

Cookbook for FINDLAY-HIGH SCHOOL

Created by HPS Menu Planner

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Cheeseburger 9-12

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5779

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	203260
CHEESE AMER 184CT SLCD 4-5 GCHC	50 Slice	272744

Preparation Instructions

**ALLERGENS:

:MILK, SOY (CHEESE)**

Heat to 165 degrees

Hold for service at 145 degrees

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	245.00		
Fat	17.50g		
SaturatedFat	8.25g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	305.00mg		
Carbohydrates	0.50g		
Fiber	0.00g		
Sugar	0.50g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.50mg	Iron	2.30mg

Diced Pear Cup

Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5894

Ingredients

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

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 72.43

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.35mg

Carbohydrates 17.59g

Fiber 1.03g

Sugar 15.52g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.00mg

Diced Peaches

Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5921

Ingredients

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

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Cup up using a 4 oz spoodle

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 62.08

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.35mg

Carbohydrates 14.49g

Fiber 0.00g

Sugar 11.38g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.00mg

Mashed Potatoes

Servings:	39.92	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5933

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package	146581

Preparation Instructions

1: Pour 4 Liters (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half steam table pan. 2: Add all potatoes

and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

Hold for service at 145 degrees

****ALLERGEN: MILK****

Serve with a # 8 Disher

Nutrition Facts

Servings Per Recipe: 39.92

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.46		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.65mg		
Carbohydrates	17.10g		
Fiber	2.01g		
Sugar	0.00g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.06mg	Iron	0.30mg

Mandarin Oranges

Servings:	22.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5941

Ingredients

Description	Measurement	DistPart #
ORANGES MAND BRKN L/S 6-10 GFS	1 #10 CAN	152811

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 90.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.00mg

Carbohydrates 20.00g

Fiber 0.00g

Sugar 19.00g

Protein 1.00g

Vitamin A 400.00IU **Vitamin C** 18.00mg

Calcium 20.00mg **Iron** 0.36mg

Corn

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5957

Ingredients

Description	Measurement	DistPart #
CORN CUT SUPER SWT 6-4 GFS	4 Pound	851329
SEASONING VEGETABLE NO SALT 21Z TRDE	2 Teaspoon	647230

Preparation Instructions

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON

Pour corn into a steam table pan.

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

Serve with a 4 oz. spoodle

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.20		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	12.44g		
Fiber	1.49g		
Sugar	4.48g		
Protein	1.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Applesauce Cup

Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5975

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GFS	1 #10 CAN	271497

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish out fruit.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	6.90		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.15mg		
Carbohydrates	1.49g		
Fiber	0.23g		
Sugar	1.38g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.57mg	Iron	0.00mg

Pepperoni Pizza

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5990

Ingredients

Description	Measurement	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96-4.5Z	16 Each	152111

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGEN: MILK, WHEAT, SOY

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving

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

Refried Beans

Servings:	16.76	Category:	Vegetable
Serving Size:	5.51 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6017

Ingredients

Description	Measurement	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	1 Package	183910

Preparation Instructions

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 steam table.

Hold for hot service at 145 degrees

Serve with a #6 Disher

Nutrition Facts

Servings Per Recipe: 16.76

Serving Size: 5.51 Ounce

Amount Per Serving

Calories 180.70

Fat 1.51g

SaturatedFat 0.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 652.52mg

Carbohydrates 31.12g

Fiber 10.04g

Sugar 0.00g

Protein 10.04g

Vitamin A 0.70IU **Vitamin C** 0.99mg

Calcium 56.17mg **Iron** 2.42mg

Breaded Chicken Bites

Servings:	18.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6021

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	5 Pound	536620

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: MILK, SOY, WHEAT

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 10.00 Piece

Amount Per Serving

Calories	268.68		
Fat	13.43g		
SaturatedFat	3.10g		
Trans Fat	0.00g		
Cholesterol	72.34mg		
Sodium	568.37mg		
Carbohydrates	17.57g		
Fiber	3.10g		
Sugar	0.00g		
Protein	19.63g		
Vitamin A	206.68IU	Vitamin C	0.00mg
Calcium	20.67mg	Iron	1.49mg

Mini Maple Waffles

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-6030

Ingredients

Description	Measurement	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	25 Package	269260

Preparation Instructions

Hold for hot service at 145 degrees

ALLERGENS: SOY, MILK, EGG, WHEAT

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	200.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	13.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Pancake Wrap

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-6031

Ingredients

Description	Measurement	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	25 Each	497202

Preparation Instructions

PREFERRED METHOD FOR COOKING IS THAWED.

CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES.

CONVECTION OVEN: 350 DEGREES F. FROZEN, 20 MINUTES. THAWED 13 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING. HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

Hold for hot service at 145 degrees

**ALLERGENS: WHEAT, SOY, EGGS, **

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

BBQ Beef Rib Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6284

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each	451410

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: MILK, SOY, WHEAT (BEEF RIB)

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	200.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	670.00mg		
Carbohydrates	13.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	14.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Flavored Craisins

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6454

Ingredients

Description	Measurement	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	25 Each	765981

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories 110.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.00mg

Carbohydrates 28.00g

Fiber 3.00g

Sugar 24.00g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.00mg

Cereal Bar

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6481

Ingredients

Description	Measurement	DistPart #
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	50 Each	268690

Preparation Instructions

ALLERGENS: WHEAT, SOY

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	150.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	100.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	9.00g
Protein	2.00g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 250.00mg	Iron 1.80mg

Ham Cheese Slider

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6487

Ingredients

Description	Measurement	DistPart #
SAND TKY HAM&CHS WGRAIN IW 100-3.1Z	25 Package	672642

Preparation Instructions

Thaw overnight.

Place in warmed hot box for about 10 minutes. Just until product is slightly warmed.

ALLERGENS: WHEAT, MILK, SOY, GLUTEN

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	186.20
Fat	4.20g
SaturatedFat	1.40g
Trans Fat	0.00g
Cholesterol	17.00mg
Sodium	392.20mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	5.00g
Protein	10.60g
Vitamin A 121.85IU	Vitamin C 0.00mg
Calcium 105.20mg	Iron 1.85mg

Goldfish Crackers

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6489

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	25 Package	736280

Preparation Instructions

ALLERGENS: WHEAT, MILK

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	100.00
Fat	3.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	150.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	0.00g
Protein	3.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 1.00mg

Twisted Breadstick

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6553

Ingredients

Description	Measurement	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	25 Each	644051

Preparation Instructions

Wash hands and put on proper gloves

Preheat convection oven to 350 degrees F,

Place frozen breadsticks on a baking sheet and bake for 6-8 minutes.

Preheat convection oven to 375 degrees F and bake for 6-8 minutes.

****ALLERGENS: MILK, WHEAT, SOY****

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

Macaroni and Cheese 9-12

Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-6561

Ingredients

Description	Measurement	DistPart #
CHEESE AMER SHRD R/F 4-5 LOL	6 1/2 Pound	861950
MARGARINE SLD 30-1 GCHC	1 Pound	733061
Black Pepper	1 Teaspoon	24108
1% LOW FAT MILK - GALLON	5 Quart	1350
PASTA ELBOW MACAR 4-5 GCHC	5 1/2 Pound	413320

Preparation Instructions

Make milk the day before and chill

Dividing into 2 (4 " steam table pans)

Bring water to a boil and slowly add half of macaroni to each pan (2). Stir constantly until water boils again. Cook about 8 minutes, or until tender. DO NOT OVERCOOK. Drain well, rinse with cool water, and drain again. Transfer cooked macaroni to pans and set aside.

Heat half of the milk and then add half of the margarine and 1/2 of the pepper to each pan.

Combine milk and noodles.

Stir in half of cheese into each pan and then place in warmer to set up for at least 20 minutes.

Place in heated unit until service

Heat to 165 degrees

Hold for service at 145 degrees

****ALLERGENS: MILK, WHEAT,SOY****

Serve with an 8 oz. spoodle

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories 425.60

Fat 18.28g

SaturatedFat 8.68g

Trans Fat 0.00g

Cholesterol 37.20mg

Sodium	1096.00mg
Carbohydrates	45.52g
Fiber	1.76g
Sugar	8.24g
Protein	23.92g
Vitamin A 669.12IU	Vitamin C 0.80mg
Calcium 424.32mg	Iron 1.58mg

Burrito

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6565

Ingredients

Description	Measurement	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	20 Each	497221

Preparation Instructions

Hold for hot service at 145 degrees.

