

Cookbook for North Livingston Elementary/Livingston County Middle School

Created by HPS Menu Planner

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Rolls Mini Cinnamon MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14806

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW 72-2.29Z PILLS	100 Package	BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	894291

Preparation Instructions

WASH HANDS.

1. Preheat oven to 350°F.
2. Place pouches on single layer on baking sheet.
3. Heat for 5-7 minutes for convection oven; heat for 10-12 minutes for conventional oven.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

4. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Serving: 1 each provides 2 oz eq grains

Updated: 12/15/2014

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	240.00
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	39.00g
Fiber	2.00g

Sugar			15.00g
Protein			5.00g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Whole Grain Toast

Servings:	24.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14807

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 oz White Wheat Bread, Split Top 5/8" Slice	24 Slice		11162
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	24 Tablespoon		299405

Preparation Instructions

There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00
Serving Size: 1.00 Slice

Amount Per Serving

Calories	103.33		
Fat	5.17g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	130.00mg		
Carbohydrates	13.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cocoa Cherry Bar and String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14809

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cocoa Cherry Nutrition Bar	1 Each	THAW AND SERVE	P879
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

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 1

Amount Per Serving

Calories	260.00		
Fat	8.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	255.00mg		
Carbohydrates	38.00g		
Fiber	6.00g		
Sugar	1.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	198.00mg	Iron	0.00mg

Pancake wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14812

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK CUP 200-1.5Z GFS	1 Each	Ready to use	160090
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202
PANCK WRAP BLUEB WGRAIN STIX 56-2.85Z	1 Each		497182

Preparation Instructions

Pancake wraps: Thaw under refrigeration in original package. do not thaw at room temp. Convection oven: 350 degrees frozen-20 minutes. Thawed 13 minutes. Heat to internal temp of 165 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 Serving

Amount Per Serving

Calories	600.00		
Fat	30.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	730.00mg		
Carbohydrates	67.00g		
Fiber	3.00g		
Sugar	28.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.34mg

Yogurt & Whole Grain Muffin

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14814

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	50 Each		557991
72-1.8Z MUFFIN BLUEBERRY IW OTIS 03100	1		145740
6-16CT YOGURT ASST TUBE 2.25Z 47804	1		886980

Preparation Instructions

In a 4 ounce food tray, place 1 muffin and 1 yogurt.

Place in cooler until ready to serve.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	200.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	4.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14815

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BFASST SAUS 2X6 WGRAIN 192CT MAX	1 Each		340351

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

Amount Per Serving

Calories	160.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	460.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.00mg

French toast sticks

Servings:	200.00	Category:	Grain
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14816

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	4 Each	Preheat oven to 400 degrees F. Place on flat or shallow pan and bake 10-12 minutes, turning after 5 minutes for more even browning. Convection oven: Bake at 375 degrees for 10 minutes. To fry: Deep fry at 350 degrees for 1-1/2 to 2 minutes or until golden brown.	652370

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00

Amount Per Serving

Calories	2.10		
Fat	0.08g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.60mg		
Carbohydrates	0.30g		
Fiber	0.02g		
Sugar	0.06g		
Protein	0.05g		
Vitamin A	0.04IU	Vitamin C	0.00mg
Calcium	0.19mg	Iron	0.01mg

Assorted Fresh Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14817

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
STRAWBERRY 8 MRKN	1/2 Cup		212768
PEAR 95-110CT MRKN	1 Each		198056
MELON MUSK CANTALOUPE 12CT MFC	1/2 Cup		200565

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	2.94
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	410.94
Fat	1.14g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.92mg
Carbohydrates	105.95g
Fiber	15.81g
Sugar	56.99g
Protein	5.24g
Vitamin A 560.34IU	Vitamin C 363.79mg
Calcium 113.09mg	Iron 1.41mg

Whole Grain Biscuits & Gravy

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14818

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN 216-2.51Z PILLS	50 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200
GRAVY SAUS CNTRY 6- 10 CHEFM	12 1/2 Cup		464694

Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Hold each until service.

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

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

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

SLE Components

Amount Per Serving

Meat	0.00
Grain	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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	290.00
Fat	16.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	570.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	3.00g
Protein	7.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	1.08mg

Milk, Variety

Servings:	5.00	Category:	Milk
Serving Size:	8.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14819

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Low Fat White Milk	1 Pint		13871
.5 pint 1% chocolate milk	1 Pint		
1% Strawberry Milk	1 Pint		
Prairie Farms Skim White Milk Carton	1 Pint		

Preparation Instructions

Place in milk cooler to keep an internal temperature of 35 degrees.

SLE Components

Amount Per Serving

Meat	0.80
Grain	0.40
Fruit	0.20
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories	84.00		
Fat	1.00g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	8.00mg		
Sodium	109.00mg		
Carbohydrates	12.20g		
Fiber	0.00g		
Sugar	11.60g		
Protein	6.40g		
Vitamin A	4.00IU	Vitamin C	0.80mg
Calcium	12.00mg	Iron	0.00mg

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14820

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each	DEEP FRYING NO RECOMMENDED. PREFERRED METHOD FOR COOKING IS THAWED. MICROWAVE: THAWED, 30 SECONDS. FROZEN, 55 SECONDS. 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.	497202

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

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

Assorted Cereal

Servings:	960.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14821

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	96 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL REESEES PUFFS WGRAIN 96CT GENM	96 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
CEREAL CINN TOAST CRNCH BWL 96CT GENM	96 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	96 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FROOT LOOPS R/S BWL 96- 1Z KELL	96 Package		283620
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	96 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FRSTD MINI WHE CHOC BWL 96CT	96 Package		805630
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	96 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL FRSTD MINI WHE BWL 96CT KELL	96 Package		662186
CEREAL RICE KRISPIES WGRAIN 96- 1Z	96 Package		509303

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 960.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		109.00	
Fat		1.45g	
SaturatedFat		0.20g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		134.00mg	
Carbohydrates		23.40g	
Fiber		1.80g	
Sugar		7.20g	
Protein		2.00g	
Vitamin A	330.00IU	Vitamin C	4.86mg
Calcium	56.00mg	Iron	5.49mg

Tornadoes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14823

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST BCN EGG&CHS 3-8CT RUIZ	1 Each		149311
TORNADO BKFST SAUS/EGG/CHS 3Z 8-3CT	1 Each		740072

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.38
Grain	1.13
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	3.50g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	140.00mg		
Carbohydrates	11.00g		
Fiber	1.00g		
Sugar	0.50g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken Biscuit

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14824

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	1.10		
Fat	0.06g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.20mg		
Sodium	2.20mg		
Carbohydrates	0.07g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.42mg
Calcium	0.00mg	Iron	0.01mg

Donut Assortment

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14825

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chocolate Covered Donuts	1 Package	READY_TO_EAT	029521
Powdered Sugar Mini Donuts	1 Package	READY_TO_EAT	019622

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	5.90		
Fat	0.26g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	0.82g		
Fiber	0.04g		
Sugar	0.40g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.14mg

Eggs Scrambled USDA

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14827

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGGS LARGE CARTON (30-1DOZ)	1 Each		867009

Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

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: 100.00

Serving Size: 1.00

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

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15244

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice		722360
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	2 Each		710650
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Directions:

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
3. Top each slice of bread with 4 slices (2 oz) of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	210.00
Fat	6.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	590.00mg
Carbohydrates	24.00g
Fiber	4.00g
Sugar	3.00g

Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 268.00mg	Iron 2.00mg

Yogurt Parfait with Granola

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-15474

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	1 Ounce	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF 4-5 GFS	1/2 Cup		244630

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.49
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	256.94
Fat	4.25g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	134.70mg
Carbohydrates	49.63g
Fiber	3.50g
Sugar	26.92g
Protein	6.73g
Vitamin A 0.00IU	Vitamin C 27.00mg
Calcium 144.33mg	Iron 1.08mg

sausage patty and biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15475

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT BTRMLK GLDN 2.25Z 5-24CT	1 Each	BAKE Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	109830

Preparation Instructions

thaw and serve or can be heated at 375 degrees for 3-5 minutes to a preferred level of browning

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	331.00		
Fat	18.00g		
SaturatedFat	8.20g		
Trans Fat	0.00g		
Cholesterol	31.00mg		
Sodium	792.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	1.80mg

sausage patty and biscuit

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15476

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GFS	1 Each	Thaw and serve or can be heated at 375 degrees for 3-5 minutes to a preferred level of browning	685000

Preparation Instructions

thaw and serve or can be heated at 375 degrees for 3-5 minutes to a preferred level of browning

SLE Components

Amount Per Serving

Meat	0.01
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: 150.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.21		
Fat	0.12g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.17mg		
Sodium	6.01mg		
Carbohydrates	0.22g		
Fiber	0.00g		
Sugar	0.02g		
Protein	0.06g		
Vitamin A	0.37IU	Vitamin C	0.00mg
Calcium	0.37mg	Iron	0.01mg

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15477

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice		271411
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822

Preparation Instructions

- 1) Clean and sanitize work area. 2) Follow proper health & sanitation guidelines at all times.
- 3) Ingredients should be held at 41 degrees or below at all times to assure food safety. 4) Food temperatures should be taken before, during and after serving to assure proper holding temperatures. Any foods that exceed 41 degrees shall be disposed of after service and within 4 hours after the temperature rises above 41 degrees. 5) Unused ingredients should be returned to the cooler as soon as possible and cooled properly in shallow pans.
- 6) Foods should be clearly labeled and date marked with a 7-day discard date including the day first opened.

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 1

Amount Per Serving			
Calories	325.00		
Fat	9.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	785.00mg		
Carbohydrates	36.50g		
Fiber	4.00g		
Sugar	6.50g		
Protein	18.50g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	142.50mg	Iron	2.72mg

Hot Ham & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15478

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
American Cheese Sliced RF	1 Piece		666204
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	205.00		
Fat	6.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	47.50mg		
Sodium	685.00mg		
Carbohydrates	21.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	17.50g		
Vitamin A	30.00IU	Vitamin C	1.20mg
Calcium	147.00mg	Iron	1.72mg

Taco Salad

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD IQF 6-5# JTM	1 Cup		661940
SEASONING TACO MIX 2-5 GRSZ	1 Teaspoon		427446
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1/4 Cup		191043
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup		242489
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1 Tablespoon		324531

Preparation Instructions

Prepare beef crumbles with taco seasoning. Cup meat, salsa, lettuce, shredded cheese, tomato, and olives. Allow students to create their own mixture of toppings for their salads.

SLE Components

Amount Per Serving

Meat	0.01
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: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	2.21		
Fat	0.15g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.47mg		
Sodium	6.13mg		
Carbohydrates	0.08g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.13g		
Vitamin A	4.19IU	Vitamin C	0.01mg
Calcium	2.32mg	Iron	0.01mg

Hamburger/Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15480

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
CHEESE AMER 160CT SLCD R/F 6-5# COMM	1 Slice		864090

Preparation Instructions

Cook beef patties to temp. Add cheese to half and steam to melt cheese. Place on bun.

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

Amount Per Serving			
Calories	302.60		
Fat	11.90g		
SaturatedFat	4.95g		
Trans Fat	0.48g		
Cholesterol	42.50mg		
Sodium	444.40mg		
Carbohydrates	28.00g		
Fiber	4.80g		
Sugar	5.00g		
Protein	21.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	182.00mg	Iron	2.44mg

Cheese/Peanut Butter Crackers

Servings:	50.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15482

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5# COMM	3 Slice		864090
PEANUT BUTTER 120-1.1Z JIF	1 Each		794301
CRACKER SALTINE 300-4CT ZESTA	2 Package		270644

Preparation Instructions

Prepare and serve cold

SLE Components

Amount Per Serving

Meat	0.03
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 5.00

Amount Per Serving

Calories	7.70		
Fat	0.46g		
SaturatedFat	0.14g		
Trans Fat	0.00g		
Cholesterol	0.45mg		
Sodium	19.10mg		
Carbohydrates	0.58g		
Fiber	0.00g		
Sugar	0.12g		
Protein	0.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.26mg	Iron	0.04mg

Spaghetti with Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15483

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 3/5 Ounce		573201
PASTA SPAGHETTI 20 LONG 20 GCHC	2 Ounce		108375

Preparation Instructions

IN EACH OF 9-4B PANS:

2-5# Bags Spaghetti Sauce w/beef

1 lb. Beef Crumbles

1 tsp. Salt

1 ½ tsp. Garlic Powder

1 tsp. Black Pepper

4 T. Italian Pizza Seasoning

Stir this together then add:

4 lbs. WG Spaghetti Noodles on top.

Put in steamer uncovered for 10-15 minutes. Stir. Must temp at 160*

Serve with #6 scoop. 42 servings per pan.

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	367.00
Fat	8.00g
SaturatedFat	2.80g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	290.00mg
Carbohydrates	51.00g
Fiber	4.00g
Sugar	9.00g
Protein	22.00g
Vitamin A	647.00IU
Vitamin C	19.00mg

Calcium 54.00mg **Iron** 3.80mg

Cheesy Chicken and Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15484

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	1/8 Cup		135271
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	3 Tablespoon	3tbps yield 1/2 cup cooked.	576280
CHIX FAJT 30 COMM	2 3/4 Ounce		154900

Preparation Instructions

Plate cooked rice topped with fajita chicken and queso. Taco seasoning may be added to enhance flavor.

SLE Components

Amount Per Serving

Meat	2.14
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

Amount Per Serving

Calories	250.68		
Fat	7.88g		
SaturatedFat	3.96g		
Trans Fat	0.00g		
Cholesterol	70.25mg		
Sodium	858.55mg		
Carbohydrates	24.18g		
Fiber	1.00g		
Sugar	1.62g		
Protein	21.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	128.68mg	Iron	0.36mg

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17638

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
PEPPERONI SLCD 14-16/Z 2-5 GFS	1 Ounce		729981
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

Package together in Container. Counts as a reimbursable meal by itself. Students must also be able to take all other menued vegetables, fruits and milk, if desired.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 408.75

Fat 17.81g

SaturatedFat 8.25g

Trans Fat 0.00g

Cholesterol 31.88mg

Sodium 918.75mg

Carbohydrates 38.00g

Fiber 5.00g

Sugar 8.00g

Protein 22.38g

Vitamin A 362.00IU **Vitamin C** 6.00mg

Calcium 444.00mg **Iron** 1.46mg

Fresh Veggie Bowl

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17654

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	Rinse carrots under cold water...drain	768146
CUCUMBER SELECT 24CT MRKN	1/4 Cup	Wash cucumbers & slice	418439
TOMATO CHERRY 11 MRKN	1/4 Cup	Wash tomatoes and drain	569551
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486

Preparation Instructions

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Buffalo Chicken Sandwiches

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17992

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	30 Pound		570533
CHEESE MOZZ IMIT SHRD FTHR 4-5 KE	1 Quart		311995
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	5 5/9 Cup		704229
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

**Thaw diced chicken in walk in cooler overnight before prep.

1. Steam diced chicken in Combi on steam mode @ 278°F for until to temp. Drain liquid when done and hold in warmer until later prep.
2. Mix together drain diced cooked chicken and buffalo sauce.
3. Add mozzarella cheese.
4. Stir well to blend.
5. Place mixture back into steamer to bring up to temp.
6. Serve .5 cup on whole wheat bun.

SLE Components

Amount Per Serving

Meat	2.09
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: 200.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		111.45	
Fat		4.41g	
SaturatedFat		1.40g	
Trans Fat		0.00g	
Cholesterol		44.00mg	
Sodium		375.92mg	
Carbohydrates		1.41g	
Fiber		0.02g	
Sugar		0.10g	
Protein		14.51g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 6.64mg **Iron** 0.81mg

Red/Orange/Green Veggie Bowl

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17993

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN STRP 3/4 2-3 RSS	4 Piece		849995
TOMATO CHERRY 11 MRKN	3 Piece		569551
CUCUMBER SLCD 1/4 2-3 RSS	3 Piece		329517

Preparation Instructions

Serve with dip.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	1.44		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.30mg		
Carbohydrates	0.32g		
Fiber	0.10g		
Sugar	0.21g		
Protein	0.06g		
Vitamin A	46.62IU	Vitamin C	0.78mg
Calcium	0.94mg	Iron	0.02mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18044

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	3 Tablespoon	#20 scoop	150250
CHIP YEL RND TORTL 12-16Z BRRLOFUN	2 Ounce	20 chips per serving	725320
LETTUCE SHRD 3/8 CUT 4-5 RSS	1 Cup		678791
SOUR CREAM L/F 4-5 RGNLBRND	2 Tablespoon	#30 scoop	534331
SALSA 103Z 6-10 REDG	1/4 Cup	#16 scoop	452841
BEEF CRMBL CKD IQF 6-5# JTM	1 Cup		661940
SEASONING TACO MIX 2-5 GRSZ	1 Teaspoon		427446

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Portion half #16 scoop of meat, #20 scoop of cheese on top of 1 cup shredded lettuce & 20 tortilla chips
3. Offer with salsa & sour cream

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	479.74
Fat	26.17g
SaturatedFat	8.84g
Trans Fat	0.29g
Cholesterol	49.71mg
Sodium	791.22mg
Carbohydrates	50.49g
Fiber	5.41g
Sugar	3.33g
Protein	16.58g
Vitamin A	462.33IU
Vitamin C	2.67mg

Calcium 249.27mg **Iron** 2.82mg

Broccoli Steamed

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18089

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	25 Cup		610902
OIL OLIVE XVGRN SPRAY 6-12FLZ OLIVARI	1 Ounce		617531
SEASONING A/P HERB NO SALT 13Z TRDE	1/2 Ounce		647240

Preparation Instructions

Remove broccoli from freezer. Open and layer in steamtable pan.

Spray with virgin oil and sprinkle with seasoning salt.

Cook to 165 degrees or until broccoli texture is reached, Hold in warmer 145 degrees or higher.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving

Calories	33.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	6.67g		
Fiber	4.00g		
Sugar	1.33g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.67mg	Iron	1.33mg

F- Fruit Variety

Servings:	20.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18100

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	1 Each		540005
PEACH DCD IN JCE 6-10 GFS	1 Cup		610372
Sliced Peaches 6-10	1 Cup	BAKE	100219
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE	473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	1 Cup		117897
BANANA TURNING 40 P/L	1 Each		200999
Sliced Pears 6-10	1 Cup	BAKE	100224
Wild Blueberries fzn	1 Cup	BAKE	100243
Strawberries, diced, Cups, frozen	1 Cup		100256
Peaches, diced, cups, Frozen	1 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	1 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each	READY_TO_EAT	544426
Apples, Gala	1 Each	BAKE	14J93
Grapes	1	BAKE	14P36
Pear, fresh	1	BAKE	14P12
Oranges, whole	1 Each	BAKE	16W62

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.58
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	98.86		
Fat	0.12g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	24.14g		
Fiber	2.22g		
Sugar	18.93g		
Protein	0.87g		
Vitamin A	98.77IU	Vitamin C	8.51mg
Calcium	11.36mg	Iron	0.45mg

Spaghetti and Meat Sauce with Cheese Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18211

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI CKD 4-5 PG	1 Cup		835910
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 3/5 Ounce		573201

Preparation Instructions

Cook beef spaghetti sauce according to instructions. Top pasta with 5.6 ounces of spaghetti sauce. Serve breadstick alongside meal.

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	717.00
Fat	24.00g
SaturatedFat	9.80g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	845.00mg
Carbohydrates	80.00g
Fiber	6.00g

Sugar	14.00g
Protein	42.00g
Vitamin A 647.00IU	Vitamin C 19.00mg
Calcium 414.00mg	Iron 6.00mg

Spinach Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18214

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	1 Cup		560545
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
CUCUMBER SELECT 24CT MRKN	2 Slice		418439

Preparation Instructions

Prepare according to food safety standards (wash, chop, store). Place 1 cup spinach in bowl, top with 1oz carrot and 2 slices of cucumber.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	17.09		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.13mg		
Carbohydrates	3.92g		
Fiber	1.93g		
Sugar	1.46g		
Protein	1.26g		
Vitamin A	4762.38IU	Vitamin C	1.92mg
Calcium	40.37mg	Iron	1.02mg

Buttered sweet peas

Servings:	75.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18215

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	4 #10 CAN	Place 4 cans of canned peas into roaster or steam table pan using most of the liquid.	222000
BUTTER SUB 24-4Z BTRBUDS	1 Package	Stir in 1 packet of Butter Buds.	209810

Preparation Instructions

Heat peas and Butter Buds mixture to minimum of 135 degrees F; hot hold at a minimum of 135 degrees F until serving.

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	0.49

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.14		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	151.22mg		
Carbohydrates	11.21g		
Fiber	2.92g		
Sugar	4.87g		
Protein	2.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.47mg	Iron	0.68mg

Dark Green Side Salad

Servings:	36.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18216

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CLND 2-5 RSS	1 Cup	Wash, Drain, and chop 4 pounds of romaine lettuce and place 1 cup in an 8 oz tray	702609
TOMATO 5X6 XL 25 MRKN	1/4 Cup	Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce	206032
CARROT BABY WHL MED 12-2 GFS	13/100 Cup	Wash, drain, and chop 1.1 pounds of carrots and add 1/8 of a cup to lettuce and tomato	273902

Preparation Instructions

Measures/Weights/Servings were calculated according to the Food Buying Guide. Critical temperature: 40*

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	0.65		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	0.14g		
Fiber	0.05g		
Sugar	0.08g		
Protein	0.04g		
Vitamin A	10.41IU	Vitamin C	0.17mg
Calcium	0.57mg	Iron	0.01mg

Buttered Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18217

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GFS	1/2 Cup		285620
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

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	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	81.63		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	63.73mg		
Carbohydrates	17.67g		
Fiber	1.49g		
Sugar	1.49g		
Protein	2.24g		
Vitamin A	74.63IU	Vitamin C	1.79mg
Calcium	0.00mg	Iron	0.27mg

Cole Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18218

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 1/4 Cup		198226
DRESSING COLESLAW 4-1GAL LTHSE	1/4 Cup	READY_TO_EAT Open, pour and enjoy!	132151

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	0.42
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	280.83		
Fat	18.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	796.67mg		
Carbohydrates	26.17g		
Fiber	1.67g		
Sugar	22.50g		
Protein	0.83g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.17mg	Iron	0.00mg

Assorted Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18816

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262343
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

Assorted Milk

Servings:	3.00	Category:	Milk
Serving Size:	8.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18817

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms 1% Low Fat Chocolate Milk	8 Fluid Ounce	READY_TO_DRINK	
Prairie Farms 1% Lowfat White Milk	8 Fluid Ounce		4752
Prairie Farms Fat Free Strawberry Milk	8 fl. oz.		

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: 3.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories	706.67		
Fat	13.33g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	66.67mg		
Sodium	973.33mg		
Carbohydrates	100.67g		
Fiber	0.00g		
Sugar	95.33g		
Protein	45.33g		
Vitamin A	464.67IU	Vitamin C	0.67mg
Calcium	748.67mg	Iron	0.00mg

Assorted Donuts

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18818

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	295.00		
Fat	13.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	41.00g		
Fiber	2.00g		
Sugar	20.00g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.26mg

PopTarts

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18819

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.42
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	366.67		
Fat	5.67g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	386.67mg		
Carbohydrates	76.00g		
Fiber	6.00g		
Sugar	30.33g		
Protein	4.67g		
Vitamin A	666.67IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Assorted Juice

Servings:	3.00	Category:	Fruit
Serving Size:	4.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18825

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 96-4FLZ HV	4 Fluid Ounce		577230
JUICE ORNG 100 96-4FLZ HV	4 Fluid Ounce		577281
JUICE GRP 100 96-4FLZ HV	4 Fluid Ounce		577270

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	38.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.38mg		
Carbohydrates	9.50g		
Fiber	0.10g		
Sugar	9.50g		
Protein	0.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.51mg	Iron	0.26mg

Chicken Alfredo Pasta

Servings:	54.00	Category:	Entree
Serving Size:	4.93 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18827

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	Heat Alfredo Sauce to 165 degrees	155661
CHIX FAJT 30 COMM	3 1/2 Pound	Thaw Chicken prior to using. Add Chicken to Cooked Pasta and Alfredo Sauce	154900
CHEESE MOZZ SHRD 30 COMM	10 Ounce	Mix Cheese with Pasta, Chicken, and Sauce	150620
PASTA ROTINI 2-10 KE	3 Pound	Boil in water according to package directions. Add Alfredo Sauce, Chicken, and, Cheese	635511

Preparation Instructions

After mixing all together place in 4" steam table pan sprayed with Pan Coating. Bake until reached temperature of 165 degrees.

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: 54.00

Serving Size: 4.93 Ounce

Amount Per Serving

Calories	215.71		
Fat	7.01g		
SaturatedFat	3.97g		
Trans Fat	0.00g		
Cholesterol	42.60mg		
Sodium	519.42mg		
Carbohydrates	23.51g		
Fiber	0.89g		
Sugar	4.12g		
Protein	14.58g		
Vitamin A	179.11IU	Vitamin C	0.00mg
Calcium	159.24mg	Iron	0.89mg

Roasted Baby Carrots

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18829

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 12-2 GCHC	5 Pound		599921
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	33/100 Cup		743879
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 Tablespoon		565164
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon		225061

Preparation Instructions

Toss together until well coated. Put on full sheet pan and bake at 350 degrees for 20-30 minutes or until mostly tender.

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	75.17		
Fat	4.09g		
SaturatedFat	0.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	76.40mg		
Carbohydrates	9.74g		
Fiber	3.66g		
Sugar	5.22g		
Protein	0.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.43mg	Iron	0.44mg

Salisbury Steak

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18830

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Tablespoon	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE	552050
BEEF STK SALIS CHARB 53-3Z ADV	1 Each	BAKE Conventional oven: do not overlap. Conventional oven: frozen: 400 degrees f for 13-15 minutes. Defrosted: conventional oven: 400 degrees f for 7-10 minutes. Convection oven: convection oven: frozen: 375 degrees f for 11-14 minutes. Defrosted: 375 degrees f for 6-8 minutes.	485649

Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon of gravy over each pan of 30 Salisbury Steaks.

Heat.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.00		
Fat	20.50g		
SaturatedFat	8.00g		
Trans Fat	0.50g		
Cholesterol	45.00mg		
Sodium	610.00mg		
Carbohydrates	9.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	13.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.44mg

Mashed Potato

Servings:	360.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18832

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	14 Pound	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
BUTTER SUB 24-4Z BTRBUDS	48 Ounce		209810
SEASONING A/P HERB NO SALT 13Z TRDE	3 Tablespoon		647240

Preparation Instructions

Prepare water to boiling.

Add potato pearls and butter buds.

Whisk to desired texture. Hold in warmer 145 degrees or higher.

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	0.45

Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 1.00

Amount Per Serving			
Calories	68.40		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	315.36mg		
Carbohydrates	13.01g		
Fiber	0.75g		
Sugar	0.00g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.50mg	Iron	0.22mg

Seasoned Green Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18834

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	4 #10 CAN	Drain liquid from 3 cans and place in full size steam table. The 4th can can be placed in the steam table liquid and beans.	118737
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup		223255

Preparation Instructions

Preparation Instructions

WASH HANDS.

1. Open can and pour all ingredients into steam table pan.
2. Heat through.
3. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135oF.

Child Nutrition: 1/2 cup provides= 1/2 cup 'other' vegetable

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	22.58		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	145.49mg		
Carbohydrates	4.62g		
Fiber	2.13g		
Sugar	2.11g		
Protein	1.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.79mg	Iron	0.43mg

Fruit Variety- Canned

Servings:	10.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18837

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MIXED DCD IN JCE 6-10 GFS	1 Each		610348
PEACH DCD IN JCE 6-10 GFS	1 Each		610372
PEAR HALVES IN JCE 6-10 GFS	1 Each		610275
PINEAPPLE CHUNKS IN JCE 6-10 GFS	1 Each		189952
ORANGES MAND WHL L/S 6-10 GFS	1 Each		117897
APPLESAUCE IN JCE NSA 6-10 GFS	1 Each		610283
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
APPLESAUCE CINN 96-4.5Z	1 Each		358572
APPLESAUCE BLUE RASPB CUP 96-4.5Z P/L	1 Each		342071

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 70.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.50mg

Carbohydrates 16.90g

Fiber 0.80g

Sugar 14.90g

Protein 0.20g

Vitamin A 365.00IU **Vitamin C** 15.24mg

Calcium 19.60mg **Iron** 0.04mg

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18838

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	441900
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
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	302.60		
Fat	13.30g		
SaturatedFat	4.90g		
Trans Fat	0.06g		
Cholesterol	23.00mg		
Sodium	797.20mg		
Carbohydrates	34.00g		
Fiber	0.70g		
Sugar	3.00g		
Protein	12.20g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	38.27mg	Iron	2.42mg

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18839

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

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 Piece

Amount Per Serving

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

String Cheese and Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18840

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	150.00		
Fat	6.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	260.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	10.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	350.00mg	Iron	0.00mg

Cheese/Peanut Butter Crackers

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18844

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER 120-1.1Z JIF	2 Each		794301
CHEESE COLBY JK CUBED 6-1 GCHC	2 Ounce		471461
CRACKER SALTINE UNSALTED 500-2CT NAB	4 Package		536091

Preparation Instructions

No Preparation Instructions available.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	343.33		
Fat	25.00g		
SaturatedFat	8.00g		
Trans Fat	0.23g		
Cholesterol	30.00mg		
Sodium	343.33mg		
Carbohydrates	18.33g		
Fiber	0.00g		
Sugar	3.00g		
Protein	14.67g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	216.00mg	Iron	1.88mg

Biscuit with Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18989

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK GLDN 2.25Z 5-24CT	1 Each	BAKE Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	109830
GRAVY MIX BISC PEPRD 6-24Z PION	1/4 Cup		792683

Preparation Instructions

Bake biscuit according to instructions. Cook gravy mix according to instructions on box. Cup 1/2 cup of gravy mix for each biscuit.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	255.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	1.50g		
Cholesterol	5.00mg		
Sodium	860.00mg		
Carbohydrates	34.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.16mg

Chips Assortment

Servings:	5.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18990

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP POT REG 104-SSV LAYS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105110
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CHIP POT SR CRM ONIO 104-SSV LAYS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105120
CHIP POT BBQ 104-SSV LAYS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105130
CHIP COOL RNCH 104-SSV DORITOS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Contact PepsiCo Foodservice for display equipment options.	105080

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.30
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00
Serving Size: 1.00 Package

Amount Per Serving

Calories	149.99
Fat	8.40g
SaturatedFat	1.29g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	173.99mg
Carbohydrates	16.80g
Fiber	1.20g
Sugar	1.20g
Protein	2.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.60mg	Iron	0.46mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18995

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each		4040

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
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	310.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	582.60mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.11mg	Iron	10.76mg

Broccoli & Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18996

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	30 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package		135261

Preparation Instructions

1. Prepare broccoli according to manufacturer's instructions. CCP: Heat to 135 F or higher.
2. Prepare cheese sauce according to manufacturer's instructions. CCP: Heat to 135 F or higher.
3. Ensure broccoli is fully drained before mixing in cheese sauce.

**Allergens: Milk, Soy

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	55.52		
Fat	2.07g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	5.91mg		
Sodium	140.17mg		
Carbohydrates	5.88g		
Fiber	3.00g		
Sugar	1.00g		
Protein	4.47g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.76mg	Iron	0.00mg

Chuckwagon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18997

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	READY_TO_EAT	276142
BEEF PTY CHUCKWAGON BRD 40-4Z GCHC	1 Each		186945

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
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	19.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	520.00mg		
Carbohydrates	49.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.80mg

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19158

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT 4Z O/R 10 GCHC	1 Each		842745
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

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	350.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	550.00mg		
Carbohydrates	46.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	2.30mg

Chocolate Strawberry Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms 1% Low Fat Chocolate Milk	8 8 oz	READY_TO_DRINK	
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 30 GFS	8 Cup		278726

Preparation Instructions

1. Place all ingredients in blender or container for blending with immersion blender.
2. Pulse until smooth
3. Pour in appropriate sized cups.

CCP: Hold for cold service at 41F or lower.

CCP: Refrigerate until served.

May make the day before and freeze. Allow to thaw slightly before service for a thicker, icy smoothie.

SLE Components

Amount Per Serving

Meat	1.49
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: 16.00

Serving Size: 12.00 Ounce

Amount Per Serving	
Calories	298.88
Fat	2.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	8.73mg
Sodium	174.70mg
Carbohydrates	63.49g
Fiber	1.49g
Sugar	52.04g
Protein	7.73g
Vitamin A 86.50IU	Vitamin C 35.82mg
Calcium 272.83mg	Iron 0.54mg

Mocha Coffee Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19280

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms 1% Low Fat Chocolate Milk	8 8 oz	READY_TO_DRINK	
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CAPPUCCINO SWISS MOCHA 6-2 GFS	48 Tablespoon		753480

Preparation Instructions

1. Place all ingredients in blender or container for blending with immersion blender.
2. Pulse until smooth
3. Pour in appropriate sized cups.

CCP: Hold for cold service at 41F or lower.

CCP: Refrigerate until served.

May make the day before and freeze. Allow to thaw slightly before service for a thicker, icy smoothie.

SLE Components

Amount Per Serving

Meat	1.49
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: 16.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	326.94		
Fat	4.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	8.73mg		
Sodium	314.70mg		
Carbohydrates	65.13g		
Fiber	0.00g		
Sugar	48.42g		
Protein	8.73g		
Vitamin A	86.50IU	Vitamin C	0.00mg
Calcium	298.83mg	Iron	0.00mg

Strawberry Banana Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19282

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 30 GFS	8 Cup		278726
Prairie Farms 1% Lowfat White Milk	4 Half Pint	READY_TO_DRINK none	4752
BANANA KEEP RIPE 10# P/L	12 Each		627910

Preparation Instructions

1. Place all ingredients in blender or container for blending with immersion blender.
2. Pulse until smooth
3. Pour in appropriate sized cups.

CCP: Hold for cold service at 41F or lower.

CCP: Refrigerate until served.

May make the day before and freeze. Allow to thaw slightly before service for a thicker, icy smoothie.

SLE Components

Amount Per Serving

Meat	1.49
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: 16.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	327.63
Fat	1.67g
SaturatedFat	1.20g
Trans Fat	0.00g
Cholesterol	7.48mg
Sodium	90.60mg
Carbohydrates	74.49g
Fiber	3.82g
Sugar	54.29g
Protein	6.71g
Vitamin A 56.64IU	Vitamin C 43.52mg

Calcium 138.75mg **Iron** 0.77mg

Dreamsicle Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
Prairie Farms 1% Lowfat White Milk	4 Half Pint		4752
ORANGES MAND BRKN L/S 6-10 GFS	8 Cup		152811
FLAVORING VANILLA IMIT 1-QT KE	1 Ounce		110736

Preparation Instructions

1. Place all ingredients in blender or container for blending with immersion blender.
2. Pulse until smooth
3. Pour in appropriate sized cups.

CCP: Hold for cold service at 41F or lower.

CCP: Refrigerate until served.

May make the day before and freeze. Allow to thaw slightly before service for a thicker, icy smoothie.

SLE Components

Amount Per Serving

Meat	1.49
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: 16.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	227.00
Fat	1.37g
SaturatedFat	1.12g
Trans Fat	0.00g
Cholesterol	7.48mg
Sodium	100.08mg
Carbohydrates	45.88g
Fiber	0.00g
Sugar	38.17g
Protein	6.73g
Vitamin A 400.00IU	Vitamin C 18.00mg

Calcium 154.33mg **Iron** 0.36mg

Spicy Chicken Sandwich

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19286

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB GLDN 4 10-12CT GFS	1 Each		558110
CHIX PTY HOT&SPCY WGRAIN 3.05Z 6-26CT	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	536550

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	205.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	17.50mg		
Sodium	315.00mg		
Carbohydrates	26.50g		
Fiber	1.50g		
Sugar	3.00g		
Protein	10.50g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.70mg

Boom Boom Chicken

Servings:	160.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19825

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	45 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM 4- 1GAL KENS	1 1/4 Gallon	1-3/4 cup of sauce for every bag of chicken. Steam (Warm) sauce before mix with chicken.	877930

Preparation Instructions

Cook 1 bag of chicken as directed on 350 for 10-12 minutes on each baking sheet. If needed, bake a little longer to get chicken a little crispy. Steam to warm Boom Boom Sauce. Remove from oven and coat each tray of chicken thoroughly with 1-3/4 cup of Boom Boom Sauce before serving.

Serve 10 pcs per student for 2 oz m/ma and 1 oz for grain/bread. MUST SERVE (offer) 1 - 1.5 grain roll with Boom Boom Chicken

SLE Components

Amount Per Serving

Meat	2.09
Grain	1.05
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 10.00 Each

Amount Per Serving

Calories	421.90		
Fat	29.59g		
SaturatedFat	5.64g		
Trans Fat	0.00g		
Cholesterol	88.23mg		
Sodium	785.27mg		
Carbohydrates	18.79g		
Fiber	3.14g		
Sugar	1.00g		
Protein	19.88g		
Vitamin A	209.26IU	Vitamin C	0.00mg
Calcium	20.93mg	Iron	1.51mg

Hot Turkey and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19905

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI 40 COMM	3 Ounce		110550
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

Assemble sandwiches, wrap in aluminum foil, and heat until temp. Keep warm.

SLE Components

Amount Per Serving

Meat	2.38
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.00		
Fat	9.25g		
SaturatedFat	4.38g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	979.38mg		
Carbohydrates	29.38g		
Fiber	1.00g		
Sugar	1.50g		
Protein	23.38g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	147.01mg	Iron	1.56mg

Meatball Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00 1 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHLWHE 12-12CT ANTMILL	50 Each	Thaw out enough hot dog buns for one service the day before.	564053
SAUCE MARINARA A/P 6-10 REDPK	12 1/2 Cup	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4-5 LOL	3 3/25 Pound	Pull mozzarella the day before and place under refrigeration 40 degrees or below to thaw.	645170
MEATBALL CKD .65Z 6-5 COMM	200 Each	Pull meatballs from the freezer the day before. Place under refrigeration at 40 degrees or below.	785860

Preparation Instructions

Spray 4" deep hotel half pan with pan spray and pour marinara in the pan. (1 #10 can will give you approximately 48 1/4 cup servings). Place the hotel pan in a 350 degree oven and cook until it reaches 135 degrees.

Do not discard the marinara sauce cans! Take a cup or two of water and put it in the can and "swirl" around to get the rest of the marinara off of the can.

Spray a 4" deep hotel half pan with pan spray and pour meatballs into the pan. Pour the "water" from the marinara cans over the meatballs to keep them moist. Bake in a 350 degree oven until they reach 165 degrees.

Hold the marinara and meatballs separately in a warmer/steam table at 140 degrees or above (do not exceed 170 degrees or the quality of the meatballs will be compromised).

At the serving line, place the hot dog buns in a container and use gloved hands to take out of the container.

Place the meatballs in the steam well with the marinara next to it or in front of it.

Place mozzarella in a 4" deep hotel half pan and place on the serving line, but make sure the well is NOT on. Place ice in the well to keep the cheese cold. If you cannot place ice in the well, use small batches of mozzarella so as not to create time/temperature abuse of the mozzarella cheese.

During service, with gloved hand, reach in and get the hot dog bun and open.

Place 4 meatballs in the hot dog bun and place 1/4 cup of marinara on top of the meatballs.

Top with 1/2 ounce of shredded cheese.

This can be served in a 2# boat. If you are serving french fries or tater tots with this item, you can also serve them in the boat alongside the meatball sub.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00

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

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 1 Each

Amount Per Serving

Calories	399.43		
Fat	18.42g		
SaturatedFat	6.99g		
Trans Fat	0.60g		
Cholesterol	50.98mg		
Sodium	749.28mg		
Carbohydrates	35.28g		
Fiber	7.43g		
Sugar	8.86g		
Protein	25.42g		
Vitamin A	282.14IU	Vitamin C	5.29mg
Calcium	320.10mg	Iron	3.08mg

Burrito Bowl

Servings:	53.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19922

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	26 1/2 Cup	<p>MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760
RICE BRN PARBL WGRAIN 25 GCHC	56 Cup	<p>BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.</p>	516371
CHIX FAJT 30 COMM	185 Ounce	Prepare chicken according to directions. Heat to 135F or higher. Hold at 135 or higher.	154900

Preparation Instructions

1. Prepare Corn and Black Bean Fiesta according to directions. Hold covered until ready to use. CCP: Hold at 135F or higher.
2. Prepare steamed rice: Spray 2inch full size pan with pan release. Add 2 qt of water and 2qt of brown rice. Steam uncovered for 23 to 25 minutes. Cover and hold until ready to use.
3. Prepare chicken according to directions. Place in 4 inch deep half size steamtable pan. Cover and hold until ready to assemble bowls. Heat to 135F or higher. Hold at 135F or higher
4. Assemble bowls in the following order: 1/2 cup brown rice, 1/2 cup corn and black bean fiesta, 2 oz. fajita chicken.
5. OPTIONS: Cup shredded cheese, queso, lettuce, tomato, salsa, roasted peppers and onions, and olives for student customization.

SLE Components

Amount Per Serving

Meat	2.05
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Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 53.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	605.25
Fat	10.11g
SaturatedFat	2.05g
Trans Fat	0.00g
Cholesterol	75.97mg
Sodium	852.14mg
Carbohydrates	98.05g
Fiber	8.00g
Sugar	8.05g
Protein	32.48g

Vitamin A	648.37IU	Vitamin C	12.92mg
Calcium	14.36mg	Iron	1.12mg

BBQ Nachos

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19923

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	40 Ounce	KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	366320
CHIP TORTL RND YEL 5-1.5 KE	40 Ounce		163020
SAUCE CHS CHED 6-5 JTM	40 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	271081

Preparation Instructions

Assemble product on serving line in the following order: 1. 1 oz tortilla chips, 2 oz. bbq pork, 1.5 oz. cheddar cheese sauce.

SLE Components

Amount Per Serving

Meat	2.10
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		477.68	
Fat		20.89g	
SaturatedFat		7.10g	
Trans Fat		0.02g	
Cholesterol		52.77mg	
Sodium		772.70mg	
Carbohydrates		51.20g	
Fiber		4.70g	
Sugar		9.10g	
Protein		20.09g	
Vitamin A	426.37IU	Vitamin C	0.00mg
Calcium	316.98mg	Iron	0.72mg

Chicken & Waffle

Servings:	280.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19924

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	280 Package	BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269260
CHIX STRP BRD WGRAIN FC 1.3Z 30	1 Each		548842
SYRUP PANCK CUP 100-2.1Z SMUCK	1 Each		306304

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.66
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: 280.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.94		
Fat	5.02g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	170.53mg		
Carbohydrates	37.17g		
Fiber	3.00g		
Sugar	13.11g		
Protein	4.02g		
Vitamin A	0.24IU	Vitamin C	0.13mg
Calcium	20.02mg	Iron	0.72mg

Glazed Donut Holes

Servings:	1.00	Category:	Grain
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19926

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	6 Each	1. Place on lined sheet pan and thaw for 30-60 minutes at room temperature. 2. Heat in oven at 375 F for 2-3 minutes. 3. Finish: Glaze or roll in granulated sugar immediately, or ice when cool. Keep frozen at 0F (-18C) or below.	839520
GLAZE DONUT HONEY DIPPED 24 RICH	2 Tablespoon	STIR GLAZE BEFORE APPLYING TO HOT DONUTS. FOR BEST RESULTS, DONUT SURFACE SHOULD BE 180 F (82 C) OR GREATER. DIP OR POUR GLAZE OVER HOT DONUTS. ALLOW TO DRY ON COOLING RACK 10 - 15 MINUTES. SECURELY TIGHTEN LID AFTER EACH USE.	613789

Preparation Instructions

1. Storing: Store donut hole product frozen at 0 to 10 F.
2. Thawing: Remove desired amount of donut holes and place on lined sheet pan. (Reseal case and immediately return to freezer.)
3. Warming Donut Holes: Place the pan of donut holes in a 325°F oven to warm the surface and begin to thaw the centers for 3 to 4 min. DO NOT allow to bake or holes will become dry.
4. Place 6 warmed donut holes in a 16 oz. clear plastic tumbler.
5. Drizzle 1 oz. Honey Dip Donut Glaze over the donut holes .
6. Place the lid on the tumbler.
7. Turn the tumbler upside down to allow the glaze to run over the warm donuts Serve the donuts immediately or hold in a 110°F warmer until ready to serve the warm donut holes.
8. 6 donut holes provide 2 oz. eq. whole grain serving on USDA Child Nutrition Food Based Menus.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	410.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	62.00g		
Fiber	2.00g		
Sugar	38.00g		
Protein	4.00g		
Vitamin A	11.48IU	Vitamin C	0.00mg
Calcium	13.78mg	Iron	0.80mg

Scrambled Eggs with Sausage and Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19927

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	1 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	1 Each	KEEP FROZEN Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BREAD WGRAIN SLCD 1/2 7-32Z GFS	1 Slice	Toast to serve.	231053

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	276.00		
Fat	14.50g		
SaturatedFat	4.70g		
Trans Fat	0.00g		
Cholesterol	121.00mg		
Sodium	472.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	12.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	108.00mg	Iron	1.00mg

Chili

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19935

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD IQF 6-5# JTM	122 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	661940
ONION DEHY CHPD 15 P/L	1 1/4 Cup		263036
SEASONING CHILI MIX 6-5.7Z LAWR	50 Teaspoon		521183
TOMATO DCD I/JCE MW 6-10 GFS	25 Cup		246131
BEAN KIDNEY RED LT 6-10 GCHC	25 Cup		118788

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	319.72
Fat	12.01g
SaturatedFat	4.50g
Trans Fat	0.70g
Cholesterol	42.00mg
Sodium	1036.59mg
Carbohydrates	32.20g
Fiber	11.15g
Sugar	5.10g
Protein	22.13g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 97.89mg **Iron** 5.39mg

Baked Potato Bar

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19936

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 6Z 50 MRKN	1 Each		328731
MARGARINE CUP CHURN SPRD 900-5GM P/L	1 Each	READY_TO_EAT Ready to use.	106490
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	4 Ounce		661891
HAM DCD W/A 1/4 3-4 GCHC	1 Ounce		199834
CHEESE CHED IMIT SHRD FCY 4-5 KE	2 Ounce		476706
SOUR CREAM PKT 100-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	860490

Preparation Instructions

Lay out on baking sheet Bake in convection oven 420 degrees for 17 minutes.

SLE Components

Amount Per Serving

Meat	2.30
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.30
OtherVeg	0.10
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	425.83
Fat	18.91g
SaturatedFat	8.79g
Trans Fat	0.00g
Cholesterol	68.40mg
Sodium	952.40mg
Carbohydrates	41.32g
Fiber	6.33g
Sugar	8.66g
Protein	22.15g
Vitamin A 1261.75IU	Vitamin C 16.13mg
Calcium 104.94mg	Iron 2.73mg

Wings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19937

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	3 Ounce	3oz equals 5 wings Pre-heat oven to 350 degrees F, place frozen chicken pieces in a single layer on an ungreased baking pan, baked uncovered for 10 minutes (convection) or 25 minutes (conventional).	159883
DRESSING RNCH BUFF LOW SOD 100-1Z GFS	1 Each		700081
SAUCE BUFF HOT DIP CUP 60-2Z HEINZ	1 Each		852822
SAUCE WNG GARL PARM 4-.5GAL SWTBRAY	1 Tablespoon	Must be cupped.	167403

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	333.60		
Fat	25.07g		
SaturatedFat	5.10g		
Trans Fat	0.03g		
Cholesterol	109.00mg		
Sodium	668.60mg		
Carbohydrates	7.00g		
Fiber	0.20g		
Sugar	1.00g		
Protein	16.20g		
Vitamin A	144.47IU	Vitamin C	0.64mg
Calcium	11.23mg	Iron	0.07mg

Pasta Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19939

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 4-5 GCHC	6 1/4 Pound	Cook pasta until al dente. Stir occasionally. Do not overcook. Drain Well. Cool before mixing with vegetables.	413360
PEPPERS GREEN DCD 1/2 2-3 RSS	2 Pound		283959
CARROT MATCHSTICK SHRED 2-3 RSS	2 Pound		198161
PEPPERS RED DCD 3/8 2-3 RSS	2 Pound		581992
DRESSING ITAL GLDN 4-1GAL GCHC	100 Tablespoon		257885

Preparation Instructions

1. Combine rotini, bell peppers, carrots, and red peppers in a bowl.
2. Add italian dressing and stir to coat/mix.
CCP: Cool to 41F or lower within 4 hours.
CCP: Hold at 41F or below.
3. Serve 1 cup servings.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	168.62
Fat	6.92g
SaturatedFat	1.00g
Trans Fat	0.10g
Cholesterol	0.00mg
Sodium	177.84mg
Carbohydrates	23.53g
Fiber	1.50g
Sugar	2.83g

Protein		3.72g	
Vitamin A	1866.41IU	Vitamin C	15.26mg
Calcium	9.66mg	Iron	0.99mg

Chicken Dippers with Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19940

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .98Z 30	4 Each	Heating from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F	548832
GRAVY MIX BISC PEPRD 6-24Z PION	1/4 Cup	PREPARATION INSTRUCTIONS WATER 4 QUARTS GRAVY MIX 24 OUNCES 1. BRING 3 QUARTS WATER TO A FULL ROLLING BOIL. 2. COMBINE 1 QUART COOL TAP WATER AND 1 PACKAGE OF GRAVY MIX IN A SEPARATE CONTAINER. MIX WITH A WIRE WHISK UNTIL LUMP FREE. 3. POUR WATER AND GRAVY MIX BLEND INTO BOILING WATER. 4. STIR UNTIL GRAVY RETURNS TO A BOIL. SIMMER FOR ONE MINUTE WHILE STIRRING CONSTANTLY. 5. REMOVE FROM HEAT. POUR GRAVY INTO SERVING CONTAINER AND MAINTAIN INTERNAL GRAVY TEMPERATURE AT 165°F DURING SERVICE	792683

Preparation Instructions

Serve 4 chicken nuggets with a 1/4 cup side of gravy for dipping.

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	325.00
Fat	20.00g
SaturatedFat	4.50g
Trans Fat	1.50g
Cholesterol	65.00mg
Sodium	580.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	1.00g
Protein	18.00g
Vitamin A 200.00IU	Vitamin C 108.00mg
Calcium 20.00mg	Iron 1.44mg

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19941

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690
EGG SCRMBD CKD FZ 4-5 CARG	1 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	1 Ounce	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302

Preparation Instructions

Prepare Eggs and Sausage Crumbles according to instructions.

Assemble burrito on serving line.

SLE Components

Amount Per Serving

Meat	1.50
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	255.00		
Fat	17.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	110.00mg		
Sodium	365.00mg		
Carbohydrates	16.50g		
Fiber	2.00g		
Sugar	1.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 38.00mg **Iron** 1.72mg

Fresh Baked Cinnamon Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-19943

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WHLWHE 2.25Z 6- 32CT	1 Piece	Place frozen rolls in lightly greased pan. Cover rolls with plastic wrap sprayed with non-sticking cooking spray to prevent drying. Let rolls rise at room temperature until double in size (usually 3-4 hours). Preheat oven to 325 degrees F. Bake rolls 15-20 minutes, until golden brown. Remove from oven and place on wire rack to cool. TIME SAVING TIP: Can refrigerate overnight for baking next morning.	797322
ICING CREAM CHEESE 16# RICH	2 Tablespoon		133574

Preparation Instructions

Follow instructions for proof and baking of cinnamon rolls. Top with 2 tbsp of icing prior to serving.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	370.00		
Fat	17.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	230.00mg		
Carbohydrates	50.00g		
Fiber	2.00g		
Sugar	29.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Scrambled Eggs, Sausage, and Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19985

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	1 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BREAD WGRAIN SLCD 1/2 7-32Z GFS	1 Slice		231053

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	276.00		
Fat	14.50g		
SaturatedFat	4.70g		
Trans Fat	0.00g		
Cholesterol	121.00mg		
Sodium	472.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	12.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	108.00mg	Iron	1.00mg

Create Your Own Oatmeal Bar

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19988

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	1 Cup		240869
CHOC CHIPS SMISWT MINI 4000/4-4 GFS	1 Tablespoon		283630
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Teaspoon		565911
MARGARINE CUP SPRD WHPD 900-5GM GCHC	1 Each		772331
BLUEBERRY IQF 4-5 GFS	1/4 Cup		166720
APPLE SLCD RED PLD IQF 4-5 GFS	1/4 Cup		818895

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	426.50		
Fat	11.58g		
SaturatedFat	3.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	47.92mg		
Carbohydrates	79.00g		
Fiber	10.50g		
Sugar	19.00g		
Protein	11.00g		
Vitamin A	25.00IU	Vitamin C	30.90mg
Calcium	5.00mg	Iron	21.00mg

Taco Soup

Servings:	80.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19998

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF 4-5# JTM	160 Ounce	Thaw by refrigeration.	210780
SALSA MED THK & CHNKY 4-135Z GCHC	135 Ounce	1 container	880341
TOMATO DCD I/JCE MW 6-10 GFS	12 3/4 Cup	Equals 1 #10 can.	246131
CORN WHL KERNEL FCY GRADE 6-10 GFS	12 3/4 Cup	Equal 1 #10 can.	118966
BEAN PINTO 6-10 GCHC	12 3/4 Cup	Equals 1 #10 can.	261475
BEAN BLACK 6-10 GRSZ	12 3/4 Cup	Equals 1 #10 can.	557714
SEASONING TACO 21Z TRDE	1 Cup		413429
SEASONING MIX RNCH 6-16Z HVALL	1 Cup		618684
Cold Water	1/2 Gallon		0000

Preparation Instructions

Mix all ingredients together in tilt skillet and heat until temperature reaches 165F. Garnish with shredded cheese. Serve with tortilla chips.

SLE Components

Amount Per Serving

Meat	2.06
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.32
Starch	0.16

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	226.56
Fat	8.73g
SaturatedFat	3.20g
Trans Fat	0.00g
Cholesterol	19.59mg
Sodium	970.90mg
Carbohydrates	24.86g
Fiber	6.77g
Sugar	4.52g
Protein	13.33g

Vitamin A	383.51IU	Vitamin C	3.09mg
Calcium	62.35mg	Iron	2.85mg

Cheesy Chicken Noodle Casserole

Servings:	320.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20010

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 20WHT CKD 2-5 GCHC	40 Pound		527629
CHEESE CHED IMIT SHRD FCY 4-5 KE	320 Ounce	Equals 4 5lb bags.	476706
SOUP CRM OF CHIX 12-5 HLTHYREQ	294 Ounce		695513
PASTA NOODL EGG 1/2 XTRA WD 2-5	320 Ounce		292346
BASE CHIX 12-1 KE	3200 Fluid Ounce		160790
Cold Water	13 Gallon		0000

Preparation Instructions

Put chicken in tilt skillet and cover with water. Bring to boil. Add chicken base and egg noodles. Cook for 5-8 minutes until noodles are al dente. Add cream of chicken soup. Simmer approximately 10 minutes. Add 1/2 of shredded cheese. Simmer 15 minutes. Divide into 12 steam table pans. Top with remaining cheese. Bake at 350 for 20 minutes.

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: 320.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories	264.66		
Fat	7.50g		
SaturatedFat	2.28g		
Trans Fat	0.00g		
Cholesterol	72.89mg		
Sodium	1172.06mg		
Carbohydrates	26.88g		
Fiber	1.00g		
Sugar	1.73g		
Protein	21.66g		
Vitamin A	57.42IU	Vitamin C	0.00mg
Calcium	21.45mg	Iron	1.63mg

Power Up Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20048

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GFS	3 Cup	Do not drain! Chill pineapple chunks prior to assembly.	189952
ORANGES MAND WHL L/S 6-10 GFS	3 3/4 Cup	Drain and chill oranges prior to assembly.	117897
YOGURT VAN L/F PARFPR 6-4 YOPL	64 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500

Preparation Instructions

Place drained oranges, pineapples with juice, and yogurt in large capacity blender. Blend on high speed until smooth. Cup 12oz portions. CCP: Hold at 41F or below. This may be prepped the day before and kept in cooler overnight.

SLE Components

Amount Per Serving

Meat	1.49
Grain	0.00
Fruit	0.42
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	184.13		
Fat	0.75g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	68.14mg		
Carbohydrates	39.26g		
Fiber	0.75g		
Sugar	32.07g		
Protein	4.20g		
Vitamin A	187.50IU	Vitamin C	12.94mg
Calcium	143.70mg	Iron	0.17mg

Pumpkin Spice Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20049

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CHNK BITE SZ IN JCE 6-10 GFS	4 Cup	Do NOT drain! Chill before assembly.	610437
PUMPKIN FCY 6-10 GFS	3 1/4 Cup		186244
YOGURT VAN L/F PARFPR 6-4 YOPL	64 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
SPICE CINNAMON GRND 15Z TRDE	1 1/3 Tablespoon		224723

Preparation Instructions

Place canned pumpkin, peaches with juice, and yogurt in large capacity blender. Blend on high speed until smooth. Cup 12oz portions. CCP: Hold at 41F or below. This may be prepped the day before and kept in cooler overnight. This smoothie DOES NOT meet the total fruit requirements for a reimbursable meal. Students will still need to take an additional fruit to meet reimbursement.

SLE Components

Amount Per Serving

Meat	1.49
Grain	0.00
Fruit	0.20
GreenVeg	0.00
RedVeg	0.20
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 12.00 Ounce

Amount Per Serving			
Calories	157.25		
Fat	0.75g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	68.76mg		
Carbohydrates	33.60g		
Fiber	1.22g		
Sugar	23.04g		
Protein	5.04g		
Vitamin A	5687.50IU	Vitamin C	1.95mg
Calcium	155.08mg	Iron	0.29mg

PBJ Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	12.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20050

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	64 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 30 GFS	8 Cup	Thaw prior to assembly.	278726
Prairie Farms 1% Lowfat White Milk	1/2 Gallon	READY_TO_DRINK none	4752
PEANUT BUTTER SMOOTH 6-5 GFS	1 Cup		183245

Preparation Instructions

Combine all ingredients in a large blender. Blend until smooth. Cup into 12oz servings. May prep the day before and chill for next day serving.

SLE Components

Amount Per Serving

Meat	1.99
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: 16.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving

Calories	343.88
Fat	8.87g
SaturatedFat	2.37g
Trans Fat	0.00g
Cholesterol	7.48mg
Sodium	154.70mg
Carbohydrates	57.74g
Fiber	2.49g
Sugar	44.79g
Protein	9.23g
Vitamin A 0.00IU	Vitamin C 35.82mg
Calcium 134.33mg	Iron 0.90mg

Tuna Sandwich

Servings:	12.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD 4-1GAL MIR WHIP	3 Cup	REFRIGERATE AFTER OPENING.	251066
BREAD WGRAIN SLCD 1/2 7-32Z GFS	24 Slice		231053
TUNA CHNK LT TONGOL IN WTR 6-66.5Z	24 Ounce		235053

Preparation Instructions

Combine 1 package of Tuna with 3 cups of miracle whip.
6 ounces of tuna spread toast.

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: 12.00

Serving Size: 12.00 Each

Amount Per Serving

Calories	465.00		
Fat	23.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	790.00mg		
Carbohydrates	48.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	148.00mg	Iron	2.00mg