Lay beans out on a baking sheet lined with parchment paper. Pat dry with a paper towel and be sure that all moisture is removed. Drizzle with olive oil and toss to distribute the oil.

Bake in the oven for 40 to 50 minutes until golden brown and crunchy. They should be crunchy enough to make a rattling sound when you shake them around the baking sheet. After roasting and while still warm, season with preferred spice blend (Moroccan Spice Blend or Chipotle Blend).

Serve .5 cup in a soufflé cup.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	33.50		
Fat	1.20g		
SaturatedFat	0.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	4.50g		
Fiber	1.25g		
Sugar	0.75g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.18mg

Smart Start Jammer

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19199

Ingredients

Description	Measurement	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1 Each	630302

Preparation Instructions

In a hinged lid clear container (clear baggie), arrange jammer and fruit of the day.

Offer students Smart Start with a milk.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	290.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.70mg

Fish Filet w/ Mac and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19205

Ingredients

Description	Measurement	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	1 Each	576255
ENTREE MACAR & CHS R/F WGRAIN 6-5	1 Cup	119122

Preparation Instructions

Fish:

FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM. Basic Preparation

Mac and Cheese: THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN. HEAT INTERNAL TEMPERATURE TO 165 DEGREES F. WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE POURED INTO SERVING PANS. IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY.

SLE Components

Amount Per Serving

Meat	4.49
Grain	2.49
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	602.84		
Fat	23.42g		
SaturatedFat	9.96g		
Trans Fat	0.00g		
Cholesterol	64.78mg		
Sodium	2042.69mg		
Carbohydrates	62.27g		
Fiber	3.99g		
Sugar	9.96g		
Protein	34.37g		
Vitamin A	1119.40IU	Vitamin C	0.00mg
Calcium	59.70mg	Iron	2.91mg

Carrot Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19240

Ingredients

Description	Measurement	DistPart #
CARROT SHRD MED 2-5 RSS	3/4 Cup	313408
PINEAPPLE CHUNKS IN JCE 6-10 GFS	1 Tablespoon	189952

Preparation Instructions

Prepare carrot salad by adding just the juice from the canned pineapple. Students need a minimum of 3/4 cup to meet the red/orange requirement.

Serve pineapple as a second fruit option for the day.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	43.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	61.25mg		
Carbohydrates	10.25g		
Fiber	2.92g		
Sugar	6.25g		
Protein	0.67g		
Vitamin A	14266.67IU	Vitamin C	6.70mg
Calcium	28.00mg	Iron	0.00mg

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19241

Ingredients

Description	Measurement	DistPart #
EGG HARD CKD PLD 25 GFS	1/2 Each	711160
TOMATO GRAPE SWT 10 MRKN	4 Each	129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	202150
TURKEY BRST DCD 2-5	1 1/2 Ounce	451300
BACON TKY CKD 12-50CT JENNO	1 Tablespoon	834770
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

SLE Components

Amount Per Serving

Meat	2.44
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	242.56
Fat	7.73g
SaturatedFat	1.72g
Trans Fat	0.00g
Cholesterol	142.81mg
Sodium	725.53mg
Carbohydrates	17.90g
Fiber	2.05g
Sugar	5.25g
Protein	22.54g

Vitamin A	374.85IU	Vitamin C	7.07mg
Calcium	48.03mg	Iron	2.88mg

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19242

Ingredients

Description	Measurement	DistPart #
EGG HARD CKD PLD 25 GFS	1/2 Each	711160
TOMATO GRAPE SWT 10 MRKN	4 Each	129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Cup	600504
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	202150
TURKEY BRST DCD 2-5	1 1/2 Ounce	451300
BACON TKY CKD 12-50CT JENNO	1 Tablespoon	834770
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

SLE Components

Amount Per Serving

Meat	2.44
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.19
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	326.32
Fat	8.73g
SaturatedFat	1.72g
Trans Fat	0.00g
Cholesterol	142.81mg
Sodium	818.03mg
Carbohydrates	31.65g
Fiber	3.30g
Sugar	8.50g
Protein	25.79g

