

# **Cookbook for NORTH BRANCH HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Wild Walking Taco

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6865

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce	Heat bagged taco meat in steamer till 165 for 15 seconds, 1/3 cup or #12 disher	722330
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	2 T.	150250

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Cook taco meat in steamer till 165 for 15 seconds.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. To bag of Chips add #16 disher of taco meat, then add 2 T. of shredded cheese, 1/4 cup shredded lettuce, then salsa.

3. Serve.

Child Nutrition: 1 Each provides=

2 oz meat/meat alternate, 2 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

## SLE Components

Amount Per Serving

<b>Meat</b>	2.08
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.10
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		332.85	
<b>Fat</b>		15.36g	
<b>SaturatedFat</b>		5.42g	
<b>Trans Fat</b>		0.23g	
<b>Cholesterol</b>		42.60mg	
<b>Sodium</b>		605.21mg	
<b>Carbohydrates</b>		32.44g	
<b>Fiber</b>		3.58g	
<b>Sugar</b>		2.58g	
<b>Protein</b>		16.59g	
<b>Vitamin A</b>	658.68IU	<b>Vitamin C</b>	3.94mg
<b>Calcium</b>	181.83mg	<b>Iron</b>	1.98mg

# Popcorn Chicken Salad

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7030

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536
CHEESE CHED SHRD 6-5 COMM	2 Tablespoon		199720
CHIP CORN FUN SZ 120-.75Z FRITOS	1 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158763
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SPREAD 600-5GM SMRT BAL	1 Each	READY_TO_EAT Ready to use.	620821
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Peel boiled egg and rinse well, then use egg slicer.
6. Pull lettuce, then veggies, and rest of ingredients in plastic container.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.75
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	635.82
<b>Fat</b>	29.97g
<b>SaturatedFat</b>	8.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.00mg
<b>Sodium</b>	965.58mg
<b>Carbohydrates</b>	61.67g
<b>Fiber</b>	12.37g
<b>Sugar</b>	13.67g
<b>Protein</b>	31.26g
<b>Vitamin A</b> 10321.31IU	<b>Vitamin C</b> 116.68mg
<b>Calcium</b> 162.25mg	<b>Iron</b> 4.77mg

# Taco Salad in a Shell



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7132

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each	THESE SHELLS FORM EASILY. SHAPE BY LIGHTLY PRESSING ONE THAWED TORTILLA INSIDE A FLUTED SHELL PAN*. BAKE IN CONVENTIONAL OVEN @ 300* FOR 5-6 MIN OR CONVECTION OVEN @ 400* FOR 5-7 MIN. CUSTOMER MAY FREEZE ITEM ONCE RECEIVED WITH A SHELF LIFE OF 180 DAYS.	720526
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
CARROT BABY WHL CLEANED 12-2 RSS	4 Each		510637
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/8 Ounce	Put 2 oz of taco meat in a 3 oz souffle cup,	722330
CHEESE AMER SHRD R/F 4-5 LOL	2 Tablespoon		861950
SAUCE TACO PKT 500-9GM SALSA DEL SOL	1 Each		612855
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400



# Preparation Instructions

Wash hands thoroughly.

1. Bake Taco Shell in fluted shell pan for 5-6 minutes till crispy at 400\*, cool.
2. Chop vegetables while shell cools.
3. Put Romaine lettuce in shell, add veggies.
5. Put Taco meat in 3 oz souffle cup.
6. Put 2 Tbsp Cheddar Cheese in 2 oz souffle cup.
7. Serve with 1 package Salsa and 1 package sour cream.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.50
<b>RedVeg</b>	1.05
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

<b>Calories</b>	548.77
<b>Fat</b>	29.42g
<b>SaturatedFat</b>	10.10g
<b>Trans Fat</b>	0.29g
<b>Cholesterol</b>	62.50mg
<b>Sodium</b>	899.73mg
<b>Carbohydrates</b>	52.67g
<b>Fiber</b>	8.92g
<b>Sugar</b>	13.67g
<b>Protein</b>	24.43g
<b>Vitamin A</b> 9234.62IU	<b>Vitamin C</b> 44.15mg
<b>Calcium</b> 234.45mg	<b>Iron</b> 5.87mg