ALLERGENS: MILK, SOY, MILK, GLUTEN

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	460.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 400.00IU	Vitamin C 1.20mg
Calcium 100.00mg	Iron 1.44mg

Salsa

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6680

Ingredients

Description	Measurement	DistPart #
SALSA CUP 84-3Z REDG	25 Each	677802

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	0.00g		
Vitamin A	346.00IU	Vitamin C	8.00mg
Calcium	14.00mg	Iron	0.00mg

Breakfast in a Bag

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6682

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	25 Each	150471

Preparation Instructions

ALLERGENS: CHECK PACKAGING

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories 370.00

Fat 9.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 490.00mg

Carbohydrates 73.00g

Fiber 5.00g

Sugar 30.00g

Protein 3.00g

Vitamin A 1000.00IU **Vitamin C** 72.00mg

Calcium 240.00mg **Iron** 7.20mg

Breaded Chicken Patty Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6691

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	50 Each	558061

Preparation Instructions

Bake until 165 degrees. Hold at 145 until service

ALLERGENS: SOY, WHEAT

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	240.00
Fat	13.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	460.00mg
Carbohydrates	15.00g
Fiber	3.00g
Sugar	1.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.00mg	Iron 2.00mg

Dominos Pepperoni Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6739

Ingredients

Description	Measurement	DistPart #
14" Whole Grain (16 oz.) RFRS Pepperoni Pizza-8 cut	8 Slice	11413

Preparation Instructions

Hold for service at 145 degrees

ALLERGENS: WHEAT, MILK, SOY

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	270.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	570.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	3.00g
Protein	20.00g
Vitamin A 15.00IU	Vitamin C 10.00mg
Calcium 45.00mg	Iron 10.00mg

Turkey Deli Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6743

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	244190
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice	272744
SPRING MIX CONVENTIONAL 6-1 RSS	4 Ounce	402481

Preparation Instructions

Place meat on the tortilla shell, then add cheese and then romaine.

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

Hold for cold service at 41 degrees or below

Serve with 1 oz. package of salad dressing

ALLERGENS: MILK, WHEAT

Revised 9/24/18

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 355.00

Fat 13.00g

SaturatedFat 5.25g

Trans Fat 0.00g

Cholesterol 57.50mg

Sodium 815.00mg

Carbohydrates 33.50g

Fiber 5.67g

Sugar 3.83g

Protein 26.67g

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

Calcium 259.17mg **Iron** 3.81mg

Ham Deli Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6744

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice	272744
SPRING MIX CONVENTIONAL 6-1 RSS	4 Ounce	402481
TURKEY HAM SLCD 12-1 JENNO	6 Slice	556121

Preparation Instructions

Place meat on the tortilla shell, then add cheese and then romaine.

Roll up and cut diagonally. place on deli paper.

Place on 5x7 tray and wrap with plastic wrap.

Hold for cold service at 41 degrees or below

Serve with 1 oz. package of salad dressing

ALLERGENS: MILK, WHEAT

Revised 9/24/18

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 350.00

Fat 13.00g

SaturatedFat 5.75g

Trans Fat 0.00g

Cholesterol 72.50mg

Sodium 985.00mg

Carbohydrates 33.50g

Fiber 5.67g

Sugar 3.83g

Protein 24.67g

Vitamin A 0.00IU **Vitamin C** 1.80mg

Calcium 259.17mg **Iron** 4.53mg

Broccoli Salad

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8579

Ingredients

Description	Measurement	DistPart #
MAYONNAISE 4-1GAL KE	1 1/2 Cup	631411
BROCCOLI FLORET BITE SIZE 2-3 RSS	2 Pound	732451
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1/4 Cup	629640
SUGAR CANE GRANUL 25 GFS	1 Cup	108642
1% White Milk 8 oz.	1/3 Cup	52266
ONION DCD 1/4 2-5 RSS	1/2 Cup	198307
CRANBERRY DRIED 300-1.16Z COMM	8 Ounce	765981

Preparation Instructions

1. Dressing: Combine mayonnaise, sugar, vinegar, and milk in a medium bowl. Stir well. Set aside for step 3.
2. Combine broccoli, onions, and dried cranberries in a large bowl. Toss lightly. Set aside for step 3.
3. Pour 3 cups (about 1 lb 8 oz) dressing over 1 gal (about 3 lb 1 oz) vegetable mixture. Stir well.
4. Transfer 3 qt (about 4 lb 8 oz) broccoli salad to a steam table pan (12" x 20" x 2 1/2").
For 25 servings, use 1 pan.
5. Critical Control Point: Cool to 40 °F or lower within 4 hours.
6. Critical Control Point: Hold at 40 °F or below.
7. Portion with No. 8 scoop (1/2 cup)

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 170.90

Fat 10.69g

Saturated Fat 1.94g

Trans Fat 0.00g

Cholesterol 9.73mg

Sodium 56.48mg

Carbohydrates 19.65g

Fiber	1.47g		
Sugar	16.15g		
Protein	0.67g		
Vitamin A	127.87IU	Vitamin C	18.31mg
Calcium	15.52mg	Iron	0.17mg

Seasoned Wedge Fries

Servings:	27.00	Category:	Vegetable
Serving Size:	2.89 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10802

Ingredients

Description	Measurement	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	5 Pound	174251

Preparation Instructions

General Cautions:

FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME. PRODUCT MUST BE FULLY COOKED FOR FOOD SAFETY AND QUALITY.

Convection Oven: Temp(°F): 350 - Cooking Time(min): 20 to 25 - Instructions:

Bake: Temp(°F): 425 - Cooking Time(min): 19

Convection: Temp(°F): 350 - Cooking Time(min): 20 to 25

Convection Oven From Frozen: Instructions: CONVECTION OVEN: PREHEAT OVEN TO 350° F. (FULL OVEN, FAN ON HIGH). SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 20 TO 25 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (FULL OVEN, FAN ON HIGH). SPREAD FROZEN WEDGES

Hold at 135 Degrees.

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 2.89 Ounce

Amount Per Serving

Calories	123.46		
Fat	4.12g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	144.03mg		
Carbohydrates	20.58g		
Fiber	2.06g		
Sugar	0.00g		
Protein	2.06g		
Vitamin A	0.00IU	Vitamin C	3.70mg
Calcium	0.00mg	Iron	0.37mg

Fresh Carrot Cup

Servings:	12.90	Category:	Vegetable
Serving Size:	2.48 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12199

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1 1/2 Pound	510637

Preparation Instructions

Wash vegetables and allow to dry.

Weight out correct measurement into a 9 oz. vegetable cup and put on lid. Place in refrigerator.

Hold at 41 Degrees until service.

Nutrition Facts

Servings Per Recipe: 12.90

Serving Size: 2.48 Ounce

Amount Per Serving

Calories	18.48		
Fat	0.06g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	41.12mg		
Carbohydrates	4.34g		
Fiber	1.55g		
Sugar	2.48g		
Protein	0.31g		
Vitamin A	7273.30IU	Vitamin C	1.37mg
Calcium	16.88mg	Iron	0.47mg

String Cheese Stick

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15330

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	25 Each	786801

Preparation Instructions

Hold at 41 Degrees or Less

ALLERGENS: MILK

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00
Fat	3.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	200.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	1.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.00mg	Iron 0.00mg

Fresh Orange

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15529

Ingredients

Description	Measurement	DistPart #
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	25 Each	198013

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.90
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.70mg
Carbohydrates	21.00g
Fiber	3.60g
Sugar	14.00g
Protein	1.50g
Vitamin A 407.55IU	Vitamin C 97.52mg
Calcium 70.95mg	Iron 0.21mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15535

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	5 Ounce	600504
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150

Preparation Instructions

Hold for cold service at 41 degrees or below

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00
Fat	10.50g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	381.67mg
Carbohydrates	6.00g
Fiber	1.67g
Sugar	1.67g
Protein	13.17g
Vitamin A 300.00IU	Vitamin C 0.60mg
Calcium 235.67mg	Iron 2.03mg

4 " Whole Grain Bun

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16124

Ingredients

Description	Measurement	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	25 bun	3159

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 160.00

Fat 2.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 190.00mg

Carbohydrates 29.00g

Fiber 2.00g

Sugar 4.00g

Protein 6.00g

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

Calcium 4.00mg **Iron** 10.00mg

Dinner Roll

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16126

Ingredients

Description	Measurement	DistPart #
Sliced White Dinner Rolls	25 Each	5212

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 100.00

Fat 1.50g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.00mg

Carbohydrates 19.00g

Fiber 0.00g

Sugar 0.00g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.00mg

Cereal

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16132

Ingredients

Description	Measurement	DistPart #
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	25 Each	264702

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00
Fat	2.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	1.00g
Protein	3.00g
Vitamin A 500.00IU	Vitamin C 6.00mg
Calcium 100.00mg	Iron 8.10mg

Orange Juice

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16133

Ingredients

Description	Measurement	DistPart #
Orange Juice 4 oz.	25 Carton	14000

Preparation Instructions

Serve at 41 degrees

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 50.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.00mg

Carbohydrates 13.00g

Fiber 0.00g

Sugar 10.00g

Protein 1.00g

Vitamin A 0.00IU **Vitamin C** 600.00mg

Calcium 0.00mg **Iron** 0.00mg

Pineapple Tidbits

Servings:	23.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16178

Ingredients

Description	Measurement	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 #10 CAN	189979

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 78.72

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.00mg

Carbohydrates 20.24g

Fiber 1.12g

Sugar 16.87g

Protein 0.00g

Vitamin A 0.00IU **Vitamin C** 10.12mg

Calcium 0.00mg **Iron** 0.40mg

Fresh Red Pepper Stix

Servings:	7.33	Category:	Vegetable
Serving Size:	2.18 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16368

Ingredients

Description	Measurement	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	4 Pound	560715

Preparation Instructions

Wash vegetables and allow to dry.

Weight out correct measurement into a 9 oz. vegetable cup and put on lid.

Place in refrigerator.

Hold at 41 Degrees until service.

Nutrition Facts

Servings Per Recipe: 7.33

Serving Size: 2.18 Ounce

Amount Per Serving

Calories 20.74

Fat 0.11g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.53mg

Carbohydrates 5.46g

Fiber 0.87g

Sugar 3.27g

Protein 0.65g

Vitamin A 2182.68IU **Vitamin C** 126.91mg

Calcium 6.68mg **Iron** 0.34mg

Chicken and Cheese Taquitos

Servings:	25.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16476

Ingredients

Description	Measurement	DistPart #
APTZR TAQUITO CHIX & CHS 140-2.75Z	50	454494

Preparation Instructions

Temperature 350°

Frozen LOW FAN: 14 MINUTES

PREHEAT OVEN TO 350°F. PLACE TAQUITOS EVENLY 1 INCH APART ON A COOKING SHEET. LET REST FOR 1 MINUTE.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F. SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING. *CAUTION: PRODUCT MAY BE HOT.*

Hold for hot served at 145 Degrees

ALLERGENS: WHEAT, SOY, MILK

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.00 Each

Amount Per Serving

Calories 280.00

Fat 12.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 800.00mg

Carbohydrates 30.00g

Fiber 4.00g

Sugar 2.00g

Protein 16.00g

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

Calcium 800.00mg **Iron** 0.00mg

Fresh Apple

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16493

Ingredients

Description	Measurement	DistPart #
APPLE DELICIOUS RED 163CT MRKN	25 Piece	540005

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 66.60

Fat 0.20g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.30mg

Carbohydrates 18.00g

Fiber 3.10g

Sugar 13.00g

Protein 0.30g

Vitamin A 69.12IU **Vitamin C** 5.89mg

Calcium 7.68mg **Iron** 0.15mg

Banana

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16494

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	25 Each	197769

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 105.00

Fat 0.40g

SaturatedFat 0.10g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.20mg

Carbohydrates 27.00g

Fiber 3.10g

Sugar 14.00g

Protein 1.30g

Vitamin A 75.52IU **Vitamin C** 10.27mg

Calcium 5.90mg **Iron** 0.31mg

Fish Sandwich +

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16848

Ingredients

Description	Measurement	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	12 Each	576255
CHEESE AMER 184CT SLCD 4-5 GCHC	12 Slice	272744

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

**ALLERGEN: FISH, MILK, WHEAT, SOY (FISH)

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 215.00

Fat 10.50g

SaturatedFat 3.25g

Trans Fat 0.00g

Cholesterol 32.50mg

Sodium 755.00mg

Carbohydrates 16.50g

Fiber 1.00g

Sugar 1.50g

Protein 11.00g

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

Calcium 72.50mg **Iron** 1.80mg