Vitamin A	374.85IU	Vitamin C	7.07mg
Calcium	73.54mg	Iron	4.21mg

Smiley Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19290

Ingredients

Description	Measurement	DistPart #
POTATO SMILES 26/ 6-4 OREI	2 3/4 Ounce	228818

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Portion no more than 3 ounces to serve.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	148.34		
Fat	5.13g		
SaturatedFat	0.57g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	205.39mg		
Carbohydrates	22.82g		
Fiber	2.28g		
Sugar	0.00g		
Protein	2.28g		
Vitamin A	0.00IU	Vitamin C	2.74mg
Calcium	0.00mg	Iron	0.41mg

Belgian Waffle W/ Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19326

Ingredients

Description	Measurement	DistPart #
WAFFLE BEL WHLWHE 48-3.5 GINNYS	1 Slice	243572
STRAWBERRY 8 MRKN	1/2 Cup	212768
YOGURT VAN L/F PARFPR 6-4 YOPL	2 Ounce	811500

Preparation Instructions

Warm waffles in oven at 350F for 5 minutes and serve immediately.

Serve: Offer 2 ounces of vanilla yogurt on top of the waffle or on the side in a soufflé cup to meet the grain requirement.

SLE Components

Amount Per Serving

Meat	0.75
Grain	1.50
Fruit	0.45
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		382.69	
Fat		14.73g	
SaturatedFat		6.37g	
Trans Fat		0.00g	
Cholesterol		16.87mg	
Sodium		191.02mg	
Carbohydrates		57.57g	
Fiber		4.34g	
Sugar		31.61g	
Protein		6.68g	
Vitamin A	513.78IU	Vitamin C	67.51mg
Calcium	85.53mg	Iron	1.91mg

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19328

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	722330
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup	135261
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	163020

Preparation Instructions

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater

Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater

Hold ingredients at 135 degrees F or greater until service

Serving: Place 2oz of chips (approximately 16 chips) in a large boat. Pour 3oz of taco meat onto chips. Place .25 cup of cheese sauce in bag or in soufflé cup on side and serve.

SLE Components

Amount Per Serving

Meat	2.89
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	465.43		
Fat	20.64g		
SaturatedFat	7.20g		
Trans Fat	0.27g		
Cholesterol	53.12mg		
Sodium	876.25mg		
Carbohydrates	47.73g		
Fiber	5.89g		
Sugar	1.89g		
Protein	21.11g		
Vitamin A	610.41IU	Vitamin C	4.73mg
Calcium	327.80mg	Iron	2.61mg

Fiesta Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19329

Ingredients

Description	Measurement	DistPart #
CORN WHL KERNEL STD GRADE 6-10 KE	1/4 Cup	244805
BEANS BLACK LO SOD 6-10 BUSH	1/4 Cup	231981
SALSA 103Z 6-10 REDG	2 Ounce	452841

Preparation Instructions

Drain a #10 can of corn and a #10 can of black beans. Mix together beans and corn.

Add salsa (half of #10 can) to bean and corn mixture and refrigerate at least an hour before service.

Portion 4oz into soufflé cup.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
OtherVeg	0.00
Legumes	0.25
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	120.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	273.67mg		
Carbohydrates	22.50g		
Fiber	3.50g		
Sugar	5.33g		
Protein	4.50g		
Vitamin A	237.33IU	Vitamin C	2.67mg
Calcium	52.67mg	Iron	1.05mg

Crinkle Cut Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19336

Ingredients

Description	Measurement	DistPart #
FRIES 3/8 C/C OVATIONS 6-5 MCC	2 1/2 Ounce	510081

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	109.22		
Fat	3.64g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	139.56mg		
Carbohydrates	16.99g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.21g		
Vitamin A	0.00IU	Vitamin C	2.91mg
Calcium	0.00mg	Iron	0.44mg

Fruit and Cottage Cheese Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19363

Ingredients

Description	Measurement	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	3 Ounce	329487
WATERMELON RED SDLSS 2CT P/L	1/2 Cup	326089
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Cup	702595
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Cup	189979

Preparation Instructions

Arrange green leaf lettuce on the bottom of a clear hinge lid container.

Place 3oz of cottage cheese in the middle and the fruit around the outside.

Fruit used can be substituted for what is in the menu based on what is being served for the day.

Serve with a whole grain roll, breadstick or crackers.

