

Cookbook for NORTH BRANCH HIGH SCHOOL

Created by HPS Menu Planner

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Popcorn Chicken Salad

NO IMAGE

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

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	1.75
RedVeg	1.17
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	635.82
Fat	29.97g
SaturatedFat	8.08g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	965.58mg
Carbohydrates	61.67g
Fiber	12.37g
Sugar	13.67g
Protein	31.26g
Vitamin A 10321.31IU	Vitamin C 116.68mg
Calcium 162.25mg	Iron 4.77mg

Taco Salad in a Shell



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

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	1.50
RedVeg	1.05
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	548.77
Fat	29.42g
SaturatedFat	10.10g
Trans Fat	0.29g
Cholesterol	62.50mg
Sodium	899.73mg
Carbohydrates	52.67g
Fiber	8.92g
Sugar	13.67g
Protein	24.43g
Vitamin A 9234.62IU	Vitamin C 44.15mg
Calcium 234.45mg	Iron 5.87mg

Chicken Caesar Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7221

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
CARROT BABY WHL CLEANED 12- 2 RSS	1/4 Cup		510637
CELERY JUMBO 16- 24CT 40 MARKON	1/4 Cup		198536
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331
CHEESE PARM PKT 200-3.5GM GCHC	1 Each		254959
DRESSING CAESAR ORGNC L/F PKT 60-1.5Z	1 Package	READY_TO_EAT ready to eat	282151

Description	Measurement	Prep Instructions	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	MICROWAVE Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831221

Preparation Instructions

Wash hands thoroughly.

1. Wash all vegetables before cutting.
2. Use Plastic bowl with lid and fill bowl with 3 cups of lettuce.
3. Chop all veggies and top salad.
4. Chop Chicken Breast and top salad.
5. Grill Ciabatta bread in fry pan on stove with margarine and powdered garlic. Cool and wrap in plastic.
6. Store in refrigerator till service.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	1.50
RedVeg	1.17
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	416.82
Fat	10.87g
SaturatedFat	3.58g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	998.33mg
Carbohydrates	54.17g
Fiber	9.82g
Sugar	16.17g
Protein	27.66g
Vitamin A 9484.25IU	Vitamin C 97.05mg
Calcium 177.91mg	Iron 4.89mg

Club Salad

NO IMAGE

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

Meat	1.61
Grain	2.50
Fruit	0.00
GreenVeg	1.75
RedVeg	1.17
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	500.29
Fat	17.31g
SaturatedFat	3.93g
Trans Fat	0.00g
Cholesterol	42.91mg
Sodium	1172.90mg
Carbohydrates	60.17g
Fiber	9.87g
Sugar	18.17g
Protein	24.72g
Vitamin A 9482.12IU	Vitamin C 116.02mg
Calcium 151.85mg	Iron 5.53mg

Tex Mex Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7227

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
PEPPERS GREEN LRG 60- 70CT MRKN	1/4 Cup		198757
PEPPERS RED 11 P/L	1/4 Cup		321141
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Ounce		510637
CELERY JUMBO 16-24CT 40 MARKON	1/4 Cup		198536

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8- 4.99 TYS	2 1/2 Ounce	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	150160
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon		150250
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	<p>MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760
CHIP TORTL TRI- COLOR STRIP 10-1 GFS	2 Tablespoon	Put in baggy.	403573
ROLL DNNR HNY WHE WGRAIN 1Z 10- 12CT	2 Each	<p>READY_TO_EAT No baking necessary.</p>	751701
MARGARINE SPREAD 600- 5GM SMRT BAL	1 Each	<p>READY_TO_EAT Ready to use.</p>	620821
SALSA CUP 84- 3Z REDG	1 Each	<p>READY_TO_EAT None</p>	677802
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400

Preparation Instructions

1. Wash hands.

2. Wash all vegetables, then cut up.
3. Bag dinner roll with butter cup.
4. Bag tortilla strips.
5. Put cheese in souffle cup with lid.
6. Put lettuce, then veggies, and rest of ingredients in plastic container.
7. Cut chicken in bite size pieces and put on top of lettuce.
8. Keep refrigerated till service.
8. Serve with Salsa and Sour Cream.