# Turkey, Bacon Salad

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7216

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Tablespoon		448010
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Slice		244190
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

## Preparation Instructions

1. Wash hands.

2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Put lettuce in container, then veggies, then cut up turkey and cut up 1 slice of bacon, put on top of salad.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.35
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.75
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	386.03
<b>Fat</b>	11.42g
<b>SaturatedFat</b>	2.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	784.11mg
<b>Carbohydrates</b>	50.17g
<b>Fiber</b>	9.87g
<b>Sugar</b>	15.17g
<b>Protein</b>	23.20g
<b>Vitamin A</b> 9482.12IU	<b>Vitamin C</b> 115.72mg
<b>Calcium</b> 127.85mg	<b>Iron</b> 5.39mg

# Club Salad

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7225

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Tablespoon		448010
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Slice		689541
TURKEY HAM SLCD 12-1 JENNO	1 Slice		556121
BACON TKY CKD 12-50CT JENNO	1/2 Serving		834770
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701
DRESSING RNCH LT PKT 60-1.5FLZ PMLL	1 Each		825010

# Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Put cheese in souffle cup with lid.
5. Boil, cool and peel egg, then slice with egg slicer.
6. Put lettuce in container, then veggies, then cut up turkey, turkey ham, and cut up 1 slice of bacon, put on top of salad.
7. Keep refrigerated till service.
8. Serve with choice of dressings.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.61
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.75
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	500.29
<b>Fat</b>	17.31g
<b>SaturatedFat</b>	3.93g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.91mg
<b>Sodium</b>	1172.90mg
<b>Carbohydrates</b>	60.17g
<b>Fiber</b>	9.87g
<b>Sugar</b>	18.17g
<b>Protein</b>	24.72g
<b>Vitamin A</b> 9482.12IU	<b>Vitamin C</b> 116.02mg
<b>Calcium</b> 151.85mg	<b>Iron</b> 5.53mg

# Antipasto Salad

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7233

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT SUPER 45 MRKN	1/4 Cup		198587
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
BROCCOLI CRWN ICELESS 20 MRKN	1/4 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
TURKEY HAM SLCD 12-1 JENNO	3 Slice	6 slices = 2 ounces of m/ma	556121
PEPPERONI SLCD 16/Z 2-5 HRML	1/2 Ounce	8 slices = 1/2 ounce m/ma	100240
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon		645170
ONION VIDALIA SWT 10 P/L	2 Tablespoon	Slice onion and put 4 onion rings on top of salad.	558133
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1 Tablespoon		324531
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Description	Measurement	Prep Instructions	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	Grill Ciabatta bun with garlic powder and bag .	831221
DRESSING ITAL LT PKT 102-1Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	140931

## Preparation Instructions

1. Wash hands.
2. Wash all vegetables, then cut up.
3. Grill Ciabatta bun with garlic powder, bag.
4. Put cheese in souffle cup with lid.
5. Put lettuce in container, then veggies, then cut up turkey ham, put on top of salad along with pepperoni, then add fresh onion rings to the top.
7. Keep refrigerated till service.
8. Serve with choice of dressing.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.75
<b>RedVeg</b>	1.17
<b>OtherVeg</b>	0.31
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	552.51
<b>Fat</b>	23.42g
<b>SaturatedFat</b>	6.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	1285.94mg
<b>Carbohydrates</b>	60.83g
<b>Fiber</b>	10.88g
<b>Sugar</b>	16.77g
<b>Protein</b>	26.55g
<b>Vitamin A</b> 9482.14IU	<b>Vitamin C</b> 116.71mg
<b>Calcium</b> 205.75mg	<b>Iron</b> 6.07mg

# Warm Cinnamon Apples

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8142

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	4 #10 CAN	4-#10 cans	120500
SPICE CINNAMON GRND 15Z TRDE	5 Tablespoon		224723
SUGAR BEET GRANUL 25 GFS	1 Cup		108588
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
STARCH CORN 24-1 ARGO	1 Tablespoon		108413
SPICE NUTMEG GRND 16Z TRDE	2 1/2 Teaspoon		224944

## Preparation Instructions

Pre Heat oven to 350\*

Mix all dry ingredients together.

Spray pans or use pan savers.

Mix in the apples with the dry ingredients and mix well.

Bake uncovered for 15 minutes. Bake an additional 15 minutes covered.

Serve with #8 Scoop, 4 oz portion cup.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00



<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 0.50 1

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**Amount Per Serving**

<b>Calories</b>	61.63		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.35mg		
<b>Carbohydrates</b>	15.05g		
<b>Fiber</b>	2.07g		
<b>Sugar</b>	11.87g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Fresh Broccoli Salad

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8254

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS 20 MRKN	16 Cup	Clean and chop.	704547
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	6 Package	These are 1.16 ounce packages.	636402
ONION VIDALIA SWT 10 P/L	1 1/2 Cup		558133
BACON TKY CKD 12-50CT JENNO	12 Slice	8 slices = 1 cup, therefore 12 slices = 1 1/2 cups. Crumble and add to other ingredients.	834770
SEED SUNFLWR RSTD SLTD 4-4 GFS	1 1/2 Cup		337910
DRESSING SALAD LT 4-1GAL LTHSE	2 1/2 Cup	READY_TO_EAT Open, pour and enjoy!	135030
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
SUGAR BEET GRANUL 25 GFS	3/4 Cup		108588

## Preparation Instructions

Wash hands thoroughly.

1. Wash and chop veggies, mix together.
2. Blend wet ingredients together with sugar and whisk till well blended.
3. Toss together rest of ingredients with wet salad dressing.
4. Portion 1/2 cup servings in souffle cups.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.04
<b>Grain</b>	0.00
<b>Fruit</b>	0.06
<b>GreenVeg</b>	0.32
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 1

<b>Amount Per Serving</b>			
<b>Calories</b>	88.75		
<b>Fat</b>	4.29g		
<b>SaturatedFat</b>	0.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.20mg		
<b>Sodium</b>	162.34mg		
<b>Carbohydrates</b>	11.40g		
<b>Fiber</b>	1.42g		
<b>Sugar</b>	8.12g		
<b>Protein</b>	1.97g		
<b>Vitamin A</b>	175.46IU	<b>Vitamin C</b>	25.15mg
<b>Calcium</b>	15.88mg	<b>Iron</b>	0.40mg

# Caesar Salad

NO IMAGE

<b>Servings:</b>	33.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8263

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Pound		735787
CHEESE PARM GRTD 12-1 PG	1/2 Cup		164259
CROUTON MULTIGR CHS GARL 10-2 GCHC	1 Cup		748510
DRESSING CAESAR 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Use as a dressing or dip	132141

## Preparation Instructions

Wash hands thoroughly.

Toss together and serve 1 cup servings.

Makes 33 - 1 cup servings.

Serve with Cesar dressing or choice of dressings.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.18
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 1.00 1

### Amount Per Serving

**Calories** 10.76

**Fat** 0.59g

**SaturatedFat** 0.27g

**Trans Fat** 0.00g

**Cholesterol** 1.29mg

**Sodium** 19.04mg

**Carbohydrates** 0.79g

**Fiber** 0.36g

**Sugar** 0.38g

**Protein** 0.86g

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

**Calcium** 17.49mg      **Iron** 0.13mg

# Yogurt Meal



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8340

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup		197831
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each		597380
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

## Preparation Instructions

- Wash hands thoroughly.
- Wash fresh fruit, Use fresh grapes, or fresh apple, or fresh orange quartered and put into a baggie.
- If no fresh fruit, a applesauce cup may be used.
- Put all items in a plastic box # 441953 for service.

### SLE Components

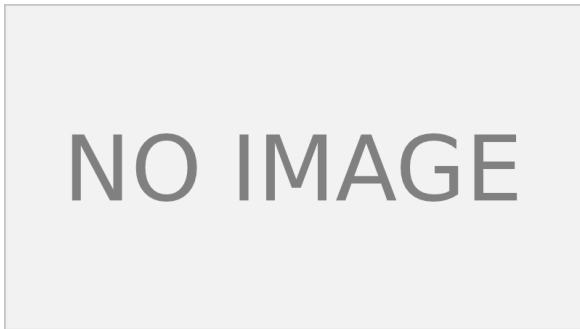
Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	426.27		
<b>Fat</b>	10.27g		
<b>SaturatedFat</b>	4.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	621.67mg		
<b>Carbohydrates</b>	67.67g		
<b>Fiber</b>	2.73g		
<b>Sugar</b>	32.33g		
<b>Protein</b>	17.53g		
<b>Vitamin A</b>	6084.00IU	<b>Vitamin C</b>	63.36mg
<b>Calcium</b>	579.76mg	<b>Iron</b>	2.25mg

# Bosco Sticks with Marinara



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8381

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>1. Preheat oil to 350° F.</li> <li>2. THAWED ONLY: 1-2 minutes.</li> <li>3. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411



Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	1 Serving	READY_TO_EAT None 1 serving = .25 cup	592714

## Preparation Instructions

Wash hands thoroughly.

Bake Breadsticks according to directions on package.

Bring marinara sauce to 135F - 165F

Serve #16 Scoop (1.4z)= .25 cup in souffle cups.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.18
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	314.29		
<b>Fat</b>	10.71g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	554.29mg		
<b>Carbohydrates</b>	36.14g		
<b>Fiber</b>	4.71g		
<b>Sugar</b>	3.43g		
<b>Protein</b>	20.71g		
<b>Vitamin A</b>	138.57IU	<b>Vitamin C</b>	2.14mg
<b>Calcium</b>	449.71mg	<b>Iron</b>	2.00mg

# Cole Slaw

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8429

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1/2 Cup		293148
DRESSING COLESLAW 4-1GAL LTHSE	1/2 Tablespoon	READY_TO_EAT Open, pour and enjoy!	132151

## Preparation Instructions

Wash hands thoroughly.

Mix ingredients together and put in 1/2 cup souffle cups with lid.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

<b>Amount Per Serving</b>			
<b>Calories</b>		39.50	
<b>Fat</b>		2.25g	
<b>SaturatedFat</b>		0.38g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		1.25mg	
<b>Sodium</b>		103.50mg	
<b>Carbohydrates</b>		4.42g	
<b>Fiber</b>		0.67g	
<b>Sugar</b>		3.17g	
<b>Protein</b>		0.33g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 11.00mg **Iron** 0.00mg

# Fish Shapes, Tots & WG Roll

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8515

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	1 Serving	BAKE CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.	523291
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701
POTATO TATER TOTS 6- 5 OREI	2 1/2 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

## Preparation Instructions

Wash hands thoroughly.

Bake fish according to directions.

Bake tater tots according to directions.

Use paper tray to put 4 fish nuggets and put 2.52 oz of Tater tots. Keep hot till serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1

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**Amount Per Serving**

<b>Calories</b>	430.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	1170.00mg
<b>Carbohydrates</b>	50.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	18.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	2.88mg

# Mashed Potatoes with Gravy

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8526

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	5/8 Ounce	<b>RECONSTITUTE</b> 1: Pour 2 gallons boiling water in mixing bowl. 2: <b>HAND MIX:</b> Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. <b>MACHINE MIX:</b> Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
MIX GRAVY POULTRY LO SOD 8- 22.6Z TRIO	1 1/4 Tablespoon		552061

## Preparation Instructions

Wash hands thoroughly.

Make mashed potatoes according to package directions. Add Butter Buds to taste.

Make gravy according to package directions.

Put 1/2 cup mashed potatoes in bowl, put 1 1/2 Tablespoons gravy over top, keep warm at 145\* or above.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.50

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 0.50 1			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	110.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	145.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.00g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.20mg
<hr/>			

# Pop tart & String Cheese Stick



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8588

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Wash hands thoroughly. Put items together as a unit and serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	260.00		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	700.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	300.00mg	<b>Iron</b>	1.80mg



# Breakfast Bagel with Cream Cheese

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8589

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
CHEESE CREAM LT CUP 100-1Z GCHC	1 Each		549762

## Preparation Instructions

Wash hands thoroughly.

Warm bagels in warmer and put with 1 -1oz cup of cream cheese and serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
<b>Calories</b>	200.00		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	275.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.80mg

# Yogurt Cup w/Chocolate Chip Graham Grips



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8591

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441

## Preparation Instructions

Wash hands thoroughly.

Put items together as a unit and serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	145.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 240.00mg **Iron** 0.72mg

# X-ray Vision Carrots



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8705

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	1 Cup		150390

## Preparation Instructions

Wash hands thoroughly.

Steam vegetable only till crisp tender. Be careful not to over cook, because holding then will cook them even more.

Add vegetable seasoning and butter buds for flavor.

Keep at 145F to 165F till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	54.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.00mg		
<b>Sodium</b>	86.00mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Mixed Fruit



<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8716

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 #10 CAN		110700
ORANGES MAND BRKN L/S 6-10 GFS	1 #1 CAN		152811
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN		189979

## Preparation Instructions

Wash hands thoroughly.

Mix all 3 cans together with juice.

Use 1/2 cup souffle cups with lids.

Keep cold for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.36
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 1

Amount Per Serving

<b>Calories</b>	48.07
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.08mg
<b>Carbohydrates</b>	11.76g
<b>Fiber</b>	0.69g
<b>Sugar</b>	10.34g

<b>Protein</b>		0.04g	
<b>Vitamin A</b>	14.39IU	<b>Vitamin C</b>	3.75mg
<b>Calcium</b>	0.72mg	<b>Iron</b>	0.14mg

# Bowl of Cereal & Cheese Stick

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8717

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Wash hands thoroughly.

Group items together and serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	190.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b>	600.00IU
<b>Vitamin C</b>	4.80mg

**Calcium** 400.00mg **Iron** 3.60mg



# Mixed Fruit



<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8827

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 #10 CAN		110700
ORANGES MAND BRKN L/S 6-10 GFS	1 #10 CAN		152811
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN		189979

## Preparation Instructions

Wash hands thoroughly.

Put Fruit in refrigerator the day before use.

Mix all 3 kinds of canned fruit together, do not drain juice.

Put 1/2 cup servings in souffle cups with lids.

Keep under refrigeration 38F to 42F.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.52
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

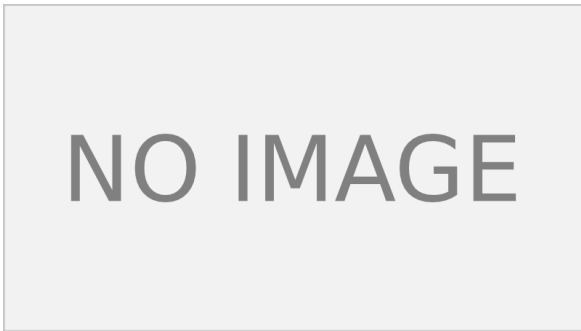
Servings Per Recipe: 75.00

Serving Size: 0.50 1

<b>Amount Per Serving</b>	
<b>Calories</b>	75.88
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5.17mg
<b>Carbohydrates</b>	17.93g
<b>Fiber</b>	0.69g

<b>Sugar</b>	16.21g
<b>Protein</b>	0.34g
<b>Vitamin A</b> 137.95IU	<b>Vitamin C</b> 9.31mg
<b>Calcium</b> 6.90mg	<b>Iron</b> 0.25mg

# Brunch for Lunch Chicken Tenders with French Toast



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9947

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
FRENCH TST BITES WGRAIN 384-.51Z	3 Each		391073

## Preparation Instructions

Wash hands thoroughly.

1. Bake Chicken Tenders according to directions.
2. Heat French Toast Bites according to directions.
3. Use a 1# paper tray to serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>	
<b>Calories</b>	430.00
<b>Fat</b>	24.00g
<b>SaturatedFat</b>	7.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	675.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.50g
<b>Sugar</b>	10.00g

<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.98mg

# Refried Beans

NO IMAGE

<b>Servings:</b>	54.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10053

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	2 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
WATER SPRNG 4-1GAL GCHC	1 Gallon		686860
SALSA 103Z 6-10 REDG	6 Cup	READY_TO_EAT None	452841
SEASONING TACO SLT FR 19.5Z TRDE	3 Tablespoon	Mix with beans.	605062
CHEESE CHED SHRD 6- 5 COMM	54 Tablespoon	2 Tablespoon = 1/2 ounce of cheese.	199720

## Preparation Instructions

Wash hands thoroughly.

1. Spray pan coating in steam-table pan.
2. Pour boiling water in pan, then mix dehydrated beans mix per directions.
3. Then add taco seasoning and salsa.
4. Bring to temperature 165\* for 15 seconds.
5. Portion in 1/2 cup souffles.
6. Sprinkle with 1 Tablespoon of shredded cheddar cheese.
7. Hold at 135 or higher Temperature in warmer.

8. Serve refried beans in souffle cup.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.15
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.01
<b>Starch</b>	0.00

### Nutrition Facts

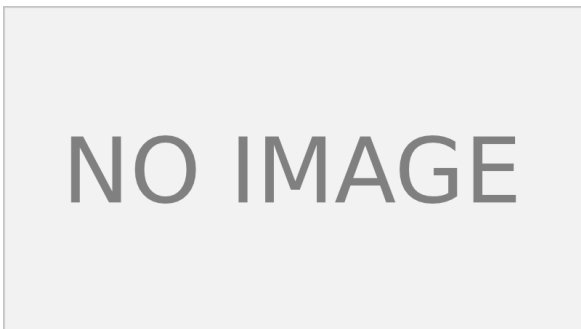
Servings Per Recipe: 54.00

Serving Size: 0.50 1

#### Amount Per Serving

<b>Calories</b>	70.94		
<b>Fat</b>	4.53g		
<b>SaturatedFat</b>	3.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	172.24mg		
<b>Carbohydrates</b>	2.80g		
<b>Fiber</b>	0.31g		
<b>Sugar</b>	0.59g		
<b>Protein</b>	3.23g		
<b>Vitamin A</b>	105.48IU	<b>Vitamin C</b>	1.21mg
<b>Calcium</b>	11.24mg	<b>Iron</b>	0.14mg

# Broncoburger on WG Bun-1 burger- HS



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12439

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	<b>COOKING GUIDELINES:</b> Cook from frozen state. <b>CONVENTIONAL OVEN:</b> Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>CONVECTION OVEN:</b> Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. <b>MICROWAVE:</b> Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12-50CT JENNO	1 Slice		834770

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.68
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	315.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	5.25g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	52.50mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	159.00mg	<b>Iron</b>	2.08mg



# Seasoned Steak Bagel



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12982

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 3/8 Ounce		720861
PEPPERS & ONION FLME RSTD 6-2.5	1 Ounce		847208
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

## Preparation Instructions

Wash hands thoroughly.

Heat meat in the steamer till 165\* for at least 15 seconds.

Heat peppers and onions in oven till 165\* for at least 15 seconds.

Mix the meat and onions and peppers together.

Warm bagel in warmer till warm.

Put a slice of cheese on one half of the bagel, then layer meat mixture on the top, then cover with the other half of bagel.

Wrap and keep warm in warmer till service.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.03
<b>OtherVeg</b>	0.05

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	262.45		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	2.95g		
<b>Trans Fat</b>	0.26g		
<b>Cholesterol</b>	27.50mg		
<b>Sodium</b>	627.99mg		
<b>Carbohydrates</b>	34.28g		
<b>Fiber</b>	4.60g		
<b>Sugar</b>	7.89g		
<b>Protein</b>	16.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	146.96mg	<b>Iron</b>	2.66mg

# Sausage Egg English Muffin

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12983

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	<b>READY_TO_EAT</b> Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	<b>BAKE</b> Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

## Preparation Instructions

Wash hands thoroughly.

Bake sausage according to the directions.

Bake egg patties according to the directions

Warm English Muffin in warmer.

When meat and egg is done, layer in English Muffin and top with a slice of American cheese.

Wrap sandwich and keep hold in warmer till service.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	265.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	3.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	137.50mg		
<b>Sodium</b>	690.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	18.50g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	206.00mg	<b>Iron</b>	2.32mg

# Bacon Egg English Muffin

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12985

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	<b>READY_TO_EAT</b> Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	<b>BAKE</b> Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BACON TKY CKD 12- 50CT JENNO	1 Serving		834770

## Preparation Instructions

Wash hands thoroughly.

Warm Turkey Ham according to the directions.

Bake egg patties according to the directions

Warm English Muffin in warmer.

When meat and egg is done, layer in English Muffin and top with a slice of American cheese.

Wrap sandwich and keep hold in warmer till service.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.68
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	225.00		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	2.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	112.50mg		
<b>Sodium</b>	710.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	14.50g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	206.00mg	<b>Iron</b>	1.96mg

# Veggie Bar Salad



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13176

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1/8 Cup		560545
BROCCOLI CRWN ICELESS 20 MRKN	1/8 Cup		704547
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
TOMATO 6X6 LRG 25 MRKN	1/8 Cup		199036
PEPPERS RED DOMESTIC 23 MRKN	1/8 Cup		560715
CAULIFLOWER CALIF 12-1CT MRKN	1/8 Cup		198528
CUCUMBER SELECT 24CT MRKN	1/8 Cup		418439
CELERY JUMBO 16-24CT 40 MARKON	1/8 Cup		198536

## Preparation Instructions

- Wash hands thoroughly.
- Wash and chop all vegetables and put in individual containers on the salad bar.
- Put clean tongs or spoons into each container.
- Change out utensils for clean ones for every lunch.

<b>SLE Components</b>	
Amount Per Serving	
<b>Meat</b>	0.00

<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.70
<b>RedVeg</b>	0.59
<b>OtherVeg</b>	0.39
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1

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**Amount Per Serving**

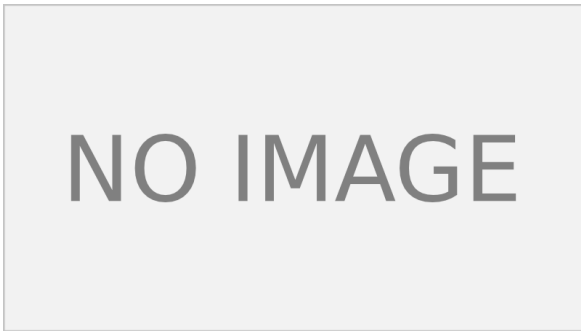
<b>Calories</b>	40.47
<b>Fat</b>	0.23g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	47.58mg
<b>Carbohydrates</b>	8.75g
<b>Fiber</b>	3.30g
<b>Sugar</b>	4.67g
<b>Protein</b>	2.39g

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<b>Vitamin A</b>	4775.04IU	<b>Vitamin C</b>	51.34mg
<b>Calcium</b>	48.67mg	<b>Iron</b>	1.08mg



# Crispy Chicken Drumstick with Garlic Twisted Breadstick



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15005

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	<b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	644051

## Preparation Instructions

Wash hands thoroughly.

Bake drumsticks according to directions. Keep warm in warmer till service.

Serve 1 drumstick with 1 warm bread stick.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>			
<b>Calories</b>		370.00	
<b>Fat</b>		16.00g	
<b>SaturatedFat</b>		4.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		60.00mg	
<b>Sodium</b>		710.00mg	
<b>Carbohydrates</b>		32.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		2.00g	
<b>Protein</b>		24.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg

# Submarine Sandwich Bar

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16037

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each		276142
TURKEY HAM UNCURED 6-2 JENNO	2 Slice		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG	2 Slice		776221
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940

## Preparation Instructions

Wash hands thoroughly.

1. Layer all ingredients, cut cheese on diagonal and layer.
2. Wrap in plastic wrap.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.18
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

**Calories** 330.82

**Fat** 12.26g

**SaturatedFat** 5.17g

**Trans Fat** 0.00g

**Cholesterol** 62.45mg

**Sodium** 881.61mg

**Carbohydrates** 31.75g

**Fiber** 2.00g

**Sugar** 5.50g

**Protein** 21.66g

**Vitamin A** 50.00IU      **Vitamin C** 0.00mg

**Calcium** 131.00mg      **Iron** 2.45mg

# Cinnamon Pancakes w/Sausage Patty



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16083

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. <b>PAN_FRY</b> Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.	138941

## Preparation Instructions

- Wash hands thoroughly.
- Bake sausage according to directions.
- Warm Cinnamon Pancakes in oven according to package directions.
- Serve one of each in a 1# paper tray or in a plastic container.
- Keep warm in warmer till service.

<b>SLE Components</b>	
Amount Per Serving	
<b>Meat</b>	1.00
<b>Grain</b>	2.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1

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**Amount Per Serving**

<b>Calories</b>	320.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	510.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	11.00g
<b>Protein</b>	15.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	110.00mg	<b>Iron</b>	2.44mg

# Sausage Egg Burrito

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16084

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	1 Ounce	<b>BAKE</b> Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	1 Ounce	<b>THAW</b> Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

## Preparation Instructions

Wash hands thoroughly.

Bake scrambled eggs according to directions.

Bake sausage crumbles according to directions.

Warm Ultragrain tortilla wrap in warmer while cooking egg and meat.

When egg and meat are cooked, then add together to mix.

Lay tortilla wraps out put 1 slice of cheese on top, then 1/3 cup of egg mixture onto wrap and fold like a burrito.

Wrap burrito in wax paper and put in warmer till service.

Serve with Salsa packet.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	330.00		
<b>Fat</b>	22.50g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	122.50mg		
<b>Sodium</b>	520.00mg		
<b>Carbohydrates</b>	21.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	11.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	38.00mg	<b>Iron</b>	2.08mg



# Chicken on a Biscuit

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16085

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	<b>BAKE</b> 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.	237390
CHEESE SLCD YEL 6- 5 COMM	1 Slice		334450

## Preparation Instructions

Wash hands thoroughly.

Bake biscuits according to directions.

Bake Chicken patties according to directions.

Split biscuit and put chicken patty and cheese on.

Wrap with wax paper wrap and put in warmer and keep warm till service.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.63
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	4.50g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	13.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.00mg	<b>Iron</b>	2.08mg

# Combo Platter

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18309

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	2 Each	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
CALZONE PIZZA MINI PEPP WHE 144CT	2 Piece		527950
CHIX PCORN LRG WGRAIN CKD 6-5	5 Each	<b>BAKE</b> FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

## Preparation Instructions

Wash hands thoroughly.

Prepare Cheese Sticks, Pizza Calzones, and Popcorn Smackers according to directions.

Serve in #2 paper tray lined with deli paper, serve with 3 ounces marinara sauce in souffle cup.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.08
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1

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**Amount Per Serving**

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<b>Calories</b>	453.33
<b>Fat</b>	18.17g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.67mg
<b>Sodium</b>	801.67mg
<b>Carbohydrates</b>	46.17g
<b>Fiber</b>	5.17g
<b>Sugar</b>	4.67g
<b>Protein</b>	26.50g

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<b>Vitamin A</b>	292.67IU	<b>Vitamin C</b>	0.31mg
<b>Calcium</b>	360.00mg	<b>Iron</b>	2.64mg

# Fresh Fruit

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18499

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
ORANGE 113 - 138 CT 1/35 LB CS	1 Cup		171871
WHOLE APPLE	1/2 Cup		733160

## Preparation Instructions

Wash hands thoroughly.

Wash fruit thoroughly under running water.

Put into a fruit bowl for service.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.67
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 1

#### Amount Per Serving

<b>Calories</b>	75.07
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.73mg
<b>Carbohydrates</b>	18.67g
<b>Fiber</b>	2.87g
<b>Sugar</b>	6.67g
<b>Protein</b>	1.07g

<b>Vitamin A</b>	163.17IU	<b>Vitamin C</b>	32.52mg
<b>Calcium</b>	25.97mg	<b>Iron</b>	0.16mg

# General Tso Chicken over Rice

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19323

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS WNG DK BRD W/SCE 5-5.4	4 Ounce	<b>BAKE</b> APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES. CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES. <b>CONVECTION</b> PREPARATION: Appliances vary, adjust accordingly. Convection Oven Heat product at 350°F from frozen for 9-11 minutes. After product is heated thoroughly, apply one (1) sauce pack per bag of portions. Coat portions thoroughly. For best results, heat sauce before mixing with portions. Sauce: Thaw sauce overnight. Reheat in steam cabinet or sauce can be boiled in bag.	567271
RICE BRN PERFECTED 25 UBEN	1/4 Cup	<b>SIMMER</b> PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	1 Each		565142

## Preparation Instructions

Wash hands thoroughly.

Cook chicken according to directions, till internal temp is 165\*.

Cook rice in steamer according to directions.

Put 1/2 cup cooked rice in bowl and top with 4 ounces of General Tso's Chicken.

Keep at temp for service.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.60
<b>Grain</b>	2.17
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	405.67		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	2.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	92.00mg		
<b>Sodium</b>	288.00mg		
<b>Carbohydrates</b>	49.07g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	9.67g		
<b>Protein</b>	22.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.20mg	<b>Iron</b>	1.96mg