SLE Components

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	1.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	165.70		
Fat	0.95g		
SaturatedFat	0.38g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	333.35mg		
Carbohydrates	28.25g		
Fiber	1.80g		
Sugar	22.50g		
Protein	11.45g		
Vitamin A	3098.24IU	Vitamin C	18.47mg
Calcium	93.28mg	Iron	0.85mg

Rodeo Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19367

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810
ONION RING BRD WGRAIN 6-5#TASTY BRAND	1 Each	234061
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon	655937

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. When finished cooking and before the line, put 1T bbq sauce, an onion ring and top bun.

Cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.20
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	405.00		
Fat	17.60g		
SaturatedFat	7.30g		
Trans Fat	0.50g		
Cholesterol	52.50mg		
Sodium	866.00mg		
Carbohydrates	43.60g		
Fiber	5.60g		
Sugar	14.00g		
Protein	20.10g		
Vitamin A	0.00IU	Vitamin C	0.48mg

Calcium 178.00mg **Iron** 2.66mg

Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19372

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940
SAUCE MARINARA A/P 6-10 REDPK	1 Tablespoon	592714

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. When finished cooking and before the line, put sauce on and top bun.

Cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.18
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	344.29		
Fat	16.71g		
SaturatedFat	7.00g		
Trans Fat	0.50g		
Cholesterol	52.50mg		
Sodium	789.29mg		
Carbohydrates	31.14g		
Fiber	5.71g		
Sugar	5.93g		
Protein	20.21g		
Vitamin A	138.57IU	Vitamin C	2.14mg
Calcium	163.71mg	Iron	2.44mg

Deluxe Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19374

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	517810
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. At the service line, offer a side of deluxe toppings: lettuce, tomato and onion.

Cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	330.00		
Fat	16.50g		
SaturatedFat	7.00g		
Trans Fat	0.50g		
Cholesterol	52.50mg		
Sodium	665.00mg		
Carbohydrates	28.50g		
Fiber	5.00g		
Sugar	4.50g		
Protein	19.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	158.00mg	Iron	2.44mg

Celery Sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19394

Ingredients

Description	Measurement	DistPart #
CELERY STIX 4-3 RSS	4 Ounce	781592

Preparation Instructions

Serve celery sticks chilled. Offer a Ranch dip cup. Use DOD celery when available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	1.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.00g		
Vitamin A	556.76IU	Vitamin C	3.84mg
Calcium	49.60mg	Iron	0.00mg

Mixed Variety- fruit salad

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19396

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

Combine fruit leftover from the week into a mixing bowl.

Portion .5 serving into an attractive container.

Serve chilled.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Veggie Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19397

Ingredients

Description	Measurement	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup	560715
PEPPERS GREEN 2 20 P/L	1/2 Cup	280437

Preparation Instructions

Use DOD when available. Use 3 grape tomatoes when red pepper is unavailable.

Slice into stirps. Place required amounts into container/trays. Refrigerate at 40 degrees until serving time.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	33.90
Fat	0.25g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.65mg
Carbohydrates	8.50g
Fiber	2.05g
Sugar	5.00g
Protein	1.25g
Vitamin A 2275.53IU	Vitamin C 176.18mg
Calcium 13.57mg	Iron 0.57mg

Fiesta Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19481

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Ounce	722330
CHIX TACO FILLING CKD 4-5.03 TYS	1 Ounce	200511
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 Ounce	668341
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1 Tablespoon	576280
CHIP TORTL RND YEL 5-1.5 KE	1 Ounce	163020
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each	882690
PEPPERS & ONION FLME RSTD 6-2.5	1 Ounce	847208
CORN & BLK BEAN FLME RSTD 6-2.5	1 Cup	163760
SAUCE CHS WHT QUESO 4-5 BIB JTM	1 Ounce	701201
SAUCE CHS CHED 6-5 JTM	1 Ounce	271081
SALSA CUP 84-3Z REDG	1 Each	677802

Preparation Instructions

Prepare all ingredients according to directions on packaging.

Offer students a choice of protein and they can only pick one: beef or chicken.

They may add refried beans and choice of cheese: either cheddar or white queso.

Offer salsa cups and both vegetables on line- students may have a half a cup of each.

They may add additional vegetables from the bar: lettuce, tomato, onion jalapenos.