SLE Components

Amount Per Serving

Meat	2.17
Grain	2.00
Fruit	0.00
GreenVeg	1.50
RedVeg	1.58
OtherVeg	0.25
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	671.92
Fat	25.72g
SaturatedFat	8.94g
Trans Fat	0.00g
Cholesterol	101.67mg
Sodium	1091.60mg
Carbohydrates	75.75g
Fiber	13.68g
Sugar	24.58g
Protein	33.53g
Vitamin A 4473.52IU	Vitamin C 116.32mg
Calcium 269.42mg	Iron 4.89mg

Warm Cinnamon Apples

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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: 100.00			
Serving Size: 0.50 1			
Amount Per Serving			
Calories	61.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	15.05g		
Fiber	2.07g		
Sugar	11.87g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Baked Beans

NO IMAGE

Servings:	33.00	Category:	Vegetable
Serving Size:	6.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN		120530
ONION DEHY CHPD 15 P/L	3/4 Cup		263036
SUGAR BROWN LT 12-2 P/L	1 Cup		860311
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937

Preparation Instructions

Wash hands thoroughly.

1. Spray steamtable pan with Cooking Spray.
2. Pour Beans into pan.
3. Add rest of ingredients and mix well.
4. Bake at 325* for 1 1/4 hours.
5. Serve 1/2 cup Legume, in portion souffle cups.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.78

Starch

0.00

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 6.00 1

Amount Per Serving

Calories	197.34		
Fat	1.58g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	291.22mg		
Carbohydrates	37.78g		
Fiber	7.97g		
Sugar	13.02g		
Protein	11.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.71mg	Iron	0.03mg

Hot Dog on WG Bun w/Cheez its



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8269

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 500-5.5GM GFS	1 Each	BAKE	700051
RELISH SWT PKT 200-9GM GFS	1 Each		187216
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

Preparation Instructions

Wash hands thoroughly.

1. Cook hot dogs in steamer up to 165*
2. Put hot dogs in buns.
3. Wrap in plastic.
4. Serve with Ketchup, Relish and Mustard.
5. Serve with Package of Cheez its.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.83
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	434.13
Fat	22.37g
SaturatedFat	6.33g
Trans Fat	0.01g
Cholesterol	45.00mg
Sodium	1140.60mg
Carbohydrates	45.67g
Fiber	3.63g
Sugar	7.00g
Protein	14.20g

Vitamin A	1.40IU	Vitamin C	0.07mg
Calcium	197.39mg	Iron	11.86mg

Yogurt Meal



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	2.00
Grain	2.00
Fruit	0.50
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 1			
Amount Per Serving			
Calories	426.27		
Fat	10.27g		
SaturatedFat	4.07g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	621.67mg		
Carbohydrates	67.67g		
Fiber	2.73g		
Sugar	32.33g		
Protein	17.53g		
Vitamin A	6084.00IU	Vitamin C	63.36mg
Calcium	579.76mg	Iron	2.25mg

Southwest Fiesta Cole Slaw



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	5 Pound		361300
CORN & BLK BEAN FLME RSTD 6-2.5	2 1/2 Pound	<p>MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760
DRESSING COLESLAW 4- 1GAL LTHSE	3 1/2 Cup	<p>READY_TO_EAT Open, pour and enjoy!</p>	132151
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1/4 Cup		430795
SEASONING TACO SLT FR 19.5Z TRDE	1 1/2 Tablespoon		605062

Preparation Instructions

Wash hands thoroughly.

Mix salad dressing with vinegar and seasoning.

Mix cole slaw with veggies, then add salad dressing.

Serve in 1/2 cup souffle cups.

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: 50.00

Serving Size: 0.50 1

Amount Per Serving

Calories	91.63		
Fat	5.08g		
SaturatedFat	0.84g		
Trans Fat	0.00g		
Cholesterol	2.80mg		
Sodium	247.38mg		
Carbohydrates	10.30g		
Fiber	1.03g		
Sugar	7.50g		
Protein	0.08g		
Vitamin A	8.11IU	Vitamin C	0.17mg
Calcium	14.87mg	Iron	0.07mg

Pop tart & String Cheese Stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

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 1

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

Breakfast Bagel with Cream Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

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 1

Amount Per Serving

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

Yogurt Cup w/Chocolate Chip Graham Grips



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

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 1

Amount Per Serving

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

Calcium 240.00mg **Iron** 0.72mg

Mixed Fruit



Servings:	75.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 1

Amount Per Serving

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

Protein		0.04g	
Vitamin A	14.39IU	Vitamin C	3.75mg
Calcium	0.72mg	Iron	0.14mg

Nutrigrain Bar & Cheese Stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8719

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Combine 1 of each items.

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 1

Amount Per Serving

Calories	240.00		
Fat	10.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	8.00g		
Vitamin A	950.20IU	Vitamin C	0.00mg
Calcium	399.98mg	Iron	1.80mg

Mixed Fruit

NO IMAGE

Servings:	75.00	Category:	Fruit
Serving Size:	0.50 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.52
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 1

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

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

Chicken Fajita



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12506

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
PEPPERS & ONION FLME RSTD 6-2.5	1 Ounce		847208
CHEESE AMER SHRD R/F 4-5 LOL	2 Tablespoon		861950
CHIX FAJT 30 COMM	3 3/8 Ounce		154900

Preparation Instructions

- Wash hands thoroughly.
- Heat meat according to directions.
- Add Onions and Peppers heat to temp. Mix onions and peppers with meat.
- Warm the tortilla, then add Fajita mixture and sprinkle with Cheese.
- Keep warm till service.



SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories		352.90	
Fat		11.55g	
SaturatedFat		5.25g	
Trans Fat		0.00g	
Cholesterol		81.50mg	
Sodium		1094.74mg	
Carbohydrates		34.78g	
Fiber		3.60g	
Sugar		5.89g	
Protein		26.90g	
Vitamin A	44.50IU	Vitamin C	0.00mg
Calcium	222.96mg	Iron	1.76mg

Mexican Rice

NO IMAGE

Servings:	52.00	Category:	Grain
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12507

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE MEXICAN FIESTA 6-25.9Z UBEN	25 7/8 Ounce	Cook according to directions.	473006
RICE BRN PERFECTED 25 UBEN	3 1/2 Cup	SIMMER 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
WATER DISTILLED 4- 1GAL GCHC	1 Gallon		711143
SEASONING TACO 21Z TRDE	1 Teaspoon		413429

Preparation Instructions

Directions:

IN a sprayed 4" deep serving pan open contents of 1 box uncle Bens Mexican rice.

Add water and follow directions according to box.

Cook rices separately according to package directions of each rice.

Add 1 tsp Taco Seasonings to dry Uncle Ben's Rice

Follow instructions on box of uncle Bens Rice for cooking.

When both rices cooked, add together and keep hot in warmer till serving time.

CCP: Heat to 165° F or higher for at least 15 seconds. Remove from oven

CCP: Hold at 135° F or higher.

1/2 cup equals 1 bread

Notes:

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: 52.00

Serving Size: 0.50 1

Amount Per Serving			
Calories	70.08		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	106.48mg		
Carbohydrates	15.09g		
Fiber	0.66g		
Sugar	0.26g		
Protein	1.67g		
Vitamin A	84.67IU	Vitamin C	2.26mg
Calcium	4.46mg	Iron	0.56mg

Spicy Chicken Breast on WG Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12512

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

- Wash hands thoroughly.
- Bake chicken breast according to directions.
- Put chicken breast on bun and keep hot till service.

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 1			
Amount Per Serving			
<hr/>			
Calories	340.00		
Fat	12.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	480.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	24.00g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	2.00mg
<hr/>			

Seasoned Steak Bagel



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

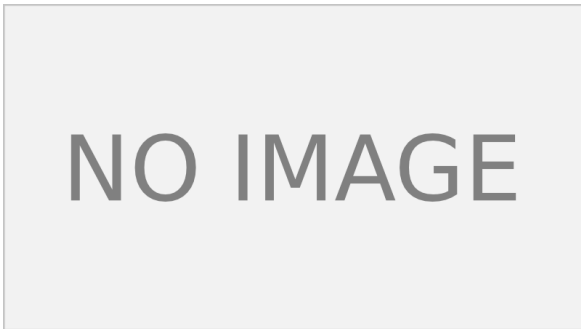
Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.05

Legumes	0.00
Starch	0.00

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

Sausage Egg English Muffin



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT 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	BAKE 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

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 1

Amount Per Serving

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

Ham and Egg English Muffin

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12984

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT 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
TURKEY HAM SLCD 12-1 JENNO	1 Slice		556121
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE 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

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

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 1

Amount Per Serving

Calories	222.50		
Fat	7.75g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	117.50mg		
Sodium	690.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	15.00g		
Vitamin A	100.00IU	Vitamin C	0.30mg
Calcium	206.00mg	Iron	2.14mg

Bacon Egg English Muffin

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT 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	BAKE 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

Meat	1.68
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 1

Amount Per Serving

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

Veggie Bar Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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.

SLE Components	
Amount Per Serving	
Meat	0.00

Grain	0.00
Fruit	0.00
GreenVeg	0.70
RedVeg	0.59
OtherVeg	0.39
Legumes	0.00
Starch	0.00

Nutrition Facts

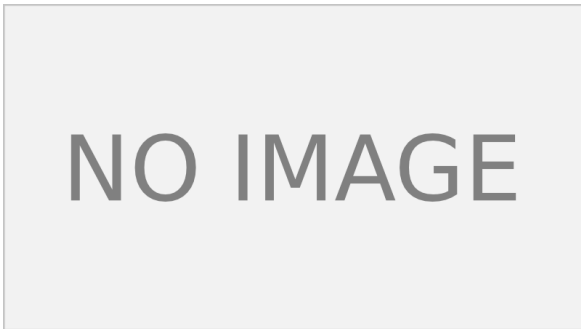
Servings Per Recipe: 1.00
Serving Size: 1.00 1

Amount Per Serving

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

Vitamin A	4775.04IU	Vitamin C	51.34mg
Calcium	48.67mg	Iron	1.08mg

Crispy Chicken Nuggets with Bread Stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15175

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
BREADSTICK WHT WHE PARBK 200-.9Z	1 Each		622082

Preparation Instructions

Wash hands thoroughly. Bake chicken nuggets according to directions. Warm bread sticks according to directions. Keep in warmer covered till 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 1

Amount Per Serving	
Calories	260.00
Fat	10.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	470.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	0.00g
Protein	17.00g
Vitamin A	100.00IU
Vitamin C	78.00mg

Calcium 40.00mg **Iron** 2.52mg

Submarine Sandwich Bar

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	2.18
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 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

Yogurt Lunch Box

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16039

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package	May use Cheez its instead of Goldfish Cheese Crackers.	736280
APPLESAUCE PLAIN 96-4.5Z COMM	1 Each	May use fresh fruit, Apple, Grapes, or Orange instead of Applesauce.	645050

Preparation Instructions

Put all items in a plastic hinged container 441953 for grab and go lunches.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
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	390.00
Fat	10.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	560.00mg
Carbohydrates	60.00g
Fiber	3.00g

Sugar	26.00g
Protein	17.00g
Vitamin A 1000.00IU	Vitamin C 0.00mg
Calcium 573.00mg	Iron 2.00mg

Egg Omelet Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16082

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Piece		959048
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080

Preparation Instructions

Wash hands thoroughly.

Bake Omelets according to directions. Use steam setting on Combi oven to bake omelets and be careful not to over bake, DO NOT let brown.

Warm Flatbread in warmer while egg omelet bakes.

When omelets are done, put omelet on flatbread and fold, then wrap in wax paper wraps.

Keep in warmer till service.

SLE Components

Amount Per Serving

Meat	2.00
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 1

Amount Per Serving	
Calories	195.00
Fat	11.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	445.00mg
Carbohydrates	13.50g
Fiber	0.00g
Sugar	1.00g

Protein		9.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.00mg

Cinnamon Pancakes w/Sausage Patty



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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	BAKE Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. PAN_FRY 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.

SLE Components	
Amount Per Serving	
Meat	1.00
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 1

Amount Per Serving

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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	2.44mg

Sausage Egg Burrito

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	1 Ounce	BAKE 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	THAW 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

Meat	2.00
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 1

Amount Per Serving

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

Chicken on a Biscuit

NO IMAGE

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

Ingredients

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

Meat	1.00
Grain	1.63
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	320.00		
Fat	17.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	730.00mg		
Carbohydrates	29.00g		
Fiber	4.50g		
Sugar	2.50g		
Protein	13.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.00mg	Iron	2.08mg

Spinach Strawberry Salad

NO IMAGE

Servings:	64.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18304

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	10 5/8 Pound		329401
STRAWBERRY 8 MRKN	6 3/8 Cup		212768
ORANGES MAND WHL L/S 6-10 GFS	6 3/8 Cup		117897
ONION RED JUMBO 10 MRKN	2 1/8 Cup	Sliced thinly in rings.	596973
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 1/2 Cup		430795
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 1/2 Teaspoon		109843
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036
SPICE POPPY SEED WHOLE 20Z TRDE	2 Tablespoon		225134
SPICE SESAME SEED HULLED 19Z TRDE	3 Tablespoon		513806
SUGAR BEET GRANUL 25 GFS	3 Cup		108588
OIL CANOLA 9-48FLZ P/L	3 Cup		330252

Preparation Instructions

- Wash hands thoroughly.
- Wash Strawberries and slice.
- Drain Mandarin oranges.
- Wash Onions and slice.

Mix yogurt, strawberry preservers, vinegar till well blended.

Do not add to spinach till service time.

Optional, you may use equal amount of Spinach and Romaine Lettuce.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.19
GreenVeg	1.26
RedVeg	0.00
OtherVeg	0.12
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 1

Amount Per Serving

Calories	91.33		
Fat	0.12g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	69.54mg		
Carbohydrates	21.60g		
Fiber	3.79g		
Sugar	15.74g		
Protein	3.41g		
Vitamin A	83.70IU	Vitamin C	20.53mg
Calcium	94.45mg	Iron	2.82mg

Beef Broccoli Rice Bowl

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18321

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PERFECTED 25 UBEN	12 1/2 Cup	SIMMER 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
BROCCOLI FZ 30 COMM	25 Cup		549292
SAUCE TERIYAKI GLAZE 6-80Z KIKKOMAN	63 Ounce		311502
BEEF DIPPERS WONDER BITE 400-.7Z PIER	200 Each	BAKE Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate	770817
DOUGH BISC GARL & CHS 210-1.20Z	50 Each	BAKE Standard Prep: Place 70 frozen biscuits on greased or parchment lined full sheet pan in 7x10 pattern. Bake time 14-18 minutes in 325 degrees F convection oven. See package for complete baking instructions.	142210

Preparation Instructions

Wash hands thoroughly.

Cook rice according to directions.

Steam Broccoli, drain, then add Teriyaki Glaze to cooked broccoli.

Bake beef dippers according to directions.

Put 1/2 cup cooked rice in foam bowl, top with glazed teriyaki broccoli, the top with 4 pieces teriyaki beef and serve.

Bake biscuits according to directions. Serve 1 biscuit with Beef Broccoli Bowl.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 1

Amount Per Serving

Calories	491.00		
Fat	14.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	1762.00mg		
Carbohydrates	69.00g		
Fiber	6.00g		
Sugar	16.00g		
Protein	22.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.52mg

Fresh Fruit

NO IMAGE

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.67
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 1

Amount Per Serving

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

Vitamin A	163.17IU	Vitamin C	32.52mg
Calcium	25.97mg	Iron	0.16mg

Meatballs and Gravy



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19179

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL BEEF PRECKD 30 960-.5Z	5 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f.	147681
MIX GRAVY BRN LO SOD 8-16Z TRIO	2 Tablespoon	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL 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	552050

Preparation Instructions

- Wash hands thoroughly.
- Bake meatballs according to directions.
- Make gravy according to directions.
- Cover meatballs with gravy.
- Serve 5 meatballs with 2 T gravy.
- Hold at temp in warmer till service.

SLE Components

Amount Per Serving

Meat	2.00
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	200.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	530.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	14.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Mashed Potatoes with Brown Gravy



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19180

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	5/8 Serving		222585
BUTTER SUB 24-4Z BTRBUDS	1/8 Teaspoon		209810
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 1/4 Tablespoon	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL 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	552050

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

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

Starch

0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

Amount Per Serving

Calories	68.55		
Fat	0.67g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.30mg		
Carbohydrates	14.24g		
Fiber	0.50g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.10mg

Chicken Salad Croissant

NO IMAGE

Servings:	12.00	Category:	Entree
Serving Size:	3.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19181

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD LT 4-1GAL LTHSE	1 Cup	READY_TO_EAT Open, pour and enjoy!	135030
LEMON JUICE 100 12-32FLZ GCHC	2 Tablespoon		311227
SALT SEA 36Z TRDE	1/2 Teaspoon		748590
SEASONING VEGETABLE NO SALT 21Z TRDE	1 Teaspoon		647230
CHIX PULLED WHT & DRK BLND 2-5 TYS	4 1/2 Cup	Chop into bite size pieces.	467802
CELERY JUMBO 16-24CT 40 MARKON	1 Cup	Wash thoroughly, then dice into pieces.	198536
ONION VIDALIA SWT 10 P/L	2 Tablespoon	Finely chop onion.	558133
GRAPES RED SDLSS 18AVG MRKN	2 Cup	Washed and cut in half and measure to 2 cups.	197831

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	12 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

Wash hands thoroughly.

1. In medium bowl, stir together Lite Salad Dressing with Lemon juice, salt, and vegetable seasoning(1 to 1 1/2 tsp).
2. Stir in chicken, diced celery, halved grapes, finely chopped onions until well combined.
3. Cover and refrigerate for up to 3 days.
4. Put chicken filling into croissants and wrap with film wrap, put into refrigerator till service.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.11
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

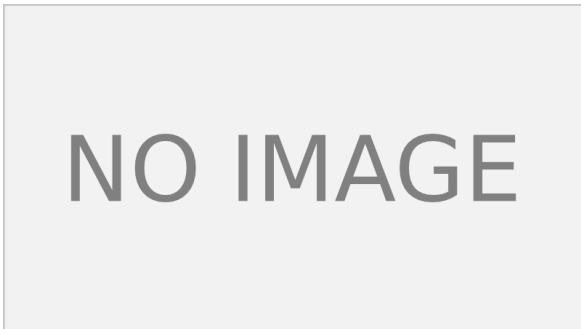
Servings Per Recipe: 12.00

Serving Size: 3.00 1

Amount Per Serving

Calories	409.29		
Fat	17.44g		
SaturatedFat	5.03g		
Trans Fat	0.15g		
Cholesterol	76.67mg		
Sodium	687.17mg		
Carbohydrates	40.57g		
Fiber	2.41g		
Sugar	12.29g		
Protein	22.25g		
Vitamin A	74.40IU	Vitamin C	2.19mg
Calcium	35.23mg	Iron	2.90mg

Teriyaki Beef Dippers, Onion Rings and Garlic Bread



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19182

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF TERIYAKI DIPPERS .7Z 5-5 COMM	4 Each	BAKE Conventional oven: from frozen: preheat oven to 350 degrees f. Bake for 7-9 minutes. Convection oven: from frozen: preheat oven to 350 degrees f. Bake for 4-7 minutes.	136591
BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862
ONION RING BRD WGRAIN 6-5#TASTY BRAND	5 Each		234061

Preparation Instructions

Wash hands thoroughly.

Bake dippers according to directions.

Bake Onion Rings according to directions.

Bake Garlic Bread according to directions. Keep hot till service. Serve in a 1 # paper tray.

SLE Components

Amount Per Serving

Meat	2.00
-------------	------

Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 1

Amount Per Serving

Calories	440.00
Fat	19.50g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	820.00mg
Carbohydrates	44.00g
Fiber	5.00g
Sugar	9.00g
Protein	19.00g

Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	124.00mg	Iron	3.52mg