

Cookbook for MICHIGAN CITY HIGH SCHOOL

Created by HPS Menu Planner

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Spaghetti with Meat Sauce

Servings:	36.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18727

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Package	573201
PASTA SPAGHETTI 10 2-10 KE	2 1/2 Pound	654560
Tap Water for Recipes	3/4 Gallon	000001WTR

Preparation Instructions

Thaw meat sauce.

Wash Hands and clean surface area- put on gloves.

Prepare full size, 6 inch steam pan by spraying with vegalene.

Empty 2 bags (5# each) of THAWED spaghetti sauce with meat into prepared pan.

Put 2.50 lbs. of noodles on top of sauce

Pour water over noodles and sauce. Cover with lid and place in refrigerator overnight

Next day- Bake convection oven 350 for 30 minutes.

Remove pan and stir softened noodles into sauce.

Return to oven and bake an additional 30 minutes until internal temperature reaches 165 degrees.

SLE Components

Amount Per Serving

Meat	1.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	243.65
Fat	6.11g
SaturatedFat	2.22g
Trans Fat	0.00g
Cholesterol	43.65mg
Sodium	230.16mg
Carbohydrates	30.48g
Fiber	2.70g
Sugar	6.67g
Protein	15.79g
Vitamin A 513.49IU	Vitamin C 15.08mg

Calcium 40.48mg **Iron** 2.70mg

BBQ Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18728

Ingredients

Description	Measurement	DistPart #
DOUGH ROLL SUB MINI WGRAIN 180-2.4Z	1 Each	262670
BBQ Pork	4 Ounce	16142

Preparation Instructions

Preparation Notes:

- Sanitize work area
 - Thaw pork
 - Proof bun dough
 - Follow HACCP for temperature control
- Wash Hands Put on gloves
Bake buns according to directions and cool
Cut buns open and place on prep area
Put BBQ Pork in stainless steel pan and cover with lid
Heat at 350 degrees for 30 minutes to 165 degrees or
Steam in the bag for 23-30 minutes till product temps at 165 degrees
Place pork on bun, wrap and hold at 145 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	407.00
Fat	15.90g
SaturatedFat	4.20g
Trans Fat	0.00g
Cholesterol	74.40mg
Sodium	891.00mg
Carbohydrates	41.20g
Fiber	3.23g
Sugar	4.00g
Protein	23.90g
Vitamin A	251.60IU
Vitamin C	0.01mg

Calcium 29.17mg **Iron** 2.73mg

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18729

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	501861
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535

Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Place 24 chicken patties on a sheet

Cook chicken Patty in a 375 degree oven for 8 minutes until temps 165.

Place buns on work table

Place chicken patty on bun and top with bun

Wrap in foil wrapper and hold at 140 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	340.00		
Fat	12.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	650.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	100.00IU	Vitamin C	78.00mg
Calcium	86.00mg	Iron	2.80mg

Beef Steak Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18730

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535

Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Follow directions on box
- Heat burger to 155 degrees
- Assemble burger on bun and wrap in foil wrapper
- Hold in warmer for internal temperature of 135 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	540.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	86.00mg	Iron	2.44mg

Philly Steak Flat Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18731

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 3/4 Ounce	720861
CHEESE MOZZ SHRD 4-5 LOL	1/2 Ounce	645170
PEPPERS & ONION FLME RSTD 6-2.5	1 Tablespoon	847208
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1/2 Ounce	722110

Preparation Instructions

Sanitize work area.

Wash hands and put on gloves.

Warm queso cheese so it is spreadable

Lay flat bread on work area and spread with Queso Cheese

Top with beef, onions and peppers, sprinkle with cheese

Cook in the Oven to Temp at 155 degrees

Place in warmer and temp before serving

Hold at 140 degrees

SLE Components

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	345.08
Fat	15.45g
SaturatedFat	6.16g
Trans Fat	0.32g
Cholesterol	39.48mg
Sodium	774.28mg
Carbohydrates	31.36g
Fiber	3.11g
Sugar	3.99g
Protein	19.22g

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	180.25mg	Iron	2.35mg

Pepperjack Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18732

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535
CHEESE PEPR JK 2-5 GLCHS	1 Slice	550086

Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Thaw hamburgers in plastic sleeve
- Put a few holes in the top of the bag, place in 4" perforated pan.
- Cook in steamer to 165 or cook in 375 degree oven for 45 minutes
- Remove from Steamer, Let stand 3 min. before opening bag.
- Temp to at least 155 degrees.
- Place burger on the bun and top with cheese
- Wrap in foil paper and hold at 140 degrees

SLE Components

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	305.00
Fat	14.50g
SaturatedFat	5.75g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	582.50mg
Carbohydrates	28.25g
Fiber	3.00g
Sugar	3.00g
Protein	19.75g
Vitamin A	75.00IU
Vitamin C	0.00mg

Calcium 136.00mg **Iron** 2.44mg

Chicken Sliders

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18733

Ingredients

Description	Measurement	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	2 Each	645080
BUN HAMB MINI SLCD 2.5 8-24CT GFS	2 Each	676171

Preparation Instructions

- Sanitize work area.
- Follow HACCP for temperature control
- Wash Hands Put on gloves
- Bake chicken according to directions.
- Heat to internal temperature of 165 degrees.
- Place chicken patties on the buns and wrap.
- Hold at 135 degrees.

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: 2.00 Each

Amount Per Serving

Calories	390.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	750.00mg		
Carbohydrates	50.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	4.00mg

Spicy Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18734

Ingredients

Description	Measurement	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080

Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Place 24 chicken patties on a sheet

Cook chicken Patty in a 375 degree oven for 8 minutes until temps 165.

Place buns on work table

Place chicken patty on bun and top with bun

Wrap in foil wrapper and hold at 140 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.00		
Fat	17.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	650.00mg		
Carbohydrates	43.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.00mg	Iron	3.00mg

Build a Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18735

Ingredients

Description	Measurement	DistPart #
DOUGH ROLL SUB WHT 60-7.5Z RICH	1/2 Each	133558
TURKEY HAM SLCD 12-1 JENNO	2 Slice	556121
SALAMI GENOA SLCD 4/Z 5-2 PG	2 Slice	776250
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Slice	244190
CHEESE AMER WHT 160CT SLCD 6-5 LOL	2 Slice	861940
TOMATO 5X6 XL 5 MRKN	1/8 Cup	438197
LETTUCE ROMAINE HRYS 2-7.5 MRKN	1/8 Cup	182570
PICKLE KOSH DILL CHIP C/C 5GAL BRICKS	3 Slice	242667

Preparation Instructions

Take a sheet pan and line with pan liner, spray the paper place rolls on sheet pan and cover with a bun bag.

Put pans on rack and thaw in the refrigerator over night. Thaw dough in refrigerator over night

Proof buns in warmer and bake according to the directions, roll and slice. Do this a day before serving

Wash hands and put on gloves

Lay buns on prep area

Layer meat and cheese on bun

Place sandwiches in pan and cover with bun bag

Give choices of tomato, shredded lettuce, pickles

SLE Components

Amount Per Serving

Meat	2.25
Grain	3.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	479.68
Fat	18.30g
SaturatedFat	7.60g
Trans Fat	0.00g
Cholesterol	71.25mg
Sodium	1494.50mg
Carbohydrates	50.67g
Fiber	2.42g
Sugar	5.28g
Protein	26.75g
Vitamin A 194.92IU	Vitamin C 3.81mg
Calcium 174.42mg	Iron 3.68mg

Sausage Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-18736

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	138941
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Slice	150260
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	120851

Preparation Instructions

Sanitize work area.

Wash hands and wash surface.

Take sheet pan and line with paper.

Place bottom of biscuit on the sheet pan.

Cook chicken sausage patties and temp to 160.

Place cooked patty on the biscuit, top with cheese and finish with biscuit top.

Wrap and place in warmer, hold at 150 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	325.00		
Fat	16.25g		
SaturatedFat	7.25g		
Trans Fat	0.00g		
Cholesterol	51.25mg		
Sodium	772.50mg		
Carbohydrates	29.25g		
Fiber	1.00g		
Sugar	3.25g		
Protein	17.25g		
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	267.50mg	Iron	2.80mg

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18820

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice	244190
White Wheat Sub Bun	1 Each	31454
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
TOMATO 5X6 XL 5 MRKN	1 Slice	438197

Preparation Instructions

Wash hands Wash surface

Open bun, place turkey on bun and top with slice of cheese, add top bun Wrap and keep cold.

Offer slice of tomato.

Offer mustard and mayo packet for choice of condiment

SLE Components

Amount Per Serving

Meat	2.17
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	293.02		
Fat	9.77g		
SaturatedFat	4.03g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	793.71mg		
Carbohydrates	28.79g		
Fiber	2.59g		
Sugar	4.71g		
Protein	22.73g		
Vitamin A	212.48IU	Vitamin C	1.03mg
Calcium	138.75mg	Iron	1.32mg

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18821

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
BUN WHITE WHEAT 3.5"	1 Each	51032

Preparation Instructions

- Wash Hands. Put on gloves
- Thaw hamburgers in plastic sleeve
- Put a few holes in the top of the bag, place in 4" perforated pan
- Cook in steamer to 165 or cook in 375 degree oven for 45 minutes
- Remove from Oven, Let stand 3 min. before opening bag.
- Temp to at least 155 degrees.
- Place buns on work area
- Top with cheese and top with bun
- Wrap in foil paper and hold at 140 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	288.00		
Fat	12.00g		
SaturatedFat	3.60g		
Trans Fat	0.60g		
Cholesterol	39.00mg		
Sodium	499.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	2.00mg

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18822

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
BUN WHITE WHEAT 3.5"	1 Each	51032

Preparation Instructions

- Wash Hands. Put on gloves
- Thaw hamburgers in plastic sleeve
- Put a few holes in the top of the bag, place in 4" perforated pan
- Cook in steamer to 165 or cook in 375 degree oven for 45 minutes
- Remove from Oven, Let stand 3 min. before opening bag.
- Temp to at least 155 degrees.
- Place buns on work area
- Top with cheese and top with bun
- Wrap in foil paper and hold at 140 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	338.00
Fat	16.50g
SaturatedFat	6.10g
Trans Fat	0.60g
Cholesterol	51.50mg
Sodium	724.00mg
Carbohydrates	27.50g
Fiber	3.00g
Sugar	3.50g
Protein	22.50g
Vitamin A	150.00IU
Vitamin C	0.00mg

Calcium 108.00mg **Iron** 2.00mg

Nachos with Meat and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18824

Ingredients

Description	Measurement	DistPart #
CHIP TORTL CRN YEL RND REST 72-1.5Z	1 Package	133273
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	722330
SAUCE CHS NACHO DLX 6-10 GCHC	1/4 Cup	323616

Preparation Instructions

Wash hands and put on gloves

Serve one bag of chips

Serve one 3 oz.scoop of meat

2 oz. ladle cheese

Heat meat in bag in steamer and temp at 165 degrees

Heat cheese in steamer to 135 degrees

Hold food at 135 degrees or higher

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	381.40		
Fat	17.40g		
SaturatedFat	3.80g		
Trans Fat	0.29g		
Cholesterol	35.00mg		
Sodium	1031.90mg		
Carbohydrates	41.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	16.80g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	93.00mg	Iron	2.00mg

Bosco Cheese Sticks

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18826

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	235411
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon	209810
CHEESE PARM GRTD 12-1 PG	1 Tablespoon	164259

Preparation Instructions

Sanitize work area.

Prepare butter buds according to directions.

Wash hands and put on gloves.

Preheat oven according to directions.

Place cheese sticks on lined sheet pan and cook according to directions and bake according to directions to 155 degrees.

Remove from the oven and brush cheese sticks with butter buds and sprinkle lightly with parmesan cheese.

Mix together and put in 350 degree oven for 10 minutes.

Hold at 135 degrees.

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: 2.00 Each

Amount Per Serving	
Calories	327.00
Fat	11.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	565.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	2.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 492.00mg **Iron** 2.00mg

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18828

Ingredients

Description	Measurement	DistPart #
Lower Sodium Beef Franks	1 57 g	29265
White Wheat Hot Dog bun	1 Each	53071

Preparation Instructions

- Wash hands and put on gloves
- Steam hot dogs to 165 degrees
- Place hot dog on bun and wrap in foil wrapper
- Hold at 140 degrees in warmer

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	325.21		
Fat	19.09g		
SaturatedFat	7.33g		
Trans Fat	0.03g		
Cholesterol	35.00mg		
Sodium	594.84mg		
Carbohydrates	27.35g		
Fiber	2.28g		
Sugar	4.59g		
Protein	11.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.49mg	Iron	1.40mg

Pizza To Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18831

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	645170
TREAT RICE KRISPIE MINI 600-.39Z KELL	1 Each	859570

Preparation Instructions

Wash hands and put on gloves

Cup up the mozzarella cheese in a cup and place lid on top.

Place the flat bread, marinara cup, cheese cup and

rice krispie treat in the bag and seal closed

Serve with vegetable, fruit, and milk.

Bag- GFS 466476

Cup- GFS 274991

Lid- GFS 796010

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	415.00		
Fat	16.50g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	900.00mg		
Carbohydrates	43.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	22.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg

Calcium 424.00mg **Iron** 0.30mg

Yogurt Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18835

Ingredients

Description	Measurement	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	869921
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each	786510
CRACKER GRHM TEDDY CINN 1Z 4-12CT	1 Package	728760

Preparation Instructions

Sanitize work area.

Wash hands. Put on gloves.

Place all packaged items in plastic bag.

Keep refrigerated.

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 Each

Amount Per Serving

Calories	280.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.00mg		
Carbohydrates	36.00g		
Fiber	1.00g		
Sugar	17.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	474.00mg	Iron	0.78mg

PBJ Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18836

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

Preparation Instructions

Wash Hands put on gloves

Place all packaged items in plastic bag

Keep refrigerated

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	460.00		
Fat	22.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	630.00mg		
Carbohydrates	47.00g		
Fiber	5.00g		
Sugar	16.00g		
Protein	19.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	348.00mg	Iron	2.00mg

Yogurt & Cereal Pouch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18841

Ingredients

Description	Measurement	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	869921
CEREAL CINN TOAST CRNCH POU 96-1Z	1 Each	656562

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00		
Fat	3.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	36.00g		
Fiber	1.00g		
Sugar	18.00g		
Protein	5.00g		
Vitamin A	400.00IU	Vitamin C	3.60mg
Calcium	240.00mg	Iron	2.40mg

Cinnamon Applesauce

Servings:	70.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19309

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GFS	3 #10 CAN	271497
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup	224723

Preparation Instructions

Wash Hands and Work Surface

Wipe off can lid with wet cloth Use a 4" or 6" pan

Open cans of applesauce and pour in pan

Add cinnamon (taste for flavor)and stir till blended.

Keep refrigerated serve 1/2 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: 70.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.71		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.28mg		
Carbohydrates	13.37g		
Fiber	2.06g		
Sugar	12.34g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.14mg	Iron	0.00mg

Veggie Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19311

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/8 Cup	732451
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	129631
CARROT BABY WHL CLEANED 12-2 RSS	1/8 Cup	510637
CUCUMBER SELECT 6CT MRKN	1/8 Cup	592323

Preparation Instructions

Wash Hands and Work Surface

Use Black plastic OVS tray #166760

In the tray place 1or 2 broccoli florets

2 grape tomatoes and 3 baby carrots 1 slice cucumber

offer ranch dipping cup

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.33
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	14.94
Fat	0.14g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	18.00mg
Carbohydrates	3.32g
Fiber	1.10g
Sugar	1.82g
Protein	0.66g
Vitamin A 2560.31IU	Vitamin C 14.03mg
Calcium 14.11mg	Iron 0.31mg

Super Salad

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19314

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Pound	735787
TOMATO GRAPE SWT 10 MRKN	4 Cup	129631
CARROT MATCHSTICK SHRED 2-3 RSS	1 Cup	198161

Preparation Instructions

Wash Hands and Work Surface

Use a 4" Pan Take one bag of lettuce and pour into pan

add 1 cup of carrots and 4 cups of grape tomatoes

Toss ingredients together. Measure one cup of the mixture and place in 4 oz. boat 1 cup serv.= 1/2 c vegetable Offer salad dressing.

Refrigerate 41 degrees or below

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.39
RedVeg	0.20
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	16.81
Fat	0.08g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.30mg
Carbohydrates	3.57g
Fiber	1.42g
Sugar	2.08g
Protein	1.15g
Vitamin A 1369.89IU	Vitamin C 5.32mg
Calcium 18.23mg	Iron 0.40mg

Refried Beans with Cheese

Servings:	32.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19315

Ingredients

Description	Measurement	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	2 Package	703753
CHEESE MOZZ SHRD 4-5 LOL	1 Cup	645170

Preparation Instructions

Wash Hands and Work Surface

Use a 4" pan. Pour 1 Gallon boiling water into pan

Add 2 bags of beans to pan, stir and cover

Allow beans to sit for 25 minutes Sprinkle cheese on top of beans

Place in 200 degree oven to hold

32 1/2 cup servings per pan

Hold at 145 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	188.94		
Fat	2.32g		
SaturatedFat	0.96g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	660.10mg		
Carbohydrates	31.48g		
Fiber	10.45g		
Sugar	0.13g		
Protein	11.33g		
Vitamin A	0.00IU	Vitamin C	0.92mg
Calcium	78.81mg	Iron	2.39mg

Hot Cinnamon Apples

Servings:	85.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19316

Ingredients

Description	Measurement	DistPart #
APPLE SLCD W/P 6-10 GFS	3 #10 CAN	117773
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	224723
SPICE NUTMEG GRND 16Z TRDE	1 Teaspoon	224944
SUGAR CANE GRANUL 25 GFS	2 Cup	108642

Preparation Instructions

Wash Hands and sanitize work surface

Wipe top of apple cans-open and place 3 cans in 4" deep pan or 15 pounds of frozen apples

Add the remaining ingredients and stir

Cover pan (optional) and bake @ 350 degrees for 30-40 minutes

Approx. 85- 1/2 cup servings

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: 85.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.59		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.13mg		
Carbohydrates	15.47g		
Fiber	1.83g		
Sugar	12.73g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Glazed Carrots

Servings:	34.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19317

Ingredients

Description	Measurement	DistPart #
Carrots fzn	7 Pound	100352
BUTTER SUB 24-4Z BTRBUDS	2 Cup	209810
SPICE CINN-MAPL SPRINKLE 29Z TRDE	2 Tablespoon	565911

Preparation Instructions

Wash hands and put on gloves
Put 7 LBS. of carrots into a 4 " pan and steam till tender
Prepare butter buds according to directions
Remove carrots from the steamer
Pour 2 cups of butter buds over the carrots and
sprinkle 2 TBLS of maple cinnamon sprinkles on top
Mix together and put in 350 degree oven for 10 minutes
Remove from oven and hold in warmer at 130 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	34.05		
Fat	1.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.41mg		
Sodium	100.20mg		
Carbohydrates	8.69g		
Fiber	2.03g		
Sugar	3.76g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bacon Cheeseburger on a Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19321

Ingredients

Description	Measurement	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	1 Each	214880
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
BACON CKD RND 192CT HRML	1 Each	433608

Preparation Instructions

Wash Hands put on gloves

Thaw hamburgers in plastic sleeve

Put a few holes in the top of the bag, place in whole pan

Cook in steamer remove from steamer let stand 3 minutes

Temp to 155 degrees Let stand 3 min. before opening bag

Place buns on work area, place hamburger patty on bun

Place cheese on patty and top with bun

Wrap in foil paper and hold at 140 degrees

SLE Components

Amount Per Serving

Meat	3.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	400.00
Fat	21.00g
SaturatedFat	8.50g
Trans Fat	0.50g
Cholesterol	67.50mg
Sodium	995.01mg
Carbohydrates	27.50g
Fiber	3.00g
Sugar	3.50g
Protein	27.50g
Vitamin A	250.00IU
Vitamin C	0.00mg

Calcium 161.00mg **Iron** 2.80mg

Buffalo Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19322

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	645170
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197

Preparation Instructions

Wash Hands put on gloves

Cook Chicken Patty to 165 degrees and cool

Cut up chix, Place lettuce,cheese, tomato and chix in container

Serve with dressing/ Offer 1 roll

Keep refrigerated

Container 108341

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	388.10		
Fat	21.10g		
SaturatedFat	6.53g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	582.25mg		
Carbohydrates	23.75g		
Fiber	5.55g		
Sugar	5.25g		
Protein	24.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	281.50mg	Iron	2.84mg

Buffalo Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19324

Ingredients

Description	Measurement	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each	786520
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535
SAUCE BUFF WNG 4-1GAL SWTBRAY	1 Tablespoon	886640

Preparation Instructions

- Wash hands and put on gloves
- Place frozen chicken patties on a sheet pan
- Heat patty in convection oven at 350 degrees 8-10 minutes
- Temp patty at 165 degrees and toss in buffalo sauce
- Place buns on work table
- Place chicken on bun and wrap in foil wrapper
- Hold in warmer at 140 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	300.00		
Fat	11.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	1100.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	1.72mg

Cereal & Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19325

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB TUBE 2Z 6-16CT GOGURT	1 Each	895090
CEREAL GLDN GRAHAMS POU 96-1Z GENM	1 Each	795420

Preparation Instructions

Wash Hands put on gloves

Place all packaged items in plastic bag

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	150.00
Fat	2.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	250.00mg
Carbohydrates	34.00g
Fiber	1.00g
Sugar	16.00g
Protein	3.00g
Vitamin A 400.00IU	Vitamin C 4.80mg
Calcium 80.00mg	Iron 3.60mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19327

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
TURKEY BRST DCD 2-5	1 Ounce	451300
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250
EGG HARD CKD PLD 25 GFS	1/2 Each	711160
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197

Preparation Instructions

Wash hands. Put on gloves.

Place lettuce in container.

Top with ham, turkey, cheese, tomato and egg.

Offer 2 rolls.

Offer croutons and dressing.

Container & Lid 108341

SLE Components

Amount Per Serving

Meat	2.03
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	183.26
Fat	9.04g
SaturatedFat	4.52g
Trans Fat	0.00g
Cholesterol	138.30mg
Sodium	456.56mg
Carbohydrates	7.54g
Fiber	2.55g
Sugar	3.75g
Protein	18.13g

Vitamin A	530.85IU	Vitamin C	6.77mg
Calcium	152.48mg	Iron	1.79mg

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19330

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	570533
SEASONING FRENCH FRY RANCH 15Z LAWR	23/400 Tablespoon	494364
CHEESE PARM IMIT GRTD 2-5 SCHRBR	2 Tablespoon	595101
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197
DRESSING CAESR CRMY PKT 60-1.5Z LTHSE	1 Each	135951

Preparation Instructions

Mix Chicken with seasoning one day ahead. See Recipe.

Wash Hands and put on gloves

Place lettuce in container

Top with seasoned chicken,cheese and tomato

Offer dinner rolls and dressing

Keep refrigerated

Container 108341

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	368.10
Fat	28.93g
SaturatedFat	4.68g
Trans Fat	0.00g
Cholesterol	52.17mg
Sodium	654.88mg
Carbohydrates	12.52g
Fiber	2.55g
Sugar	4.25g

Protein	16.20g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	45.87mg	Iron	1.61mg

Chipotle Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19331

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	244190
TURKEY HAM SLCD 12-1 JENNO	2 Slice	556121
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	150260
LETTUCE ROMAINE HRYS 2-7.5 MRKN	1/4 Cup	182570
TOMATO 5X6 XL 5 MRKN	1/8 Cup	438197
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
DRESSING RNCH CHIPOTLE 4-1GAL GFS	1 Tablespoon	166741

Preparation Instructions

- Prepare work area ,Slice tomatoes
- Wash hands and put on gloves
- Lay shell on work area and spread dressing on wrap
- Place Cheese on Wrap
- turkey and ham on top of cheese
- Top with tomato and lettuce
- Cut wrap in half and place in container

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.25
Fruit	0.00
GreenVeg	0.13
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	461.71
Fat	25.80g
SaturatedFat	9.76g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1306.17mg
Carbohydrates	34.91g
Fiber	1.54g

Sugar	4.40g		
Protein	22.96g		
Vitamin A	494.92IU	Vitamin C	3.81mg
Calcium	201.34mg	Iron	2.69mg

Club Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19381

Ingredients

Description	Measurement	DistPart #
BACON CKD RND 192CT HRML	1 Each	433608
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	244190
TURKEY HAM SLCD 12-1 JENNO	2 Slice	556121
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	150260
LETTUCE ROMAINE HRYS 2-7.5 MRKN	1/4 Cup	182570
TOMATO 5X6 XL 5 MRKN	2 Slice	438197
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340

Preparation Instructions

- Prepare work area ,Slice tomatoes
- Wash hands and put on gloves
- Lay shell on work area
- Place Cheese on Wrap
- Place baco, turkey and ham on top of cheese
- Top with tomato and lettuce

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.25
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	435.20
Fat	21.78g
SaturatedFat	10.01g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1415.76mg
Carbohydrates	34.08g
Fiber	1.43g
Sugar	3.67g

Protein	26.88g
Vitamin A 424.95IU	Vitamin C 2.66mg
Calcium 200.50mg	Iron 2.67mg

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19382

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice	722360
White Texas Toast Bread	2 Slice	11137

Preparation Instructions

- Wash hands and put on gloves
- Spread butter buds on sheet pan
- Lay bread on sheet pan and place 4 slices of cheese on the bread
- Place bread on top and brush with butter buds
- Bake in oven at 375 degrees till bread is browned
- Hold at 135 degrees in warmer

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	340.00		
Fat	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	1280.00mg		
Carbohydrates	42.00g		
Fiber	0.00g		
Sugar	6.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	384.00mg	Iron	0.00mg

Ham and Cheese Deli Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19384

Ingredients

Description	Measurement	DistPart #
24 oz White Wheat Bread, Split Top 5/8" Slice	2 Slice	11162
TURKEY HAM SLCD 12-1 JENNO	6 Slice	556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
LETTUCE ROMAINE HRTS 2-7.5 MRKN	1 Ounce	182570
TOMATO 5X6 XL 5 MRKN	1 Slice	438197

Preparation Instructions

Wash hands put on gloves

Cut tomato slices

Lay slice of bread on the work area

top with turkey ham, 1 slice of cheese

add tomato and lettuce

Place slice of bread on top, cut in half and wrap the sandwich

offer mustard and mayo packet for choice of condiment

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.37		
Fat	12.02g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	1025.38mg		
Carbohydrates	27.59g		
Fiber	2.49g		
Sugar	5.11g		
Protein	21.97g		
Vitamin A	212.48IU	Vitamin C	2.83mg

Calcium 82.18mg **Iron** 1.24mg

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19385

Ingredients

Description	Measurement	DistPart #
White Wheat Sub Bun	1 Each	31454
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	244190
TURKEY HAM SLCD 12-1 JENNO	2 Slice	556121
SALAMI HARD SLCD 4/Z 5-2 PG	2 Slice	776260
TOMATO 5X6 XL 5 MRKN	1/8 Cup	438197
LETTUCE ROMAINE HRTS 2-7.5 MRKN	1/4 Cup	182570
PEPPERS BAN RING MILD 4-1GAL GFS	4 Slice	466220
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170

Preparation Instructions

Wash Hands Put on gloves

Place open bun in boat Layer Turkey, Ham and Salami

Top with lettuce, tomato, cheese and peppers

Close bun, wrap in plastic wrap and label

Keep refrigerated

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	353.05
Fat	13.30g
SaturatedFat	5.45g
Trans Fat	0.00g
Cholesterol	62.50mg
Sodium	1030.84mg
Carbohydrates	30.18g
Fiber	3.30g

Sugar	5.40g
Protein	25.96g
Vitamin A 194.92IU	Vitamin C 3.81mg
Calcium 177.17mg	Iron 1.87mg

Nachos Grande

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19386

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	722330
CHIP TORTL CRN YEL RND REST 48-2Z	1 Bag	136462
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	1/4 Cup	135271

Preparation Instructions

Wash hands and put on gloves

Serve one bag of chips

Serve one 3 oz.scoop of meat

2 oz. ladle cheese

Heat meat in bag in steamer and temp at 165 degrees

Heat cheese in steamer to 135 degrees

Hold food at 135 degrees or higher

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	481.40		
Fat	22.90g		
SaturatedFat	7.80g		
Trans Fat	0.29g		
Cholesterol	55.00mg		
Sodium	931.90mg		
Carbohydrates	48.00g		
Fiber	6.00g		
Sugar	2.00g		
Protein	21.80g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	250.00mg	Iron	2.00mg

Pasta Salad

Servings:	53.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19387

Ingredients

Description	Measurement	DistPart #
PASTA MOSTACC RIG W/LINES 4-5 GCHC	5 Pound	413350
TOMATO 5X6 XL 5 MRKN	2 Cup	438197
CUCUMBER SELECT 6CT MRKN	2 Cup	592323
BROCCOLI ICELESS 14-16CT 16 P/L	2 Cup	199656
ONION RED JUMBO 10 MRKN	1 Cup	596973
DRESSING ITAL GLDN 4-1GAL GCHC	3 Cup	257885
SPICE BLND ORIG 3-21Z MDASH	1/4 Cup	265103

Preparation Instructions

Wash hands. Put on gloves.

Cook pasta according to directions, drain, rinse in colander.

Transfer pasta to 6" full size pan.

Dice tomato, cucumber, broccoli, onion, and add to pasta.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	211.30		
Fat	6.58g		
SaturatedFat	0.91g		
Trans Fat	0.09g		
Cholesterol	0.00mg		
Sodium	156.37mg		
Carbohydrates	33.46g		
Fiber	1.77g		
Sugar	2.82g		
Protein	5.50g		
Vitamin A	221.06IU	Vitamin C	4.16mg

Calcium 11.13mg **Iron** 1.43mg

Seasoned Chicken for Caesar Salad

Servings:	34.00	Category:	Entree
Serving Size:	2.30 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19388

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	570533
SEASONING FRENCH FRY RANCH 15Z LAWR	2 Tablespoon	494364

Preparation Instructions

Wash hands and put on gloves

Mix chicken with seasoning a day before making salads

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: 34.00

Serving Size: 2.30 Ounce

Amount Per Serving			
Calories	102.30		
Fat	3.92g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	43.14mg		
Sodium	232.16mg		
Carbohydrates	0.79g		
Fiber	0.00g		
Sugar	0.00g		
Protein	14.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.49mg	Iron	0.79mg

Southwest Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19404

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	281622
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197
Reduced Calorie Ranch Dressing	2 Tablespoon	52907
SPICE GARLIC POWDER 21Z TRDE	1/8 Teaspoon	224839
SPICE ONION POWDER 19Z TRDE	1/8 Teaspoon	126993
SPICE CHILI POWDER MILD 16Z TRDE	1/8 Teaspoon	331473

Preparation Instructions

- Cook chicken patty to 165 degrees and cool, dice in chunks
- Wash Hands and Put on Gloves
- Place lettuce in container, top with chicken tomatoes and cheese
- Serve with dressing

SLE Components

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	479.45
Fat	31.10g
SaturatedFat	9.53g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	888.11mg
Carbohydrates	24.79g
Fiber	5.60g

Sugar	4.25g		
Protein	25.45g		
Vitamin A	674.85IU	Vitamin C	6.17mg
Calcium	273.83mg	Iron	2.87mg

Southwest Dressing

Servings:	128.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19405

Ingredients

Description	Measurement	DistPart #
SPICE GARLIC POWDER 21Z TRDE	6 Tablespoon	224839
SPICE ONION POWDER 19Z TRDE	6 Tablespoon	126993
SPICE CHILI POWDER MILD 16Z TRDE	6 Tablespoon	331473
Reduced Calorie Ranch Dressing	1 Gallon	52907

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	71.40		
Fat	6.99g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	9.99mg		
Sodium	296.89mg		
Carbohydrates	2.12g		
Fiber	0.06g		
Sugar	0.00g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	0.35mg	Iron	0.03mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19406

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
DRESSING FREN RYL RD 60-1.5FLZ PMLL	1 Each	825020
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	722330
CHIP NACHO CHS 6-15Z DORITOS	7 Each	842241

Preparation Instructions

chop lettuce, dice tomatoes, heat meat, drain and cool
Wash hands and put on gloves
Place lettuce in container, top with taco meat
layer tomatoes then cheese ,place doritos on top
serve with french dressing and a roll

SLE Components

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	541.13		
Fat	35.66g		
SaturatedFat	10.91g		
Trans Fat	0.29g		
Cholesterol	65.00mg		
Sodium	1006.60mg		
Carbohydrates	35.08g		
Fiber	5.13g		
Sugar	19.25g		
Protein	23.37g		
Vitamin A	1319.85IU	Vitamin C	11.17mg

Calcium 279.50mg **Iron** 2.84mg

Veggie Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19407

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
CHEESE CREAM LT CUP 100-1Z GCHC	5 Each	549762
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 1/2 Cup	732451
CARROT MATCHSTICK SHRED 2-3 RSS	1 1/2 Cup	198161
TOMATO 5X6 XL 5 MRKN	1 Tablespoon	438197
CELERY STIX 4-3 RSS	1 Cup	781592
CHEESE AMER WHT 160CT SLCD 6-5 LOL	2 Slice	861940
SEASONING FRENCH FRY RANCH 15Z LAWR	1 1/4 Teaspoon	494364
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580

Preparation Instructions

Wash hands and put on gloves
Lay out tortilla shells on on work table
Mix cream cheese and dressing,and spread 1/8 cup on each shell
Place 2 slices of cheese on shell, Mix veggies&put 1 cup on top
Roll and cut in half, place in container and add one cheese stick
Keep refrigerated

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	1.50
RedVeg	1.50
OtherVeg	1.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	792.03
Fat	42.13g
SaturatedFat	29.01g
Trans Fat	0.00g
Cholesterol	115.00mg
Sodium	2017.95mg
Carbohydrates	69.44g
Fiber	12.44g
Sugar	17.31g
Protein	30.20g
Vitamin A 35829.91IU	Vitamin C 138.67mg
Calcium 720.37mg	Iron 3.53mg

Yogurt Pack- MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19625

Ingredients

Description	Measurement	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	869921
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each	786510
Savory Bites Wheat Crackers	1 Each	74131

Preparation Instructions

Sanitize work area.

Wash hands. Put on gloves.

Place all packaged items in plastic bag.

Keep refrigerated.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00		
Fat	12.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	630.00mg		
Carbohydrates	45.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	344.00mg	Iron	0.00mg

Asian Chicken Salad

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19965

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	24 Cup	182570
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Pound	570533
SAUCE TERIYAKI GLAZE 6-8OZ KIKKOMAN	1 1/2 Cup	311502
CARROT SHRD MED 2-5 RSS	8 Cup	313408
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	4 Cup	124516
ORANGES MAND IN JCE 6-10 GFS	8 Cup	612448
ONION GREEN BUNCHES 4-2 RSS	2 Cup	198889
DRESSING ASIAN SESM GINGR 4-1GAL GFS	4 Cup	166722

Preparation Instructions

Wash Hands put on gloves

One day in advance toss chicken in teriyaki glaze

Cook chicken according to directions and cool

Drain oranges, mix lettuce, carrots, green onions

Add oranges and toss, divide into 16 containers

top with chicken,

cup and lid 2 oz. dressing and 2 oz. noodles

add to container and refrigerate

Offer 2 dinner rolls and Dressing package

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.50
Fruit	0.50
GreenVeg	0.75
RedVeg	0.50
OtherVeg	0.13

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 16.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	582.68		
Fat	32.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	1400.82mg		
Carbohydrates	52.92g		
Fiber	3.96g		
Sugar	27.49g		
Protein	23.12g		
Vitamin A	8203.92IU	Vitamin C	20.84mg
Calcium	84.13mg	Iron	2.80mg

Buffalo Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19969

Ingredients

Description	Measurement	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	3 Each	281731
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
DRESSING RNCH CHIPOTLE 4-1GAL GFS	1 Tablespoon	166741
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	150250

Preparation Instructions

Wash Hands and Work Surface

Cook Chicken Tenders according to the directions.

Lay out shells on work area and spread sauce on the shell

Place 3 tenders on the wrap, top with cheese, fold wrap

Wrap in foil wrap and hold in warmer 135F

SLE Components

Amount Per Serving

Meat	2.50
Grain	3.25
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 Each

Amount Per Serving			
Calories	580.00		
Fat	32.50g		
SaturatedFat	9.25g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	975.00mg		
Carbohydrates	50.00g		
Fiber	4.00g		
Sugar	3.50g		
Protein	22.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	183.50mg	Iron	4.00mg

Avocado Spread

Servings:	48.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19971

Ingredients

Description	Measurement	DistPart #
MAYONNAISE HVY DUTY 4-1GAL KE	1 Cup	693911
Reduced Calorie Ranch Dressing	1 Cup	52907
AVOCADO GRN 12CT P/L	1 Cup	592331

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	53.90		
Fat	5.60g		
SaturatedFat	0.87g		
Trans Fat	0.05g		
Cholesterol	4.33mg		
Sodium	69.77mg		
Carbohydrates	0.92g		
Fiber	0.32g		
Sugar	0.04g		
Protein	0.16g		
Vitamin A	10.58IU	Vitamin C	0.48mg
Calcium	1.25mg	Iron	0.04mg

California Avocado Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19974

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Slice	244190
TURKEY HAM SLCD 12-1 JENNO	2 Slice	556121
CHEESE SWS 120CT SLCD PROC 4-5 GCHC	1 Slice	311405
LETTUCE ROMAINE HRYS 7-6CT MRKN	1/4 Cup	211782
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197
TORTILLA WRP 12 SPNCH 6-12 TYS	1 Each	769037
Avocado Spread	1 Tablespoon	

Preparation Instructions

Wash hands and put on gloves

Spread 1 Tbls. Avocado dressing on wrap

top with ingredients , wrap, cut in half and place in container

Keep product cold between 37-41 degrees

Avocado Spread recipe-1 cup Mayo # 693911 1 Cup Ranch dressing #Commercial 52907 1 cup avocado #592331

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	516.17
Fat	23.70g
SaturatedFat	8.73g
Trans Fat	0.05g
Cholesterol	59.33mg
Sodium	1445.35mg
Carbohydrates	55.17g
Fiber	1.12g
Sugar	4.29g
Protein	21.48g

Vitamin A	385.43IU	Vitamin C	7.25mg
Calcium	215.75mg	Iron	4.73mg

Caprese Ciabatta

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19975

Ingredients

Description	Measurement	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	831221
SAUCE PESTO BASIL FZ 6-30Z ARMNN	2 Teaspoon	601012
SPINACH BABY CLND 2-2 RSS	1/2 Cup	560545
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	2 Slice	726567
TOMATO 5X6 XL 5 MRKN	1 Slice	438197

Preparation Instructions

Wash Hands Put on Gloves

Lay bread out and spread pesto on each slice

Top with Cheese, spinach and tomato and place in container

Refrigerate product between 35-40 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	424.68		
Fat	24.10g		
SaturatedFat	9.25g		
Trans Fat	0.00g		
Cholesterol	25.83mg		
Sodium	592.87mg		
Carbohydrates	30.96g		
Fiber	4.17g		
Sugar	2.21g		
Protein	18.90g		
Vitamin A	845.81IU	Vitamin C	3.13mg
Calcium	403.25mg	Iron	2.74mg

Cereal & Yogurt Pack- HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19976

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TOAST CRNCH POUK 96-1Z	1 Each	656562
YOGURT GRK STRAWB RASPB FF 12-5.3Z	1 Each	527671

Preparation Instructions

Wash Hands put on gloves

Place all packaged items in plastic bag

SLE Components

Amount Per Serving

Meat	1.25
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	260.00
Fat	3.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	210.00mg
Carbohydrates	45.00g
Fiber	1.00g
Sugar	26.00g
Protein	13.00g
Vitamin A 400.00IU	Vitamin C 3.60mg
Calcium 90.00mg	Iron 2.40mg

Cheese Flat Bread Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19977

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	2 Each	644182
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	150250
SALSA CUP 84-3Z REDG	1 Each	677802

Preparation Instructions

- Wash hands and put on gloves
- Lay out the flat breads on your work area
- Spread cheese on flat bread
- Top with another flat bread
- Place topped flatbread in a 325 F oven for 6-8 minutes or in the ovention oven
- Cut diagonally and serve with salsa
- Hold at 145 degrees

SLE Components

Amount Per Serving

Meat	2.00
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	610.00		
Fat	28.00g		
SaturatedFat	14.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	1240.00mg		
Carbohydrates	62.00g		
Fiber	6.00g		
Sugar	8.00g		
Protein	26.00g		
Vitamin A	946.00IU	Vitamin C	8.00mg
Calcium	452.00mg	Iron	2.88mg

Cheese Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19979

Ingredients

Description	Measurement	DistPart #
DOUGH PIZZA SHTD WGRAIN 16 24-22Z	1 Each	166762
SAUCE PIZZA W/BASL 6-10 REDPK	6 Fluid Ounce	256013
CHEESE MOZZ SHRD 4-5 LOL	4 Cup	645170
SEASONING PIZZA ITAL MIX 12Z TRDE	2 Teaspoon	413461

Preparation Instructions

Wash hands and put on gloves

Spray pizza screen and place pizza dough on screen

Spread 2-3oz. Spoodle of sauce on the pizza dough

"Mix seasoning w/ cheese-Top dough w/ 2 cups of shredded mozzarella cheese"

Bake in ovention oven Temp at 155 degrees

Cut 8 even pieces of pizza

Hold pizza at 145 degrees

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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	367.89
Fat	13.65g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	603.77mg
Carbohydrates	37.38g
Fiber	4.05g
Sugar	7.90g
Protein	22.08g
Vitamin A	1.71IU
Vitamin C	0.00mg

Calcium 425.23mg **Iron** 2.20mg

Chef Salad- Meatless

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19980

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
EGG HARD CKD PLD 10 DEB EL	1 Each	557540
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	150250
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580

Preparation Instructions

Wash Hands and Work Surface

Place lettuce in container

Top with egg,cheese and tomato, add cheese stick

Offer 2 dinner rolls, and dressing

Keep refrigerated

Container & Lid 108341

SLE Components

Amount Per Serving

Meat	5.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	398.10		
Fat	28.10g		
SaturatedFat	17.53g		
Trans Fat	0.00g		
Cholesterol	240.00mg		
Sodium	642.25mg		
Carbohydrates	8.75g		
Fiber	2.55g		
Sugar	3.25g		
Protein	22.40g		
Vitamin A	1474.85IU	Vitamin C	6.17mg

Calcium 654.50mg **Iron** 1.56mg

Chicken Alfredo Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19981

Ingredients

Description	Measurement	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	1 Each	570818
SAUCE ALFREDO FZ 6-5 JTM	3 Fluid Ounce	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Ounce	570533
CHEESE MOZZ SHRD 4-5 LOL	2 Cup	645170
SEASONING PIZZA ITAL MIX 12Z TRDE	2 Teaspoon	413461

Preparation Instructions

- Marinate chicken with Italian Seasoning
- Wash hands and put on glove
- Spray pizza screen and place pizza dough on screen
- Spread 2-3oz. Spoodle of sauce on the pizza dough
- Top with diced chicken and 2 cups of shredded mozzarella cheese
- Bake in ovention oven
- Cut 8 even pieces of pizza

SLE Components

Amount Per Serving

Meat	2.25
Grain	3.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	301.85		
Fat	10.52g		
SaturatedFat	4.69g		
Trans Fat	0.00g		
Cholesterol	41.48mg		
Sodium	637.21mg		
Carbohydrates	29.48g		
Fiber	1.00g		
Sugar	3.56g		
Protein	20.63g		
Vitamin A	41.44IU	Vitamin C	0.00mg

Calcium 263.73mg **Iron** 2.29mg

Chicken Caesar Salad-HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19982

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRYS 2-7.5 MRKN	2 Cup	182570
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	570533
CHEESE PARM IMIT GRD 2-5 SCHRBR	1/4 Cup	595101
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197
DRESSING CAESR CRMY PKT 60-1.5Z LTHSE	1 Each	135951

Preparation Instructions

- Wash Hands and put on gloves
- Place lettuce in container
- Top with chicken,cheese and tomato
- Offer dinner rolls and dressing
- Keep refrigerated
- Container 108341

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	408.10		
Fat	31.93g		
SaturatedFat	4.68g		
Trans Fat	0.00g		
Cholesterol	52.17mg		
Sodium	718.08mg		
Carbohydrates	16.52g		
Fiber	2.55g		
Sugar	4.25g		
Protein	16.20g		
Vitamin A	374.85IU	Vitamin C	6.17mg

Calcium 45.87mg **Iron** 1.61mg

Chicken Fajita Flat Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20024

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	2 Each	644182
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	645170
SALSA 103Z 6-10 REDG	1/2 Cup	452841
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce	570533
SEASONING FAJITA MIX 6-8.9Z LAWR	1 Teaspoon	518298
ONION RING RED 1/4 2-5 RSS	1 Ounce	429198
PEPPERS GREEN LRG 5 MRKN	1 1/2 Ounce	592315
PEPPERS RED 5 P/L	1 1/2 Ounce	597082

Preparation Instructions

Sanitize work area
combine chicken and seasoning
Wash hands and put on gloves
Lay out the flat breads on your work area
Spread salsa on flat bread and top with cheese
top with seasoned chix meat and then
tope with peppers and onions
place in the ovention oven or
350 F until cheese is melted
Cut diagonally
Hold at 135-145 degrees

SLE Components

Amount Per Serving

Meat	1.75
Grain	4.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	577.59
Fat	17.81g
SaturatedFat	6.03g
Trans Fat	0.00g
Cholesterol	33.33mg
Sodium	1512.07mg
Carbohydrates	76.60g
Fiber	7.52g
Sugar	11.95g
Protein	25.89g

Vitamin A	1806.91IU	Vitamin C	106.20mg
Calcium	310.79mg	Iron	3.60mg

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20025

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	570533
EGG HARD CKD PLD 10 DEB EL	1/2 Each	557540
TOMATO CHERRY 11 MRKN	2 Each	569551
AVOCADO GRN 12CT P/L	2 Slice	592331
BACON BITS IMIT 1-10 FARBURY	1 Tablespoon	230904
Breadstick, Wheat, 8"	1 Each	34072

Preparation Instructions

Wash Hands put on gloves

Boil eggs

Combine lettuce and chicken in container

Place Tomatoes on the side in the container

Top with boiled egg, avacado and bacon bits

Offer/Serve with dressing

Keep refrigerated

Container & Lid 108341

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	434.78
Fat	16.85g
SaturatedFat	3.15g
Trans Fat	0.00g
Cholesterol	124.67mg
Sodium	542.02mg
Carbohydrates	41.45g

Fiber	10.38g		
Sugar	5.70g		
Protein	25.33g		
Vitamin A	593.81IU	Vitamin C	11.67mg
Calcium	134.59mg	Iron	3.29mg

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20026

Ingredients

Description	Measurement	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	1 Each	643142
BUN,HAMBURGER,WHITE WHEAT	1 Each	51535
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260

Preparation Instructions

Wash Hands put on gloves

Cook Fish according to directions Temp 165 F

Lay buns on work area place fish on bun and add 1 slice of cheese

Top with bun and wrap in foil wrap

Remove from Oven, Let stand 3 min. before opening bag.

Hold at 135 Degrees

SLE Components

Amount Per Serving

Meat	2.50
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	360.00		
Fat	14.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	47.50mg		
Sodium	745.00mg		
Carbohydrates	42.50g		
Fiber	3.00g		
Sugar	4.50g		
Protein	19.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	141.00mg	Iron	2.00mg

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20027

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each	786520
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	645170
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup	786543

Preparation Instructions

Wash Hands and Work Surface

Cook Chix to 165F cool and slice in strips

Place lettuce in container,top with chix,cheese,tomato

Offer dinner rolls and dressing

Keep refrigerated

Container 108341

SLE Components

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	268.75		
Fat	14.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	591.25mg		
Carbohydrates	7.75g		
Fiber	2.25g		
Sugar	4.00g		
Protein	27.25g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	242.00mg	Iron	0.81mg

Italian Flat Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20028

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
SAUCE PIZZA W/BASL 6-10 REDPK	1 Tablespoon	256013
TURKEY HAM SLCD 12-1 JENNO	4 Slice	556121
SALAMI GENOA SLCD 4/Z 5-2 PG	2 Slice	776250
PEPPERONI SLCD 14-16/Z 2-5 GFS	4 Each	729981
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170

Preparation Instructions

Wash hands and put on gloves

Lay out the flat breads on your work area

Spread pizza sauce on flat bread

place ham, salami pepperoni evenly across the middle of the flat bread so that all the meat is not in the middle

sprinkle cheese on top

Place open faced in the oven @ 155 degrees

Fold and wrap in foil wrapper

Hold at 145 degrees

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00
Fat	18.50g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	66.25mg
Sodium	1142.50mg
Carbohydrates	30.50g

Fiber		3.50g	
Sugar		4.00g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	122.50mg	Iron	2.61mg

Italian Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20029

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD 6-5 JTM	5 Each	135071
SAUCE SPAGHETTI FCY 6-10 REDPK	1 Fluid Ounce	852759
Sesame Steak Hoagie Bun	1 Each	31417

Preparation Instructions

Wash Hands and put on gloves. Spray sheet pan with non stick spray
Place one 5# bag of meat balls on tray and bake in 375 degree oven
Cook for 30 min. Warm spaghetti sauce in 4' pan in oven to 130 degrees
Temp meatballs to 165 degrees and place in spaghetti sauce and stir
2 pans of meatballs to 1.5 cans of spaghetti sauce
Serve 5 meatballs on the bun
Hold at 140 degrees or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	349.00		
Fat	13.00g		
SaturatedFat	3.80g		
Trans Fat	0.60g		
Cholesterol	38.00mg		
Sodium	610.50mg		
Carbohydrates	38.50g		
Fiber	2.50g		
Sugar	5.00g		
Protein	19.50g		
Vitamin A	105.00IU	Vitamin C	2.00mg
Calcium	41.00mg	Iron	2.00mg

Mexicali Corn Salad

Servings:	45.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20030

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	8 Pound	100348
TOMATO ROMA 2 1-25 MRKN	3 Cup	588381
PEPPERS GREEN MED 20 MRKN	2 Cup	206059
CELERY STIX 4-3 RSS	2 Cup	781592
Reduced Calorie Ranch Dressing	1 Cup	52907
CILANTRO CLEANED 4-1 RSS	1/2 Cup	219550

Preparation Instructions

Wash hands and put on gloves

Steam corn about 3 minutes until it reaches 160 degrees

Allow to cool before proceeding

Combine all ingredients and mix well

Chill in refrigerator at 41 degrees or below

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	81.44		
Fat	2.26g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	1.78mg		
Sodium	53.33mg		
Carbohydrates	16.69g		
Fiber	2.30g		
Sugar	3.53g		
Protein	2.12g		
Vitamin A	173.95IU	Vitamin C	7.31mg

Calcium

6.80mg

Iron

0.06mg

Pepperoni Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20031

Ingredients

Description	Measurement	DistPart #
DOUGH PIZZA SHTD WGRAIN 16 24-22Z	1 Each	166762
SAUCE PIZZA W/BASL 6-10 REDPK	6 Fluid Ounce	256013
CHEESE MOZZ SHRD 4-5 LOL	4 Cup	645170
PEPPERONI SLCD 14-16/Z 2-5 GFS	20 Each	729981
SEASONING PIZZA ITAL MIX 12Z TRDE	2 Teaspoon	413461

Preparation Instructions

- Wash hands and put on gloves
- Spray pizza screen and place pizza dough on screen
- Spread 2-3oz. Spoodles of sauce on the pizza dough
- Mix seasoning with cheese-Top dough with 4 cups of shred. mozzarella cheese
- Top with 20 slices of pepperoni
- Bake in ovention oven temp at 155 degrees
- Cut 8 even pieces of pizza
- Wash hands and put on gloves

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.20
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	389.77
Fat	15.68g
SaturatedFat	7.63g
Trans Fat	0.00g
Cholesterol	34.69mg
Sodium	675.64mg
Carbohydrates	37.38g
Fiber	4.05g
Sugar	7.90g
Protein	23.01g

Vitamin A	1.71IU	Vitamin C	0.00mg
Calcium	425.23mg	Iron	2.25mg

Protein Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20032

Ingredients

Description	Measurement	DistPart #
CRACKER GRHM PB&J GRP IW 160-2.2Z	1 Each	226782
SNACK CHS CRCKR TRAX WGRAIN 150-SSV	1 Each	393533
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each	786510
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package	531681
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup	510637

Preparation Instructions

Wash Hands put on gloves

Place all packaged items in plastic container

Keep refrigerated

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.85
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	645.43
Fat	27.59g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	606.58mg
Carbohydrates	82.97g
Fiber	12.13g
Sugar	42.41g
Protein	19.43g
Vitamin A 10008.18IU	Vitamin C 1.89mg
Calcium 237.23mg	Iron 1.73mg

Roast Beef Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20033

Ingredients

Description	Measurement	DistPart #
Sesame Steak Hoagie Bun	1 Each	31417
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice	726532
LETTUCE ROMAINE HRTS 2-7.5 MRKN	1/4 Cup	182570
TOMATO 5X6 XL 5 MRKN	2 Slice	438197

Preparation Instructions

- Wash Hands Put on gloves
- Slice roast beef thin Place buns on work table
- Top with roast beef, cheese,tomato,lettuce, top with bun
- Cut sandwich in half and put in container
- Keep refrigerated

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.50
Fruit	0.00
GreenVeg	0.13
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	255.20		
Fat	9.03g		
SaturatedFat	3.51g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	490.75mg		
Carbohydrates	33.08g		
Fiber	1.43g		
Sugar	3.67g		
Protein	11.38g		
Vitamin A	124.95IU	Vitamin C	2.06mg
Calcium	160.50mg	Iron	0.13mg

Sausage Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-20034

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	138941
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each	462519
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
BISCUIT BTRMLK 100-2.25Z BRIDG	1 Each	451740

Preparation Instructions

- Wash hands and wash surface
- Take a sheet pan and line with paper
- Cut biscuits and place aside
- Cook chicken sausage patties and temp to 160
- Cook egg patties in 250 degree oven until temps 150
- Place cooked patty and egg on biscuit and top with slice of cheese
- Wrap and place in warmer, hold at 150 degrees
- Place cut biscuits and line on the paper

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	385.00
Fat	21.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	127.50mg
Sodium	1125.00mg
Carbohydrates	30.50g
Fiber	1.00g
Sugar	4.50g
Protein	20.50g
Vitamin A	150.00IU
Vitamin C	0.00mg

Calcium 160.00mg **Iron** 2.80mg

Spaghetti with Meat Sauce- HS

Servings:	27.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20035

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Package	573201
PASTA SPAGHETTI 10 2-10 KE	2 1/2 Pound	654560
Tap Water for Recipes	3/4 Gallon	000001WTR

Preparation Instructions

Thaw meat sauce.

Wash Hands and clean surface area- put on gloves.

Prepare full size, 6 inch steam pan by spraying with vegalene.

Empty 2 bags (5# each) of THAWED spaghetti sauce with meat into prepared pan.

Put 2.50 lbs. of noodles on top of sauce

Pour water over noodles and sauce. Cover with lid and place in refrigerator overnight

Next day- Bake convection oven 350 for 30 minutes.

Remove pan and stir softened noodles into sauce.

Return to oven and bake an additional 30 minutes until internal temperature reaches 165 degrees.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.53
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	324.87
Fat	8.15g
SaturatedFat	2.96g
Trans Fat	0.00g
Cholesterol	58.20mg
Sodium	306.88mg
Carbohydrates	40.63g
Fiber	3.60g
Sugar	8.89g
Protein	21.06g
Vitamin A 684.66IU	Vitamin C 20.11mg

Calcium 53.97mg **Iron** 3.60mg

Sweet Chili Chicken Wrap

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20036

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	40 Ounce	570533
SAUCE REDHOT SWT CHILI 4-.5GAL FRNKS	1 Cup	838090
CUCUMBER SELECT 24CT MRKN	4 Each	418439
TOMATO 5X6 XL 5 MRKN	1 1/4 Cup	438197
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	10 Each	713340
LETTUCE ROMAINE MINI 24CT P/L	5 Cup	272040

Preparation Instructions

Wash hands and put on gloves
Thaw chicken On prep day mix chicken with the sauce
and set a side slice cucumbers and dice tomatoes
mix romaine lettuce and diced tomatoes
lay tortillas on prep table, place 3 cucumbers on each wrap
Place 1/2 cup lettuce mixture on cukes
Place 2 -2 oz. spoodles of chix on top of lettuce and roll
Place in pan or wrap and chill at 41 degrees or lower

SLE Components

Amount Per Serving

Meat	3.25
Grain	2.25
Fruit	0.00
GreenVeg	0.25
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	431.86
Fat	11.76g
SaturatedFat	4.51g
Trans Fat	0.00g
Cholesterol	73.34mg
Sodium	928.29mg
Carbohydrates	49.81g
Fiber	1.93g

Sugar	14.83g
Protein	28.85g
Vitamin A 2344.73IU	Vitamin C 11.43mg
Calcium 70.75mg	Iron 3.75mg

Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20037

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup	182570
EGG HARD CKD PLD 10 DEB EL	1/2 Each	557540
TURKEY BRST DCD 2-5	1 1/2 Ounce	451300
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
TOMATO 5X6 XL 5 MRKN	1/4 Cup	438197

Preparation Instructions

Wash Hands and Work Surface

Place lettuce in container

Top with turkey, egg,cheese and tomato

Offer dinner rolls and dressing

Keep refrigerated

Container & Lid 108341

SLE Components

Amount Per Serving

Meat	2.75
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	207.54		
Fat	11.48g		
SaturatedFat	6.97g		
Trans Fat	0.00g		
Cholesterol	127.81mg		
Sodium	448.02mg		
Carbohydrates	7.90g		
Fiber	2.55g		
Sugar	3.25g		
Protein	16.29g		
Vitamin A	824.85IU	Vitamin C	6.17mg

Calcium 245.50mg **Iron** 1.34mg

Turkey Salad Croissant

Servings:	29.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20038

Ingredients

Description	Measurement	DistPart #
Turkey, Roast, Frozen	7 Pound	100125
CRANBERRY DRIED STRAWB 200-1.16Z	1 1/2 Cup	531681
MAYONNAISE LT 4-1GAL GFS	2 1/2 Cup	429406
ONION GREEN 2 RSS	1 Cup	596981
SPICE DILL WEED 5Z TRDE	1 Teaspoon	513938
SALT SEA 36Z TRDE	1/4 Teaspoon	748590
SPICE PEPR BLK REG GRIND 16Z TRDE	1/4 Teaspoon	225037
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	29 Each	172172

Preparation Instructions

Wash hands and put on gloves
Cook turkey to 165 F and cool
Shred turkey and mix with onion,salt,pepper dill,mayo & cranberries
Chill mixture, Lay croissants on prep area
Add 1 cup to each croissant and place in container.
Hold 41 F - 37 F
Yield 29 servings

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: 29.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	422.68
Fat	18.03g
SaturatedFat	6.05g
Trans Fat	0.15g
Cholesterol	77.48mg
Sodium	882.94mg
Carbohydrates	41.86g
Fiber	2.62g
Sugar	11.34g
Protein	26.41g
Vitamin A 0.00IU	Vitamin C 0.14mg
Calcium 27.08mg	Iron 1.80mg

Veggie Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20039

Ingredients

Description	Measurement	DistPart #
DOUGH PIZZA SHTD WGRAIN 16 24-22Z	1 Each	166762
SAUCE PIZZA W/BASL 6-10 REDPK	6 Fluid Ounce	256013
MUSHROOM STEMS & PCS DOM 6-10 GFS	1/2 Cup	119024
OLIVE RIPE SLCD DOMESTIC 6-10 LNDSY	1/2 Cup	328391
TOMATO ROMA DCD 3/8 2-5 RSS	1/2 Cup	786543
PEPPERS RED 5 P/L	1/2 Cup	597082
ONION RD SLIVERED 1/8 2-3 RSS	1/2 Cup	313157
CHEESE MOZZ SHRD 4-5 LOL	4 Cup	645170

Preparation Instructions

- Wash hands and put on glove
- Spray pizza screen and place pizza dough on screen
- Spread 2-3oz. Spoodle of sauce on the pizza dough
- Top with veggies
- Top with cheese
- Bake in ovention oven Temp to 155 degrees
- Cut 8 even pieces of pizza
- Hold at 145 degrees

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories 390.61

Fat 14.91g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 678.00mg

Carbohydrates 40.26g

Fiber 4.34g

Sugar 8.97g

Protein 22.34g

Vitamin A 251.69IU **Vitamin C** 14.54mg

Calcium 429.45mg **Iron** 2.31mg