SLE Components

Amount Per Serving

Meat	3.12
Grain	3.33
Fruit	0.00
GreenVeg	0.00
RedVeg	1.07

OtherVeg	0.05
Legumes	0.59
Starch	0.26

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	979.22
Fat	28.82g
SaturatedFat	9.89g
Trans Fat	0.23g
Cholesterol	69.77mg
Sodium	1769.63mg
Carbohydrates	136.27g
Fiber	26.14g
Sugar	22.02g
Protein	43.29g

Vitamin A	2059.40IU	Vitamin C	36.00mg
Calcium	372.71mg	Iron	7.03mg

Iced Coffee OTD

Servings:	1.00	Category:	Milk
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19482

Ingredients

Description	Measurement	DistPart #
COFFEE DECAF INST 5-100 SANKA	1 Fluid Ounce	462098
SYRUP VAN SGR FR PLAS 4-1LTR	1 Fluid Ounce	853910
SYRUP CRML SGR FR 4-1LTR MONIN	1 Fluid Ounce	608962

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	0.60		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.60mg		
Carbohydrates	8.17g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.90mg	Iron	0.02mg

Applesauce- Blue Raspberry

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19483

Ingredients

Description	Measurement	DistPart #
APPLESAUCE BLUE RASPB 96-4.5Z	1	358553

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Applesauce- Strawberry Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19484

Ingredients

Description	Measurement	DistPart #
APPLESAUCE STRWB BAN CUP 96-4.5Z	1	250012

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19485

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GFS	1/2 Cup	271497

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	6.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.11mg		
Carbohydrates	1.44g		
Fiber	0.22g		
Sugar	1.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.56mg	Iron	0.00mg

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19486

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GFS	1/2 Cup	271497

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	6.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.11mg		
Carbohydrates	1.44g		
Fiber	0.22g		
Sugar	1.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.56mg	Iron	0.00mg

Applesauce- Watermelon

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19487

Ingredients

Description	Measurement	DistPart #
APPLESAUCE WTRMLN CUP 96-4.5Z	1	276161

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19488

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GFS	1/2 Cup	271497

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	6.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.11mg		
Carbohydrates	1.44g		
Fiber	0.22g		
Sugar	1.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.56mg	Iron	0.00mg

Chipotle Blend Seasoning

Servings:	10.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19491

Ingredients

Description	Measurement	DistPart #
SPICE CHILI POWDER MILD 16Z TRDE	1 Teaspoon	331473
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon	224839
SPICE ONION POWDER 19Z TRDE	1 Teaspoon	126993
SPICE PAPRIKA 16Z TRDE	1 Tablespoon	518331
SPICE CUMIN GRND 15Z TRDE	2 Teaspoon	273945
SPICE CINNAMON GRND 15Z TRDE	1/8 Teaspoon	224723
SPICE CLOVES GRND 16Z TRDE	1/8 Teaspoon	224774
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Teaspoon	225061
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon	513733

Preparation Instructions

Combine all ingredients and stir until evenly blended.

Store in a plastic seasoning container in a cool, dry location until ready to use.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Tablespoon

Amount Per Serving	
Calories	4.52
Fat	0.12g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.40mg
Carbohydrates	0.80g
Fiber	0.40g
Sugar	0.00g
Protein	0.16g

Vitamin A	396.08IU	Vitamin C	0.18mg
Calcium	2.23mg	Iron	0.43mg

Moroccan Blend Seasoning

Servings:	8.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19492

Ingredients

Description	Measurement	DistPart #
SPICE CUMIN GRND 15Z TRDE	6 Teaspoon	273945
SPICE CORIANDER GRND 14Z TRDE	3 Teaspoon	829862
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Teaspoon	331473
SPICE PAPRIKA 16Z TRDE	1 1/2 Teaspoon	518331
SPICE CINNAMON GRND 15Z TRDE	1 1/2 Teaspoon	224723
SPICE ALLSPICE GRND 16Z TRDE	3/4 Teaspoon	513601
SPICE GINGER GRND 16Z TRDE	3/4 Teaspoon	513695
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1/2 Teaspoon	225088

Preparation Instructions

Combine all ingredients and stir until evenly blended.

Store in a plastic seasoning container in a cool, dry location until ready to use.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Tablespoon

Amount Per Serving	
Calories	2.18
Fat	0.08g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	23.25mg
Carbohydrates	0.00g
Fiber	0.23g
Sugar	0.00g
Protein	0.08g
Vitamin A	322.55IU
Vitamin C	0.11mg

Calcium 1.24mg **Iron** 1.16mg

Chicken Alfredo

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19501

Ingredients

Description	Measurement	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	10 Pound	155661
PASTA PENNE RIGATE 2-10 KE	5 Pound	635501
CHIX STRP FAJT DK MT FC 6-5 TYS	2 Pound	860390
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

SLE Components

Amount Per Serving

Meat	1.55
Grain	1.17
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories	249.98		
Fat	7.92g		
SaturatedFat	4.06g		
Trans Fat	0.00g		
Cholesterol	35.88mg		
Sodium	529.84mg		
Carbohydrates	30.91g		
Fiber	1.14g		
Sugar	4.91g		
Protein	14.14g		
Vitamin A	275.55IU	Vitamin C	0.00mg
Calcium	246.22mg	Iron	1.31mg

Seasoned Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19502

Ingredients

Description	Measurement	DistPart #
CORN WHL KERNEL STD GRADE 6-10 KE	1/2 Cup	244805

Preparation Instructions

Cook corn as usual. Once heated, drain the liquid until there is a thin layer at the bottom. Sprinkle with chipotle seasoning, mix well and serve immediately.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	80.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	130.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	7.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.30mg

Italian Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19646

Ingredients

Description	Measurement	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	276142
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940
TURKEY ITAL COMBO SLCD 12-1 JENNO	3 Ounce	199721

Preparation Instructions

Weigh deli meat and assemble sandwich by placing 3oz (approximately 4 slices) of a different type on sub bun first. Fold slices in half.

Cheese should be cut in half diagonally. Place two triangles on top of deli meat. Be sure to offer subs with lettuce and tomato- Subway style.

Wrap individually or cover on tray. Hold sandwiches for cold service at 41F or lower until service.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	333.30		
Fat	12.80g		
SaturatedFat	5.20g		
Trans Fat	0.00g		
Cholesterol	70.50mg		
Sodium	935.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	21.50g		
Vitamin A	0.00IU	Vitamin C	3.20mg
Calcium	171.00mg	Iron	3.32mg

Carrots and Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19674

Ingredients

Description	Measurement	DistPart #
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each	499521
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup	768146

Preparation Instructions

Prepare carrots by placing .5 in a soufflé cup.
Offer with a ranch dip cup.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.75 Cup

Amount Per Serving			
Calories	87.33		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	154.33mg		
Carbohydrates	9.00g		
Fiber	1.33g		
Sugar	5.00g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.33mg	Iron	0.00mg

Sweet Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19678

Ingredients

Description	Measurement	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	3/4 Cup	273660

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN Fries EVENLY ON A SHALLOW BAKING PAN.

BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	255.00		
Fat	10.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	345.00mg		
Carbohydrates	37.50g		
Fiber	3.00g		
Sugar	12.00g		
Protein	1.50g		
Vitamin A	7500.02IU	Vitamin C	9.00mg
Calcium	30.00mg	Iron	0.54mg

TBLT

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19681

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SKNLS CKD 2-9AVG JENNO	3 1/2 Ounce	442763
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Cup	702595
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice	204822

Preparation Instructions

USE DOD GREEN LEAF LETTUCE AND TOMATOES IF AVAILABLE. OTHERWISE LETTUCE: 702595 AND TOMATOES FROM HS.

Weigh deli meat and assemble sandwich by placing 3oz (approximately 4 slices) of a different type on sub bun first. Fold slices in half.

Be sure to offer subs with lettuce and tomato- Subway style- either on sandwich or on the side.

Wrap individually or cover on tray. Hold sandwiches for cold service at 41F or lower until service.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	307.01		
Fat	4.51g		
SaturatedFat	0.45g		
Trans Fat	0.00g		
Cholesterol	41.27mg		
Sodium	1157.09mg		
Carbohydrates	39.72g		
Fiber	4.50g		
Sugar	6.91g		
Protein	24.82g		
Vitamin A	2665.80IU	Vitamin C	3.31mg
Calcium	72.96mg	Iron	2.64mg

Corn on the Cobb

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19682

Ingredients

Description	Measurement	DistPart #
CORN COB EARS LITTLE 2.75 96CT GFS	1 Each	119385

Preparation Instructions

Cook according to package directions.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	90.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg