

Cookbook for Ballard County Elementary School

Created by HPS Menu Planner

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Breakfast Pizza- Elementary

Sausage, Egg, and Cheese Biscuit

Country Breakfast Scramble Wraps- Elementary

Bomber Nachos- Elementary

Baked Sweet Potatoes

Biscuit & Gravy Bowl

Servings:	1.00	Category:	Entree
Serving Size:	4.20 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15980

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC PEPRD 6-24Z PION	1/4 Cup		792683
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152

Preparation Instructions

Prep:

1. Place biscuit on pan

Day of Service:

1. Cook biscuit
2. Portion 2oz of gravy in cup
3. Place lid and put in the bottom of a 2oz bowl
4. Place Biscuit on top
5. Place lid on 12 oz bowl
6. Hold in red bag or holding cabinet

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: 4.20 Ounce

Amount Per Serving	
Calories	235.00
Fat	12.00g
SaturatedFat	6.50g
Trans Fat	1.50g
Cholesterol	0.00mg
Sodium	830.00mg
Carbohydrates	29.00g
Fiber	1.00g
Sugar	3.00g
Protein	4.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 30.00mg **Iron** 2.36mg

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15983

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	503640

Preparation Instructions

Day of Service:

1. Place Pizza on Pan
2. Bake according to box instructions
3. Place in box
4. Place in warming cabinet
5. Hold at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	330.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	168.00mg	Iron	1.80mg

Cereal Bags

Servings:	1.00	Category:	Entree
Serving Size:	24.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15986

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL APPLE JACKS BWL 96CT KELL	1 Each		232882
CEREAL REESEES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	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	1 Each		283620
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Package		544426
Bread, Whole Grain Texas Toast 22 oz/16 sl	1 Slice		6369

Preparation Instructions

Day of Service:

1. Place 1 box of 1 kind of cereal in bag
2. Place a spoon in bag
3. Place 1 box of raisins in bag
4. Seal bag
5. Serve toast in a separate container beside the cereal.

SLE Components

Amount Per Serving

Meat	0.00
Grain	9.25
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: 24.50 Ounce

Amount Per Serving

Calories	1176.00	
Fat	15.30g	
SaturatedFat	1.50g	
Trans Fat	0.00g	
Cholesterol	0.00mg	
Sodium	1344.20mg	
Carbohydrates	251.00g	
Fiber	22.30g	
Sugar	101.00g	
Protein	20.20g	
Vitamin A	3303.70IU	Vitamin C 57.70mg
Calcium	699.90mg	Iron 44.97mg

Breakfast Scrambler

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15987

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN 6-5 LAMB	1/2 Cup		265632
EGG SCRMBD LIQ MIX 6-5 GCHC	2 Ounce		294586
Bread, Whole Grain Texas Toast 22 oz/16 sl	1 Slice		6369
BACON CKD SLCD 2-150CT ARMR	2 Slice		563315

Preparation Instructions

Prep:

1. Place tater rounds and eggs in refrigerator over-night to thaw.

Day of Service:

1. Pan all tater rounds needed for meal and place in oven to bake. Follow directions on box for proper baking.
2. Pour eggs in #4 pan. Add pepper & butter buds. Mix well and steam for approximately 20 minutes or until cooked to 165*.
3. Follow directions on box to heat bacon.
4. In 12oz Styrofoam container with lid layer tater rounds, eggs using #16 scoop and 2 strips bacon.
5. Place lid on container.
6. Bag toast and offer on side.
7. Serve with condiments of ketchup, salsa or hot sauce.

SLE Components

Amount Per Serving

Meat	4.00
Grain	1.00
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: 2.00 Cup

Amount Per Serving	
Calories	252.86
Fat	11.64g
SaturatedFat	3.29g
Trans Fat	0.00g
Cholesterol	182.00mg
Sodium	266.58mg
Carbohydrates	22.35g
Fiber	2.39g
Sugar	2.00g

Protein	14.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.57mg	Iron	7.20mg

Chicken & Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	4.20 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15992

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT BRD WGRAIN CKD 2Z 4-5#	1 Each		747611
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152

Preparation Instructions

Prep:

1. Place Chicken on pan
2. Place biscuit on pan

Day of Service:

1. Cook chicken
2. Cook biscuit
3. Cut biscuit open
4. Place Chicken on Biscuit
5. Wrap in foil
6. Hold in red bag or holding cabinet.

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: 4.20 Ounce

Amount Per Serving

Calories	300.00
Fat	13.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	860.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	3.00g

Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.08mg

Chocolate Donuts

Servings:	1.00	Category:	Entree
Serving Size:	3.30 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15995

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package	1 package should contain 72 donuts	738181

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: 1.00

Serving Size: 3.30 Ounce

Amount Per Serving			
Calories	320.00		
Fat	15.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	41.00g		
Fiber	2.00g		
Sugar	19.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15997

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	1 Each		839520

Preparation Instructions

Day of Service:

1. Place donut holes on pan
2. Bake according to box instruction
3. Roll in Cinnamon & Sugar
4. Place in bags
5. Place in warming cabinet
6. Hold at 140 or above

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: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	46.67		
Fat	2.67g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	50.00mg		
Carbohydrates	5.00g		
Fiber	0.33g		
Sugar	1.00g		
Protein	0.67g		
Vitamin A	1.91IU	Vitamin C	0.00mg
Calcium	2.30mg	Iron	0.13mg

Powder Donuts

Servings:	1.00	Category:	Grain
Serving Size:	3.30 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15998

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package	1 package should contain 72 donuts.	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: 1.00

Serving Size: 3.30 Ounce

Amount Per Serving			
Calories	270.00		
Fat	11.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	230.00mg		
Carbohydrates	41.00g		
Fiber	2.00g		
Sugar	21.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.72mg

Ham & Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	3.70 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15999

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD NAT CHC 6-2 HRML	1 1/2 Ounce		645340
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152

Preparation Instructions

Prep:

1. Place Ham on pan
2. Place biscuit on pan

Day of Service:

1. Cook Ham
2. Cook biscuit
3. Cut biscuit open
4. Place Ham on Biscuit
5. Wrap in foil
6. Hold in red bag or holding cabinet

SLE Components

Amount Per Serving

Meat	0.00
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: 3.70 Ounce

Amount Per Serving

Calories	235.00
Fat	10.13g
SaturatedFat	6.38g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	852.50mg
Carbohydrates	24.75g
Fiber	1.00g
Sugar	2.75g

Protein	11.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.27mg

Ham & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	3.70 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16004

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
American Cheese Sliced RF	1/2 Ounce		666204
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152

Preparation Instructions

Prep:

1. Place biscuit on pan

Day of Service:

1. Cook Biscuit
2. Cut Biscuit open
3. Place Ham & Cheese on biscuit
4. Heat till cheese is melted
5. Wrap in foil
6. Hold in red bag or holding cabinet

SLE Components

Amount Per Serving

Meat	0.00
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: 3.70 Ounce

Amount Per Serving	
Calories	255.33
Fat	12.64g
SaturatedFat	8.07g
Trans Fat	0.00g
Cholesterol	22.25mg
Sodium	990.16mg
Carbohydrates	26.64g
Fiber	1.00g

Sugar		3.32g	
Protein		11.60g	
Vitamin A	30.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	2.00mg

Mini Pancakes

Servings:	1.00	Category:	Grain
Serving Size:	3.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 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.	269220

Preparation Instructions

Day of Service:

1. Place bags on pan
2. Place in oven at 300 for 5-10min
3. Place in warming cabinet
4. Hold at 140 or above

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: 3.17 Ounce

Amount Per Serving			
Calories	210.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	38.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Banana Muffins

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16018

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

Preparation Instructions

Prep:

1. Take out of Freezer the day before. Set at room temp.

Day of Service:

1. Serve

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: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	3.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Blueberry Muffins

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16019

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970

Preparation Instructions

Prep:

1. Take out of Freezer the day before. Set at room temp.

Day of Service:

1. Serve

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: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Chocolate Muffins

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16020

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343

Preparation Instructions

Prep:

1. Take out of Freezer the day before. Set at room temp.

Day of Service:

1. Serve

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: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	180.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	105.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	3.00g		
Vitamin A	14.41IU	Vitamin C	0.05mg
Calcium	12.76mg	Iron	1.33mg

Cinnamon Pop Tarts

Servings:	1.00	Category:	Entree
Serving Size:	3.53 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16021

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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: 3.53 Ounce

Amount Per Serving

Calories	370.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	400.00mg		
Carbohydrates	76.00g		
Fiber	6.00g		
Sugar	31.00g		
Protein	5.00g		
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Fudge Pop Tarts

Servings:	1.00	Category:	Grain
Serving Size:	3.53 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16022

Ingredients

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

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: 1.00

Serving Size: 3.53 Ounce

Amount Per Serving

Calories	370.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	390.00mg		
Carbohydrates	76.00g		
Fiber	6.00g		
Sugar	30.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Strawberry Pop-tarts

Servings:	1.00	Category:	Entree
Serving Size:	3.53 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16023

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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	2.25
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: 3.53 Ounce

Amount Per Serving

Calories	360.00
Fat	5.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	370.00mg
Carbohydrates	76.00g
Fiber	6.00g
Sugar	30.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 3.60mg

Sausage & Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	3.53 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16025

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
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152

Preparation Instructions

Prep:

1. Place Sausage on pan
2. Place biscuit on pan

Day of Service:

1. Cook Sausage
2. Cook Biscuit
3. Cut Biscuit open
4. Place sausage on a biscuit
5. Wrap in foil
6. Hold in red bag or holding cabinet

SLE Components

Amount Per Serving

Meat	0.00
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: 3.53 Ounce

Amount Per Serving

Calories	311.00
Fat	19.00g
SaturatedFat	9.70g
Trans Fat	0.00g
Cholesterol	26.00mg
Sodium	762.00mg
Carbohydrates	25.00g
Fiber	1.00g
Sugar	2.00g

Protein		10.00g	
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	2.00mg

Toast

Servings:	1.00	Category:	Grain
Serving Size:	26.00 Gram	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-16026

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	1 Each	1 slice is a portion.	710650
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

Day of Service:

1. Place bread on pan
2. Brush with Butter Buds
3. Place in oven at 350 for 5-10 minutes
4. Place in warming cabinet
5. Hold at 140 or above

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: 1.00

Serving Size: 26.00 Gram

Amount Per Serving			
Calories	77.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	145.00mg		
Carbohydrates	13.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	1.00mg

Tornado

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16027

Ingredients

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

Preparation Instructions

Day of Service:

1. Place Tornado on pan
2. Bake according to box instructions
3. Place in bags
4. Place in warming cabinet
5. Hold at 140 or above

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: 3.00 Ounce

Amount Per Serving

Calories	180.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	280.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Flavored Applesauce

Servings:	50.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16030

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE IN JCE NSA 6-10 GFS	4 Ounce		610283
GELATIN MIX RED DIET 18-2.75Z DIAC	1 Package		318518

Preparation Instructions

Day of Service:

1. Open applesauce cans
2. Pour in container
3. Add Gelatin
4. Mix well
5. Dip in Serving Cups
6. Place in Cooler

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	1.28		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.28mg		
Carbohydrates	0.35g		
Fiber	0.02g		
Sugar	0.28g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.00mg

Bananas

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16032

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA 1 FRESH STAGE YELLOW 40 DOLE	1 Each		249492

Preparation Instructions

Day of Service:

1. Put in container

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.00
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	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

Canned Apples

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16033

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GFS	1/2 Cup		117773

Preparation Instructions

Day of Service:

1. Open Cans
2. Portion 4oz into container
3. Hold in cooler

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Canned Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16091

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE IN JCE NSA 6-10 GFS	1/2 Cup		610283

Preparation Instructions

Day of Service:

1. Open Cans
2. Portion 4oz into container
3. Hold in cooler

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	0.00mg

Canned Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16092

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup		117897

Preparation Instructions

Day of Service:

1. Open cans
2. Portion 4oz into container
3. Hold in cooler

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	400.00IU	Vitamin C	18.00mg
Calcium	20.00mg	Iron	0.36mg

Canned Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16093

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GFS	1/2 Cup		610267

Preparation Instructions

Day of Service:

1. Open cans
2. Portion 4oz into container
3. Hold in cooler

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	12.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	0.00g		
Vitamin A	300.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Canned Pine apple

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16094

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Cup		189979

Preparation Instructions

Day of Service:

1. Open cans
2. Portion 4oz into container
3. Hold in cooler

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	0.00mg	Iron	0.36mg

Cantaloupe

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16095

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CANTALOUPE 9-12CT 24	1 Each		605273

Preparation Instructions

Day of Service:

1. Wash Cantaloupe
2. Slice Cantaloupe
3. Put in Fruit container
4. Put in pass thru cooler

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.00
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	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

Fuji Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16096

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Fuji	1 Each		15P09

Preparation Instructions

Day of Service:

1. Wash Apple
2. Put in Container

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.00
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	130.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	34.00g		
Fiber	5.00g		
Sugar	25.00g		
Protein	1.00g		
Vitamin A	2.00IU	Vitamin C	8.00mg
Calcium	2.00mg	Iron	2.00mg

Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16097

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLS US#1 1/18 LB CS	1/2 Cup		14P36

Preparation Instructions

Day of Service:

1. Wash Grapes
2. Portion 10 grapes to container
3. Hold in cooler

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	30.00		
Fat	0.05g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.75mg		
Carbohydrates	7.67g		
Fiber	0.35g		
Sugar	5.75g		
Protein	0.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Kiwi

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16098

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KIWI 33-39CT P/L	1 Each		287008

Preparation Instructions

Day of Service:

1. Wash Kiwi
2. Slice Kiwi
3. Put in Fruit container
4. Put in pass thru Cooler

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.00
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	50.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	1.00g		
Vitamin A	50.00IU	Vitamin C	72.00mg
Calcium	30.00mg	Iron	0.36mg

Orange

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16099

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021

Preparation Instructions

Day of Service:

1. Wash Oranges
2. Slice Orange
3. Put in Fruit container
4. Put in pass thru Cooler

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	88.20		
Fat	0.50g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	21.00g		
Fiber	4.50g		
Sugar	0.00g		
Protein	1.90g		
Vitamin A	414.00IU	Vitamin C	87.30mg
Calcium	72.00mg	Iron	0.16mg

Pears

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16100

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pear, fresh	1	BAKE	14P12

Preparation Instructions

Day of Service:

1. Wash Pear
2. Put in container

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.00
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	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

Fresh Pineapple

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16101

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE GLDN 6-7CT P/L	1/2 Cup		728489

Preparation Instructions

Day of Service:

1. Peel and cut up Pineapple
2. Portion 4oz into container
3. Hold in cooler

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	38.75		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.80mg		
Carbohydrates	10.00g		
Fiber	1.10g		
Sugar	7.50g		
Protein	0.40g		
Vitamin A	44.95IU	Vitamin C	37.05mg
Calcium	10.08mg	Iron	0.23mg

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16102

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries, Whole	1 Each		100253

Preparation Instructions

Prep:

1. Put in refrigerator to thaw the day before serving

Day of Service:

1. Wash Strawberries
2. Put in Fruit container
3. Put in pass thru Cooler

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.00
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		39.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		2.00mg	
Carbohydrates		10.00g	
Fiber		2.00g	
Sugar		5.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Baked Beans

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED FCY 6-10 ALLEN	1/2 Cup		583375

Preparation Instructions

Day of Service:

1. Open cans of Baked Beans
2. Pour in pan
3. Put in steamer
4. Heat to 165 for 15 seconds
5. Hold in warmer at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	150.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	590.00mg		
Carbohydrates	29.00g		
Fiber	5.00g		
Sugar	11.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Black-Eyed Peas

Servings:	75.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16104

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS BLACK-EYED FCY 6-10	15 Pound		202507
SPICE ONION POWDER 19Z TRDE	1/2 Cup		126993
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037

Preparation Instructions

Day of Service:

1. Open Box
2. Pour in Pan
3. Add Pepper and Onion
4. Put in steamer
5. Heat to 165 for 15 seconds
6. Hold in warmer at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	188.00mg		
Carbohydrates	8.88g		
Fiber	1.60g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	40.00IU	Vitamin C	0.48mg
Calcium	8.00mg	Iron	0.58mg

Broccoli & Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16105

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets	2 Ounce	2oz = 1 bag	16W37
DRESSING RNCH CUP 120-1Z MARZ	1 Ounce		537705

Preparation Instructions

Day of Service:

1. Put Broccoli in bag
2. Put Ranch in bag
3. Seal bag

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	130.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	220.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Carrots & Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16106

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	2 Ounce		510637
DRESSING RNCH CUP 120-1Z MARZ	1 Ounce		537705

Preparation Instructions

Day of Service:

1. Put carrots in bag
2. Put ranch in bags
3. Seal bag

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	149.87		
Fat	14.07g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	264.20mg		
Carbohydrates	5.67g		
Fiber	1.67g		
Sugar	2.67g		
Protein	0.33g		
Vitamin A	7818.79IU	Vitamin C	1.47mg
Calcium	18.15mg	Iron	0.51mg

Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16107

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GFS	4 #10 CAN		118915
cinnamon	1/4 Cup	Combine Cinnamon and Sugar. Add 1/4 cup to 4 #10 cans of carrots for 100 servings.	

Preparation Instructions

Day of Service:

1. Open box
2. Pour in pan
3. Add Cinnamon & Sugar
4. Put in steamer
5. Heat to 165 for 15 sec
6. Hold in warmer at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	20.69		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	258.67mg		
Carbohydrates	4.14g		
Fiber	1.03g		
Sugar	2.07g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.28mg	Iron	0.00mg

Corn Casserole

Servings:	70.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16108

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CREAM STYLE 6-10 GFS	1 #10 CAN		118958
CORN WHL KERNEL R/SOD 6-10 P/L	1 #10 CAN		222011
SOUR CREAM 4-5 GCHC	7 Cup	READY_TO_EAT Served as a topping on a hot or cold meal	285218
BUTTER SUB 24-4Z BTRBUDS	3 1/2 Cup		209810
MUFFIN MIX CORN 40Z 12-1CT JIFFY	56 Ounce		566581
American Cheese Sliced RF	5 Slice		666204

Preparation Instructions

Day of Service:

1. Mix all ingredients together in big pan
2. Put in 3 - #4 pans
3. Bake at 350 for 35-45 minutes
4. Portion in 4oz bowls
5. Place in holding cabinet
6. Hold at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	175.53
Fat	6.31g
SaturatedFat	3.69g
Trans Fat	0.00g
Cholesterol	18.54mg
Sodium	397.89mg
Carbohydrates	25.56g
Fiber	1.14g

Sugar			9.58g
Protein			2.96g
Vitamin A	2.14IU	Vitamin C	0.00mg
Calcium	62.34mg	Iron	0.58mg

Frozen Corn

Servings:	166.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16109

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	83 Cup	1 case (approximately 83 cups) makes 166 servings.	283730
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup	1/2 cup of butter buds goes into 1 case of corn which makes 166 servings.	209810
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon	1 dash of pepper goes into 1 case of corn and 0.5 cups of butter buds to serve 166.	225045

Preparation Instructions

Prep:

1. Take Frozen Corn out of Freezer

Day of Service:

1. Pour Corn in pan
2. Add Butter Buds and pepper
3. Put in Steamer
4. Heat to 165 for 15 seconds
5. Hold in warmer at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 166.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.96		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.89mg		
Carbohydrates	15.77g		
Fiber	0.75g		
Sugar	3.73g		
Protein	2.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

Green Bean Casserole

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16110

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN 6-10 COMM	4 #10 CAN		110730
SOUP CRM OF MUSHRM 12-5 CAMP	150 Ounce	150oz = 3 cans. In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
ONION DEHY CHPD 15 P/L	2 Cup		263036
MILK PWD FF INST 6-5 P/L	2 Cup		311065
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1 Teaspoon	1 dash into the recipe to serve 100.	225088
ONION FREN FRIED 6-24Z FRENC	5 Cup		201413

Preparation Instructions

Day of Service:

1. Open and drain Green Beans
2. Mix Green Beans and Cream of Mushroom soup in large pan
3. Add Dry onions
4. Add Garlic Powder
5. Add Cayenne Pepper
6. Mix well
7. Add fried Onion Rings
8. Mix well
9. Bake at 300 for 40 minutes
10. Take out of oven and top with 1 bag fried onions
11. Bake for 10 more minutes

12. Hold in holding cabinet at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	58.80		
Fat	2.16g		
SaturatedFat	0.89g		
Trans Fat	0.00g		
Cholesterol	1.24mg		
Sodium	325.95mg		
Carbohydrates	7.92g		
Fiber	2.59g		
Sugar	2.03g		
Protein	2.02g		
Vitamin A	12.00IU	Vitamin C	0.00mg
Calcium	19.17mg	Iron	0.04mg

Green Beans

Servings:	138.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16111

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN 6-10 COMM	6 #10 CAN	Each serving should have 1/2 cup of green beans	110730
ONION DEHY CHPD 15 P/L	1/2 Cup		263036
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon		225045

Preparation Instructions

Day of Service:

1. Open cans of Green Beans
2. Pour in pan
3. Add Dry onion and pepper
4. Put in steamer
5. Heat to 165 for 15 seconds
6. Hold in warmer at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 138.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	18.68		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	157.68mg		
Carbohydrates	3.55g		
Fiber	2.27g		
Sugar	1.14g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.27mg	Iron	0.00mg

Green Peas

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16112

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV 6-10 KE	4 #10 CAN		256935
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon	1 dash of pepper added to 4 #10 cans of peas to serve 100.	225045

Preparation Instructions

Day of Service:

1. Open cans of peas
2. Add dash of pepper
3. Heat in steamer to 165
4. Dip 1/2 cup serving in bowls
5. Hold in warmer at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	134.51mg		
Carbohydrates	11.38g		
Fiber	3.10g		
Sugar	4.14g		
Protein	4.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.69mg	Iron	0.83mg

Lima Beans

Servings:	75.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16113

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN LIMA BABY 30 GFS	1/2 Cup	1 box should serve 75.	285580

Preparation Instructions

Day of Service:

1. Open Box
2. Pour in pan
3. Add Sugar
4. Put in steamer
5. Heat to 165 for 15 seconds
6. Hold in warmer at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	20.00g		
Fiber	5.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	40.00mg	Iron	1.44mg

Mashed Potatoes

Servings:	266.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16114

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	185 1/2 Ounce	185.5oz = 7 bags. Use 7 gallons of water to reconstitute. RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810

Preparation Instructions

Day of Service:

1. Add 7 gallons hot water to mixer add butter buds
2. Add 7 bags potato pearls
3. Whip with mixer
4. Heat in steamer to 165
5. Dip 1/2 cup serving in bowls
6. Hold in warmer at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 266.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	87.06		
Fat	0.53g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	143.16mg		
Carbohydrates	18.68g		
Fiber	2.11g		
Sugar	0.00g		
Protein	2.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 10.57mg **Iron** 0.32mg

Oven Roasted Green Beans

Servings:	288.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16115

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN X-FINE 10-2.2 BONDUELLE	48 Pound		255637
OIL OLIVE PURE 4-3LTR GCHC	2 1/2 Cup		432061
SALT IODIZED 18-2.25 GCHC	3/4 Cup		350732
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon		513857
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Tablespoon		225045

Preparation Instructions

Prep:

1. Thaw Green Beans

Day of Service:

1. Heat Sheet Pan for 10 minutes
2. In a big pan drizzle oil
3. Sprinkle Salt and Pepper, Garlic Powder & Onion Powder
4. Toss well to coat beans
5. Arrange green beans in a single layer on preheated baking sheet
6. Bake at 400 for 8 minutes or until crisp-tender

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	38.86
Fat	2.08g
SaturatedFat	0.28g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	291.02mg
Carbohydrates	4.04g
Fiber	1.34g
Sugar	0.67g

Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.69mg	Iron	0.48mg

Pinto Beans

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16116

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6-10 GCHC	6 #10 CAN		261475
ONION DEHY CHPD 15 P/L	1/2 Cup		263036
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon	1 dash.	225045

Preparation Instructions

Day of Service:

1. Open cans of Pinto Beans
2. Pour in pan
3. Add Dry Onion and Pepper
4. Put in steamer
5. Heat to 165 for 15 seconds
6. Hold in warmer at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	104.10		
Fat	0.52g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	145.06mg		
Carbohydrates	17.75g		
Fiber	9.33g		
Sugar	0.01g		
Protein	5.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.33mg	Iron	2.07mg

Refried Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16117

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	2 #10 CAN		293962
CHEESE BLND MEX 3-CHS SHRD 4-5 GCHC	1 Pound		177290

Preparation Instructions

Day of Service:

1. Open cans of beans
2. Pour in pan
3. Put in steamer
4. Heat to 165 for 15 seconds
5. Sprinkle cheese on top
6. Hold in warmer at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	162.45		
Fat	3.51g		
SaturatedFat	1.32g		
Trans Fat	0.00g		
Cholesterol	4.80mg		
Sodium	575.57mg		
Carbohydrates	23.96g		
Fiber	6.21g		
Sugar	1.03g		
Protein	9.40g		
Vitamin A	48.00IU	Vitamin C	0.00mg
Calcium	78.56mg	Iron	2.07mg

Tossed Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16118

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CARROT SHRD MED 2-5 RSS	1/4 Cup		313408
TOMATO CHERRY 11 MRKN	1/4 Cup		569551
CHEESE BLND MEX 3-CHS SHRD 4-5 GCHC	1/4 Cup		177290
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package		175400

Preparation Instructions

Day of Service:

1. Place Lettuce in 12oz bowl
2. Place 1/4 cup carrots on top
3. Place 1/4 cup Cheese
4. Place 1/4 cup Tomato
5. Place croutons on top
6. Put in cooler

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: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	169.21
Fat	10.10g
SaturatedFat	5.03g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	287.25mg
Carbohydrates	12.42g
Fiber	2.44g
Sugar	4.58g
Protein	9.62g

Vitamin A	5430.41IU	Vitamin C	7.90mg
Calcium	229.83mg	Iron	0.48mg

Veggie Bowl

Servings:	1.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16119

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets	1/4 Cup		16W37
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
CUCUMBER SLCD 1/4 2-3 RSS	1/4 Cup		329517
TOMATO CHERRY 11 MRKN	1 Each	1 cherry tomato.	569551
DRESSING RNCH CUP 120-1Z MARZ	1 Ounce		537705

Preparation Instructions

Day of Service:

1. Place in 12 oz bowl
2. 1/4 cup Broccoli
3. 1/4 cup Cauliflower
4. 1/4 cup carrots
5. 1/4 cup Cucumber
6. 1 Cherry Tomato
7. Put in cooler

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.75
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	157.86
Fat	14.18g
SaturatedFat	2.58g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	250.80mg
Carbohydrates	7.02g
Fiber	2.05g
Sugar	3.39g

Protein		1.21g	
Vitamin A	5334.37IU	Vitamin C	20.38mg
Calcium	21.79mg	Iron	0.35mg

Thunder & Lightning

Servings:	48.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16120

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 6CT MRKN	24 Each		592323
ONION RED JUMBO 10 MRKN	5 Pound		596973
SALT IODIZED 18-2.25 GCHC	1 Tablespoon		350732
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Tablespoon		225045
SUGAR CANE GRANUL 25 GFS	4 Cup		108642
WATER SPRNG 4-1GAL GCHC	10 Cup		686860
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	5 Cup		629640

Preparation Instructions

Prep:

1. Cut up onion
2. Cut up Cucumbers
3. Make Mixture with 5 cups of vinegar
4. Pour the sugar, vinegar, and water mixture over Cucumbers & Onions
5. Let stand at over night

Day of Service:

1. Portion into 4oz cups

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	1.62
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	99.40
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	27.99mg
Carbohydrates	23.29g

Fiber	1.26g		
Sugar	19.41g		
Protein	0.97g		
Vitamin A	82.84IU	Vitamin C	5.68mg
Calcium	23.32mg	Iron	0.33mg

Beef Baked Potato Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16154

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 100CT MRKN	1 Each		233285
TACO FILLING PORK REDC FAT 6-5 COMM	3 8/47 Ounce	They will choose between chicken and taco meat	641390
SEASONING TACO MIX 6-9Z LAWR	6 Teaspoon		159204
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	They will choose between cheese sauce or queso cheese sauce	722110

Preparation Instructions

Prep:

1. Wash potatoes

Day of Service:

1. Bake Potatoes at 350 for 1 hour
2. Steam Chicken
3. Mix Chicken & Taco Seasoning together
4. Heat together for 10 minutes
5. Heat Taco Meat
6. Heat Cheese Sauces

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	398.00
Fat	14.00g
SaturatedFat	7.10g
Trans Fat	0.00g
Cholesterol	63.00mg
Sodium	2115.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	3.00g

Protein	23.00g
Vitamin A 2276.00IU	Vitamin C 24.70mg
Calcium 256.00mg	Iron 1.52mg

Baked Potato Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16155

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 100CT MRKN	1 Each		233285
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533
SAUCE CHS CHED 6-5 JTM	2 Ounce		271081
DRESSING MIX RNCH 18-3.2Z HVALL	3 1/5 Ounce		192716

Preparation Instructions

Prep:

1. Wash Potatoes

Day of Service:

1. Bake Potatoes at 350 for 1 hour

2. Steam Chicken

3. Add Ranch Seasoning

4. Heat together for 10 minutes

5. Heat Cheese Sauce

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.64		
Fat	12.12g		
SaturatedFat	6.05g		
Trans Fat	0.00g		
Cholesterol	67.44mg		
Sodium	4125.08mg		
Carbohydrates	18.87g		
Fiber	2.00g		
Sugar	2.10g		
Protein	21.69g		
Vitamin A	434.37IU	Vitamin C	19.70mg

Calcium 235.65mg **Iron** 1.19mg

BBQ Sandwich

Servings:	20.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16156

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ SEMI DRY 2-5	55 Ounce	Use a #12 scoop which should be 2 3/4oz per serving.	801860
BUN HAMB SLCD 4 10-12CT GFS	20 Each		763233

Preparation Instructions

Prep:

1. Thaw BBQ

Day of Service:

1. Leave BBQ in bag then place in boiling water
2. Check temp. 155 for 15 seconds
3. Cut open BBQ package
4. Place in serving pan
5. Hold in warmer at 140 or above
6. Use a #12 scoop to place 2 3/4oz of BBQ on each bun when serving.

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: 20.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	352.68		
Fat	17.68g		
SaturatedFat	6.33g		
Trans Fat	0.00g		
Cholesterol	63.25mg		
Sodium	333.50mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	20.68g		
Vitamin A	29.40IU	Vitamin C	0.28mg
Calcium	5.72mg	Iron	0.85mg

Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	5.59 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16157

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN R/E BOLD 9CT	1 Slice	BAKE COOKING INSTRUCTIONS: COOK BEFORE SERVING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVECTION OVEN: 350°F for 13-17 minutes on High Fan. Place pizza on parchment lined baking tray. For even cooking, rotate pans part way through baking time. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	236591

Preparation Instructions

Prep:

1. Get Pizza out of Freezer

Day of Service:

1. Place Pizza on Pan
2. Cook Pizza
3. Cut Pizza
4. Put pizza in warmer
5. Hold at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.59 Ounce

Amount Per Serving	
Calories	400.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	440.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	7.00g

Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 341.00mg	Iron 2.40mg

Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	5.59 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16158

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN R/E SLCD 9CT	1 Slice	BAKE COOKING INSTRUCTIONS: COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVECTION OVEN: 350°F for 13-17 minutes on High Fan. Conventional OVEN: 450°F for 16-18 minutes. Use Middle Rack. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	498862

Preparation Instructions

Prep:

1. Get Pizza out of Freezer

Day of Service:

1. Place Pizza on pan
2. Cook Pizza
3. Cut pizza
4. Put pizza in warmer
5. Hold at 140 or above

SLE Components

Amount Per Serving

Meat	1.50
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: 5.59 Ounce

Amount Per Serving

Calories	330.00
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	470.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	5.00g

Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 221.00mg	Iron 2.30mg

Bosco Sticks

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16159

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Bosco Stick breadsticks on a baking sheet. THAWED: 6-8 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> Preheat oil to 350° F. THAWED ONLY: 1-2 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep Bosco Stick breadsticks covered while thawing. Bosco Stick breadsticks may be thawed in packaging. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. 	432180

Preparation Instructions

Prep:

- Get Bosco Sticks out of Freezer

Day of Service:

- Place Bosco Sticks on pan

2. Cook Bosco Sticks
3. Put Bosco Sticks in warmer
4. Hold at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories	440.00		
Fat	14.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	620.00mg		
Carbohydrates	54.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	3.60mg

Cheese & Crackers

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16160

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COLBY JK CUBE IW 200-1Z LOL	2 Ounce		680130
CRACKER SALTINE 300-4CT ZESTA	2 Package	2 packages should be 24 grams	270644

Preparation Instructions

Day of Service:

1. Put 2 bags of Cheese in bag
2. Put 2 - 4 packs of crackers
3. Seal bag

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: 3.00 Ounce

Amount Per Serving

Calories	280.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	720.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.00g		
Vitamin A	600.00IU	Vitamin C	0.00mg
Calcium	400.00mg	Iron	1.00mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16161

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PREM CKD 3Z 6-4.875# JTM	2 1/4 Ounce		547933
American Cheese Sliced RF	1 Slice		666204
BUN HAMB SLCD 4 10-12CT GFS	1 Each		763233

Preparation Instructions

Prep:

1. Get Buns out of freezer

Day of Service:

1. Cook beef party to 155 for 15 seconds
2. Place burger on bun
3. Place cheese on burger
4. Put top on bun
5. Place cloth on top of buns
6. Put in warmer Hold at 140 or above

SLE Components

Amount Per Serving

Meat	2.38
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: 5.00 Ounce

Amount Per Serving	
Calories	345.50
Fat	15.25g
SaturatedFat	5.75g
Trans Fat	0.68g
Cholesterol	58.50mg
Sodium	742.50mg
Carbohydrates	29.75g
Fiber	1.75g
Sugar	4.50g
Protein	21.25g
Vitamin A 30.00IU	Vitamin C 0.00mg

Calcium 125.50mg **Iron** 1.50mg

Chili Cheese Tots

Servings:	1.00	Category:	Entree
Serving Size:	16.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16162

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	1 1/2 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
CHILI BEEF W/BEAN 6- 5 COMM	2 Ounce		344012
SAUCE CHS CHED 6-5 JTM	2 Ounce		271081

Preparation Instructions

Prep:

1. Put chili in cooler
2. Put Cheese Sauce in Cooler

Day of Service:

1. Fry Tater Tots
2. Place 1 cups of Tots in Boat
3. Put 2oz of Chili on top
4. Put 2oz of Cheese on top
5. Serve

SLE Components

Amount Per Serving

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

Starch

2.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 Ounce

Amount Per Serving

Calories	560.83
Fat	28.51g
SaturatedFat	8.64g
Trans Fat	0.00g
Cholesterol	41.40mg
Sodium	1461.66mg
Carbohydrates	55.34g
Fiber	7.37g
Sugar	2.81g
Protein	18.15g
Vitamin A 855.88IU	Vitamin C 17.32mg
Calcium 239.47mg	Iron 1.03mg

Crispito w/ Cheese & Chili

Servings:	1.00	Category:	Entree
Serving Size:	6.77 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16164

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHILI WGRAIN 72-3.45Z	1 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 16-18 minutes at 375°F from FROZEN. 10- 14 min. from THAWED. Instructions are approximate. Heat until internal temperature reaches 140°F. CONVECTION Appliances vary, adjust accordingly. Convection Oven 12-15 minutes at 350°F from FROZEN. Instructions are approximate. Heat until internal temperature reaches 140°F. DEEP_FRY Appliances vary, adjust accordingly. Deep Fry 5 - 5 1 2 minutes at 350°F from FROZEN. Instructions are approximate. Heat until internal temperature reaches 140°F.	616781
SAUCE CHS CHED 6-5 JTM	1 Ounce		271081
CHILI BEEF W/BEAN 6-5 COMM	1 1/2 Ounce		344012

Preparation Instructions

Prep:

1. Get cheese out of Freezer
2. Get Chili out of Freezer

Day of Service:

1. Place Crispito on pan cook to 165 for 15 seconds
2. Place in warmer hold at 140 or above
3. Heat cheese & Chili in boiling water in the bag
4. Place cheese in pan and hold on the line at 140 or above
5. Place Chili in pan and hold on the line at 140 or above

SLE Components

Amount Per Serving

Meat	2.00
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Grain	1.00
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: 6.77 Ounce

Amount Per Serving

Calories	368.45
Fat	19.68g
SaturatedFat	5.96g
Trans Fat	0.00g
Cholesterol	48.36mg
Sodium	655.55mg
Carbohydrates	27.96g
Fiber	4.03g
Sugar	2.84g
Protein	19.19g

Vitamin A	535.31IU	Vitamin C	4.89mg
Calcium	124.11mg	Iron	2.57mg

Macaroni & Cheese

Servings:	300.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16165

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT 2 BIB 5GAL RGNLBRND	3 Gallon		534366
PASTA ELBOW MACAR 2-10 KE	10 Pound		654550
SAUCE CHS CHED 6-5 JTM	25 Pound		271081

Preparation Instructions

Day of Service:

1. Cook Macaroni
2. Add milk
3. Add cheese
4. Put in warming cabinet to melt good
5. Hold at 140 or above

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: 300.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	298.91		
Fat	12.53g		
SaturatedFat	7.21g		
Trans Fat	0.00g		
Cholesterol	46.12mg		
Sodium	468.28mg		
Carbohydrates	28.03g		
Fiber	0.53g		
Sugar	16.63g		
Protein	17.24g		
Vitamin A	924.45IU	Vitamin C	3.07mg
Calcium	534.77mg	Iron	0.53mg

Nachos

Servings:	1.00	Category:	Entree
Serving Size:	6.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16195

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce		722330
PORK PULLED BBQ SEMI DRY 2-5	2 Ounce		801860
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce		722110
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce		163020

Preparation Instructions

Prep:

1. Take taco meat out of freezer

Day of Service:

1. Place taco meat & BBQ in skillet in boiling water
2. Heat to 165 for 15 seconds
3. Put in pan and place in warmer
4. Hold at 140 or above
5. Place chips in nacho boats and place on rack
6. Heat cheese in steamer to 165 for 15 seconds
7. Place cheese in warmer hold at 140 or above
8. Serve on line

SLE Components

Amount Per Serving

Meat	3.00
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: 6.17 Ounce

Amount Per Serving

Calories	577.80
Fat	29.80g
SaturatedFat	10.05g
Trans Fat	0.29g
Cholesterol	96.00mg
Sodium	776.40mg
Carbohydrates	46.00g
Fiber	6.00g
Sugar	2.00g

Protein	31.70g
Vitamin A 866.38IU	Vitamin C 5.20mg
Calcium 226.16mg	Iron 3.34mg

PB&J

Servings:	1.00	Category:	Entree
Serving Size:	2.76 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16196

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	1 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471

Preparation Instructions

Prep:

1. Take out of Freezer

Day of Service:

1. Serve

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.76 Ounce

Amount Per Serving			
Calories	300.00		
Fat	16.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.44mg

Chicken Cheese & Rice

Servings:	25.00	Category:	Entree
Serving Size:	6.50 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16198

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FC LRG 2-5 GCHC	2 1/2 Pound		219011
SEASONING TACO MIX 6-9Z LAWR	5 Cup		159204
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	25 Ounce		722110
RICE MEXICAN FIESTA 6-25.9Z UBEN	12 1/2 Cup		473006

Preparation Instructions

Prep:

1. Thaw Chicken & Cheese
2. Put seasoning on chicken

Day of Service:

1. Cook Rice
2. Heat Cheese
3. Heat Chicken
4. Layer Rice on bottom
5. Add Chicken on that
6. Add Queso cheese over the top
7. Hold in cabinet

SLE Components

Amount Per Serving

Meat	2.50
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: 25.00

Serving Size: 6.50 Ounce

Amount Per Serving

Calories	310.05
Fat	5.77g
SaturatedFat	3.05g
Trans Fat	0.00g
Cholesterol	55.53mg
Sodium	2813.97mg
Carbohydrates	30.95g
Fiber	0.35g
Sugar	0.75g

Protein		16.56g	
Vitamin A	2120.31IU	Vitamin C	0.00mg
Calcium	115.30mg	Iron	0.52mg

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16201

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD SLCD 2-150CT ARMR	2 Slice		563315
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	2 Each		702633
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Ounce		448010
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Cup		182265
CHIX STRP BRD WGRAIN FC 1.3Z 30	2 Each		548842

Preparation Instructions

Day of Service:

1. Cook Chicken Strips
2. Cook Bacon
3. Lay 2 Tortilla Shells in 2# boat
4. Put 1 Chicken Strip & 1 Strip Bacon on each shell
5. Place in plastic but cover bag
6. Place in warming cabinet
7. Hold at 140 or above
8. Portion Cheese in 2oz Cups set out on the line
9. Put Ranch Dressing in Black container set on line

SLE Components

Amount Per Serving

Meat	4.00
Grain	1.50
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: 4.00 Ounce

Amount Per Serving

Calories	725.10
Fat	44.40g
SaturatedFat	16.17g
Trans Fat	0.00g
Cholesterol	105.33mg
Sodium	1432.83mg
Carbohydrates	38.00g

Fiber	2.53g		
Sugar	4.00g		
Protein	34.73g		
Vitamin A	133.33IU	Vitamin C	72.00mg
Calcium	37.33mg	Iron	0.72mg

Chicken Nuggets & Roll

Servings:	1.00	Category:	Entree
Serving Size:	5.84 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16202

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRKRHSE PARBK 90-2Z SISSCHUB	1 Each		494385
CHIX BRST NUGGET BRD .6Z 2-5 PRCE	3 21/25 Ounce	BAKE FROM FROZEN: CONVENTIONAL OVEN: BAKE UNCOVERED FOR 10 MINUTES, TURN AND HEAT FOR AN ADDITIONAL 10 MINUTES AT 350F; DEEP FRY: FRY FOR 2-2 1 2 MINUTES AT 350F.	136581

Preparation Instructions

Day of Service:

1. Place Rolls on pan and place in warmer to rise
2. Place chicken nuggets on sheet pan
3. Cook Chicken nuggets to 165 for 15 seconds
4. Bake Rolls for 10-15 minutes
5. Place chicken nuggets in 6x6 container
6. Place 1 roll in container
7. Close container
8. Put in warmer hold at 140 or above

SLE Components

Amount Per Serving

Meat	2.36
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: 5.84 Ounce

Amount Per Serving

Calories	451.75
Fat	21.54g
SaturatedFat	5.64g
Trans Fat	0.00g
Cholesterol	62.26mg
Sodium	839.88mg
Carbohydrates	44.18g
Fiber	1.00g
Sugar	6.00g
Protein	19.36g

Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	2.65mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16203

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT FRTR HMSTYL 3.5Z 2-5	4 Ounce	CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a lined sheet pan on a wire rack. Heat for 11-12 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.	548762
BUN HAMB SLCD 4 10- 12CT GFS	57 Gram		763233

Preparation Instructions

Prep:

1. Get buns out of freezer

Day of Service:

1. Cook chicken to 165 for 15 seconds
2. Place chicken on bun
3. Place sandwich in bags
4. Put in warmer Hold at 140 or above

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: 6.00 Ounce

Amount Per Serving

Calories	424.29		
Fat	16.86g		
SaturatedFat	2.29g		
Trans Fat	0.00g		
Cholesterol	51.43mg		
Sodium	925.71mg		
Carbohydrates	44.00g		
Fiber	2.14g		
Sugar	4.00g		
Protein	25.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 22.86mg **Iron** 1.14mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16204

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FRTRR CRSPY NAE 3.5Z 2-5	3 1/2 Ounce	CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a lined sheet pan on a wire rack. Heat for 11-12 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.	152141
BUN HAMB SLCD 4 10- 12CT GFS	57 Gram		763233

Preparation Instructions

Prep:

1. Get Buns out of freezer

Day of Service:

1. Cook chicken to 165 for 15 seconds
2. Place chicken on bun
3. Put in warmer Hold at 140 or above

SLE Components

Amount Per Serving

Meat	3.50
Grain	3.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	990.00
Fat	47.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	157.50mg
Sodium	2410.00mg
Carbohydrates	77.00g
Fiber	1.00g
Sugar	7.50g
Protein	68.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 70.00mg **Iron** 3.50mg

Chicken Wing Bites

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16205

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HMSTYL FC NAE 10	6 Piece		222112

Preparation Instructions

Day of Service:

1. Place Chicken on sheet pan
2. Cook Chicken to 165 for 15 seconds
3. Put in warmer hold at 140 or above

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: 6.00 Piece

Amount Per Serving

Calories	360.00		
Fat	18.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	870.00mg		
Carbohydrates	21.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.50mg

Ham Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16206

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	104 Gram		710650
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	68 Gram		100187

Preparation Instructions

Prep:

1. Take bread and ham out of freezer

Day of Service:

1. Lay Bread on Table
2. Place Ham on bread
3. Place other slice of bread on top
4. Cut Sandwich
5. Put sandwich in wedge container
6. Place in cooler

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: 4.00 Ounce

Amount Per Serving			
Calories	214.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	36.00mg		
Sodium	634.00mg		
Carbohydrates	26.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	2.00mg

Ham wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16210

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	2 Each		702633
Sliced American Cheese	2 Ounce		100018
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup		735787
TOMATO SLCD 1/4 5 RSS	1/2 Cup		786535
CARROT BABY WHL 200-1.6Z RSS	1/2 Cup		786321
HAM SMKD HNY CURE SLCD 5-2 BRICK	2 Ounce		820150
FRUIT MIXED CUP L/S 48-4Z GFS	1 Each		185160

Preparation Instructions

Day of Service:

1. Lay out tortilla shells
2. Lay Ham or turkey on them
3. Lay Cheese on it
4. Wrap up
5. Make bag with Lettuce & Tomato
6. Place Bag of Baby carrots
7. Place Frozen Fruit in the Box
8. Close Box
9. Place in front milk cooler

SLE Components

Amount Per Serving

Meat	3.50
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.58
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BOX

Amount Per Serving

Calories	580.43
Fat	24.50g
SaturatedFat	13.15g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	820.63mg
Carbohydrates	56.25g
Fiber	5.05g
Sugar	26.88g
Protein	26.41g
Vitamin A 2780.95IU	Vitamin C 12.71mg
Calcium 58.13mg	Iron 0.79mg

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	4.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16212

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI SHVD FRSH 6-2 GFS	2 Ounce		779170
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	2 Each		710650
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
TOMATO SLCD 1/4 5 RSS	1/4 Cup		786535

Preparation Instructions

Prep:

1. Thaw turkey and slice
2. Wash tomatoes and slice

Day of Service:

1. Place bread on table
2. Put 2oz turkey on bread
3. Cut sandwich in half
4. Put in sandwich container
5. Place lettuce and tomato in 4oz boat
6. Wrap with baggie
7. Place in cooler

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.50 Ounce

Amount Per Serving

Calories	200.60
Fat	3.10g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	572.25mg
Carbohydrates	26.25g
Fiber	4.80g

Sugar	4.50g		
Protein	15.65g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	84.50mg	Iron	2.57mg

Chicken Noodle Soup

Servings:	300.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16216

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	40 Pound		110530
BASE CHIX NO MSG 6-1 MAGGI	3 Gram	3 tubs for 300 servings	548761
SOUP CRM OF CHIX 12-5 CAMP	6 #5 CAN	6 cans of soup for 300 servings	101125
PASTA NOODL EGG 1/4 MED 2-5 KE	20 Pound		654541

Preparation Instructions

Prep:

1. Thaw Chicken

Day of Service:

1. Mix Chicken Base with Water
2. Add Cream of Chicken Soup
3. Add Diced Chicken
4. Bring to a boil
5. Add egg Noodles cook till tender about 10 minutes
6. Put in #5 pan
7. Hold in cabinet at 140 or above

SLE Components

Amount Per Serving

Meat	2.13
Grain	1.07
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	209.77
Fat	4.46g
SaturatedFat	0.48g
Trans Fat	0.00g
Cholesterol	70.22mg
Sodium	171.52mg
Carbohydrates	24.18g
Fiber	1.35g
Sugar	1.21g
Protein	17.35g

Vitamin A	28.41IU	Vitamin C	0.00mg
Calcium	10.67mg	Iron	1.07mg

Popcorn Chicken

Servings:	1.00	Category:	Entree
Serving Size:	122.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16217

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

Day of Service:

1. Place Popcorn Chicken on sheet pan
2. Cook Popcorn Chicken to 165 for 15 seconds
3. Put in warmer hold at 140 or above

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: 122.00 Gram

Amount Per Serving			
Calories	260.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	550.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Potato Soup

Servings:	300.00	Category:	Entree
Serving Size:	16.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16218

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DEHY CHPD 15 P/L	1 Cup		263036
POTATO DCD 6-10 GFS	6 #10 CAN		118583
SAUCE MIX CHS INST 16-16Z GCHC	2 Package		578061

Preparation Instructions

Prep:

1. Thaw Chicken

Day of Service:

1. Mix Cheese with water

2. Place potatoes is kettle

3. Add cheese sauce, salt & pepper (enough to taste)

4. Bring to a boil

5. Heat to 165

6. Put in #5 pan

7. Hold in cabinet at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 16.00 Ounce

Amount Per Serving

Calories	36.73		
Fat	0.43g		
SaturatedFat	0.22g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	146.97mg		
Carbohydrates	7.89g		
Fiber	0.79g		
Sugar	0.44g		
Protein	0.62g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 24.32mg **Iron** 0.20mg

Vegetable Beef Soup

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16219

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	10 Pound	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
CORN WHL KERNEL R/SOD 6- 10 P/L	1 #10 CAN		222011
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	1 #10 CAN		118737
CARROT SLCD MED 6-10 GFS	1 #10 CAN		118915
PEAS SWT MXD SV 6-10 KE	1 #10 CAN		256935
PEAS BLACK-EYED FCY 6-10	1 #10 CAN		202507
POTATO DCD 6-10 GFS	2 #10 CAN		118583
JUICE TOMATO 100 12-46FLZ SACRM	92 Fluid Ounce	2 cans for 100 servings READY_TO_EAT None	302414
ONION DEHY CHPD 15 P/L	2 Cup		263036
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon		225045

Preparation Instructions

Prep:

1. Get Beef out of Freezer

Day of Service:

1. Heat Beef
2. Mix all vegetables together in kettle
3. Add beef
4. Heat to boil
5. Simmer for 30 minutes
6. Place in pans
7. Hold in cabinet at 140 or above

SLE Components

Amount Per Serving

Meat	1.60
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.24
OtherVeg	0.13
Legumes	0.26
Starch	0.13

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	193.12		
Fat	5.87g		
SaturatedFat	2.40g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	513.48mg		
Carbohydrates	21.35g		
Fiber	3.97g		
Sugar	4.76g		
Protein	11.82g		
Vitamin A	25.87IU	Vitamin C	0.31mg
Calcium	46.93mg	Iron	1.88mg

Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16222

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
CHIX BRST STRP FC LRG 2-5 GCHC	2 Ounce		219011
CHEESE PARM PKT 200-3.5GM GCHC	1 Ounce		254959
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	2 Package		175400
DRESSING CAESAR PKT 60-1.5Z KENS	1 Each		195669

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	8.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	485.53		
Fat	34.67g		
SaturatedFat	12.23g		
Trans Fat	0.00g		
Cholesterol	93.33mg		
Sodium	1171.60mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	28.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	388.13mg	Iron	0.95mg

Chef Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16223

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
Lettuce FR Romaine US #1, 24 CT 35 LB CS-Graves County Schools	2 Cup	BAKE	16P33
Cucumber	1/4 Cup	BAKE	16P98
TOMATOES FR GRAPE 12/1 PT CO 8 LB CS	5	5 cherry tomatoes READY_TO_EAT	18B19
Carrot Sticks 4/2.5#	1/4 Cup		2768
PEPPERS RED 5 P/L	1/4 Cup		597082
EGG SHL LRG A GRD 6-30CT GCHC	1 Ounce		206539
DRESSING RNCH FF PKT 60-1.5Z MARZ	1 Each		582816
CRACKER SALTINE 300-4CT ZESTA	4 Package		270644

Preparation Instructions

Prep:

1. Boil Eggs
2. Wash Cucumbers, Tomatoes, & Peppers
3. Place Cheese in Cup
4. Peel Eggs

Day of Service:

1. Place 2 cups Lettuce in container
2. Top with Carrots, Peppers, Cucumbers, Tomato
3. Cut Boiled Egg in half and lay in corner
4. Place a cup of cheese in the corner
5. Add 4 packages of crackers
6. Add 1 package of dressing
7. Close lid
8. Put in cooler

SLE Components

Amount Per Serving

Meat	2.11
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories		383.74	
Fat		12.94g	
SaturatedFat		4.89g	
Trans Fat		0.00g	
Cholesterol		136.67mg	
Sodium		1454.03mg	
Carbohydrates		51.50g	
Fiber		2.40g	
Sugar		5.50g	
Protein		15.80g	
Vitamin A	8499.94IU	Vitamin C	61.74mg
Calcium	34.17mg	Iron	3.38mg

Chef Salad- For Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16226

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE 300-4CT ZESTA	2 Package		270644
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
Lettuce FR Romaine US #1, 24 CT 35 LB CS- Graves County Schools	1 Cup	BAKE	16P33
Cucumber	1/4 Cup	BAKE	16P98
TOMATOES FR GRAPE 12/1 PT CO 8 LB CS	5	5 cherry tomatoes per salad READY_TO_EAT	18B19
CARROT SHRD MED 2-5 RSS	1/4 Cup		313408
EGG SHL LRG A GRD 6-30CT GCHC	1 Ounce		206539
DRESSING RNCH FF PKT 60-1.5Z MARZ	1/2 Ounce		582816

Preparation Instructions

Prep:

1. Boil Eggs
2. Wash Cucumbers, Tomatoes, & Peppers
3. Place Cheese in cup
4. Peel Eggs

Day of Service:

1. Place 2 cups lettuce in container
2. Top with Carrots, Peppers, Cucumbers, and Tomato
3. Cut Boiled Egg in half and lay in corner
4. Place a cup of cheese in the corner
5. Add 2 packages of crackers
6. Add 1/3 package of dressing
7. Close Lid
8. Put in cooler

SLE Components

Amount Per Serving

Meat	2.11
Grain	1.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories		251.29	
Fat		10.89g	
SaturatedFat		4.89g	
Trans Fat		0.00g	
Cholesterol		136.67mg	
Sodium		784.17mg	
Carbohydrates		26.17g	
Fiber		1.89g	
Sugar		2.83g	
Protein		13.22g	
Vitamin A	8505.56IU	Vitamin C	3.53mg
Calcium	30.44mg	Iron	1.86mg

Fruit Tray- no cottage cheese

Servings:	1.00	Category:	Fruit
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16227

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE 300-4CT ZESTA	2 Package		270644
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1/2 Cup	READY_TO_EAT READY_TO_EAT	885750
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
STRAWBERRY FRESH 4-2 P/L	1/2 Cup		257800
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1/2 Cup		544426
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup		197831
FRUIT MIXED CUP L/S 48-4Z GFS	1 Each		185160

Preparation Instructions

Prep:

1. Wash Strawberries and Grapes

Day of Service:

1. Dip up 1/2 cup peaches in container
2. Put 14 grapes in container 1/2 cup
3. Put Strawberries in container 1/2 cup
5. Place all containers of fruit in larger container with 1 box of raisins
6. Place 1 Nutri Grain Bar in container and 2 packages of 4 count Zesta Crackers
7. Close lid and hold in cooler

SLE Components

Amount Per Serving

Meat	0.13
Grain	2.00
Fruit	1.33
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories 647.02

Fat 6.87g

SaturatedFat 0.57g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 534.77mg

Carbohydrates 143.42g

Fiber 9.33g

Sugar 101.58g

Protein 7.43g

Vitamin A 841.60IU **Vitamin C** 3.56mg

Calcium 266.29mg **Iron** 5.39mg

Strawberry Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16229

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRING MIX HERITAGE 4-3 RSS	3 Cup		152222
STRAWBERRY 8 MRKN	1/2 Cup		212768
CHEESE FETA GREEK 2-9 ODYS	1 Ounce		285528
CRACKER SALTINE 300-4CT ZESTA	4 Package		270644
DRESSING VINAG RASPB FF 60-1.5FLZ	1 Each		824970

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.51
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 salad

Amount Per Serving

Calories	365.47		
Fat	8.36g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	1567.42mg		
Carbohydrates	61.00g		
Fiber	4.59g		
Sugar	17.15g		
Protein	10.56g		
Vitamin A	213.78IU	Vitamin C	67.51mg
Calcium	141.37mg	Iron	7.87mg

Yogurt Parfait- Blueberry

Servings:	1.00	Category:	Entree
Serving Size:	16.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16230

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	4 1/4 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
BLUEBERRY ORGNC 12-6Z SPECLTY	1/2 Cup		567529

Preparation Instructions

Prep:

1. Thaw Blueberries

Day of Service:

1. Put 1/2 cup blueberries in bottom 20oz cup
2. Add 8oz Yogurt
3. Add 4.25oz Granola
4. Place lid on cup
5. Put in cooler

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 Ounce

Amount Per Serving

Calories	393.88
Fat	7.61g
SaturatedFat	2.17g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	248.60mg
Carbohydrates	72.11g
Fiber	2.04g
Sugar	43.04g
Protein	10.18g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 268.66mg **Iron** 0.73mg

Yogurt Parfait-Strawberry

Servings:	1.00	Category:	Entree
Serving Size:	16.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16231

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	4 1/4 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
STRAWBERRY FRESH 4-2 P/L	1/2 Cup		257800

Preparation Instructions

Prep:

1. Wash strawberries
2. Chop Strawberries

Day of Service:

1. Place chopped strawberries in bottom 20oz cup
2. Add 8oz yogurt
3. Add 4.25oz Granola
4. Place lid on cup
5. Put in cooler

SLE Components

Amount Per Serving

Meat	2.99
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 Ounce

Amount Per Serving

Calories	393.88
Fat	7.61g
SaturatedFat	2.17g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	248.60mg
Carbohydrates	72.11g
Fiber	2.04g
Sugar	43.04g
Protein	10.18g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	268.66mg	Iron	0.73mg

Yogurt Combo

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16232

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	1 string cheese should be 28grams.	786801
CRACKER ANIMAL WGRAIN 150-1Z KEEB	1 Package		682840

Preparation Instructions

Day of Service:

1. Place yogurt, Cheese, & animal crackers in bag
2. Put in cooler

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	1.00
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 Ounce

Amount Per Serving

Calories	250.00		
Fat	6.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	375.00mg		
Carbohydrates	37.00g		
Fiber	2.00g		
Sugar	19.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	348.00mg	Iron	0.80mg

Cinnamon Rolls

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16233

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG 120- 2.25Z RICH	1 Each	<p>BAKE</p> <p>1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ----- OZ. INDIVIDUAL CLUSTERED ----- 2.25 OZ. 3 X 5 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.</p>	222127

Preparation Instructions

Day of Service:

1. Put Rolls on pan
2. Bake rolls at 350 for 10 min
3. Hold rolls in warmer at 140 or above

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: 2.00 Ounce

Amount Per Serving

Calories 170.00

Fat 2.50g

SaturatedFat 0.50g

Trans Fat 0.00g

Cholesterol 5.00mg

Sodium 190.00mg

Carbohydrates 31.00g

Fiber 1.00g

Sugar 7.00g

Protein 5.00g

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

Calcium 0.00mg **Iron** 1.44mg

Dutch Waffles

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16234

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351

Preparation Instructions

Day of Service:

1. Put Rolls on pan
2. Bake Waffles for 10 min on 300
3. Hold Rolls in warmer at 140 or above

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: 2.00 Ounce

Amount Per Serving

Calories	300.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.00mg		
Carbohydrates	43.00g		
Fiber	3.00g		
Sugar	12.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Garlic Twist

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16235

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Day of Service:

1. Put Rolls on pan
2. Bake Waffles for 10 minutes on 300
3. Hold rolls in warmer at 140 or above

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: 2.00 Ounce

Amount Per Serving

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

Sister Shubert's Rolls

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16236

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRKRHSE PARBK 90-2Z SISSCHUB	1 Each		494385

Preparation Instructions

Day of Service:

1. Put Rolls on pan
2. Bake Rolls at 350 for 10 minutes
3. Hold Rolls in warmer at 140 or above

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: 2.00 Ounce

Amount Per Serving

Calories	180.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	320.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	1.80mg

Sugar Waffles

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16237

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL SGR PRL 60-1.94Z AVIETA	1 Each		660603

Preparation Instructions

Day of Service:

1. Put rolls on pan
2. Place in warmer
3. Hold rolls in warmer at 140 or above.

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: 2.00 Ounce

Amount Per Serving

Calories	240.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	20.00mg		
Sodium	230.00mg		
Carbohydrates	29.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	4.00mg

Corn Bread Dressing- For Elementary Mixer

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16244

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG LIQ SUB FF CHOLEST FR FZ 15-2GFS	121 Cup		449390
MARGARINE SLD 30-1 GCHC	3 Pound		733061
WATER DISTILLED 4-1GAL GCHC	1 Gallon		711143
SEASONING POULTRY 10Z TRDE	4 Tablespoon		273996
SAGE FRESH 8Z MRKN	7 Tablespoon		562734
SPICE PEPR BLK COARSE GRND 16Z TRDE	4 Tablespoon		518322
SALT IODIZED 18-2.25 GCHC	4 Tablespoon		350732
CORNBREAD MIX YEL 6-5# WEIS	4 Gallon		287631
BREAD CRUMB PANKO 6-3 GCHC	2 1/2 Gallon	UNPREPARED See Package Instructions	198011
CELERY DCD 1/4 2-5 RSS	1 Quart		198196
ONION DCD IQF 6-4 GFS	1 Quart		261521
BROTH CHIX NO MSG 12-5 HRTHSTN	1 Gallon	Heated broth	261564

Preparation Instructions

Prep:

1. Cook Celery & Onions and butter together
2. Make Cornbread
3. Grind Breadcrumbs

Day of Service:

1. Mix all ingredients in Big Mix
2. Put in 4 #2 pans
3. Bake at 350 for 45 minutes

4. Place in holding cabinet
5. Hold above 140 degrees

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	628.27
Fat	16.09g
SaturatedFat	4.32g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1714.20mg
Carbohydrates	73.35g
Fiber	3.47g
Sugar	3.62g
Protein	39.87g
Vitamin A 1000.37IU	Vitamin C 0.15mg
Calcium 293.05mg	Iron 9.27mg

Chicken Baked Potato Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16246

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 100CT MRKN	1 Each		233285
CHIX BRST STRP FC LRG 2-5 GCHC	2 Ounce	They will choose between chicken and taco meat	219011
SAUCE CHS CHED 6-5 JTM	2 Ounce	They will choose between cheese sauce or queso cheese sauce	271081
SEASONING TACO MIX 6-9Z LAWR	6 Teaspoon		159204

Preparation Instructions

Prep:

1. Wash potatoes

Day of Service:

1. Bake Potatoes at 350 for 1 hour
2. Steam Chicken
3. Mix Chicken & Taco Seasoning together
4. Heat together for 10 minutes
5. Heat Taco Meat
6. Heat Cheese Sauces

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	1.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	349.21
Fat	10.12g
SaturatedFat	5.45g
Trans Fat	0.00g
Cholesterol	81.44mg
Sodium	1971.01mg
Carbohydrates	30.20g
Fiber	2.00g

Sugar			2.10g
Protein			24.36g
Vitamin A	1634.37IU	Vitamin C	19.70mg
Calcium	233.78mg	Iron	0.75mg

Turkey wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16247

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	2 Each		702633
Sliced American Cheese	2 Ounce		100018
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup		735787
TOMATO SLCD 1/4 5 RSS	1/2 Cup		786535
CARROT BABY WHL 200-1.6Z RSS	1/2 Cup		786321
TURKEY SLCD SMKD .5Z 6-2 HRML NAT CH	4 Slice		711040
FRUIT MIXED CUP L/S 48-4Z GFS	1 Each		185160

Preparation Instructions

Day of Service:

1. Lay out tortilla shells
2. Lay Ham or turkey on them
3. Lay Cheese on it
4. Wrap up
5. Make bag with Lettuce & Tomato
6. Place Bag of Baby carrots
7. Place Frozen Fruit in the Box
8. Close Box
9. Place in front milk cooler

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.58
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 BOX			
Amount Per Serving			
Calories	570.43		
Fat	24.50g		
SaturatedFat	13.15g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	780.63mg		
Carbohydrates	54.25g		
Fiber	5.05g		
Sugar	24.88g		
Protein	26.41g		
Vitamin A	2780.95IU	Vitamin C	12.71mg
Calcium	58.13mg	Iron	0.79mg

Cottage cheese-- Fruit Tray

Servings:	1.00	Category:	Fruit
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16251

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE 300-4CT ZESTA	2 Package		270644
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1/2 Cup	READY_TO_EAT READY_TO_EAT	885750
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
STRAWBERRY FRESH 4-2 P/L	1/2 Cup		257800
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1/2 Cup		544426
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup		197831
CHEESE COTTAGE SML 1 4-5 GCHC	4 Ounce	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
FRUIT MIXED CUP L/S 48-4Z GFS	1 Each		185160

Preparation Instructions

Prep:

1. Wash Strawberries and Grapes

Day of Service:

1. Dip up 1/2 cup peaches in container
2. Put 14 grapes in container 1/2 cup
3. Put Strawberries in container 1/2 cup
4. Place 4oz cottage cheese in container
5. Place all containers of fruit and cottage cheese in larger container with 1 box of raisins
6. Place 1 Nutri Grain Bar in container and 2 packages of 4 count Zesta Crackers
7. Close lid and hold in cooler

SLE Components

Amount Per Serving

Meat	0.13
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Grain	2.00
Fruit	1.33
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.00

Amount Per Serving

Calories	737.02
Fat	7.87g
SaturatedFat	1.07g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	964.77mg
Carbohydrates	148.42g
Fiber	9.33g
Sugar	105.58g
Protein	21.43g

Vitamin A	841.60IU	Vitamin C	3.56mg
Calcium	366.29mg	Iron	5.39mg

White Milk, Chocolate Milk, Strawberry Milk

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Low Fat White Milk	1 Carton		13871
1% Chocolate Milk	1 Carton		
1% Strawberry Milk	1 Each		

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
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 Cup

Amount Per Serving

Calories	380.00		
Fat	7.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	475.00mg		
Carbohydrates	54.00g		
Fiber	0.00g		
Sugar	51.00g		
Protein	24.00g		
Vitamin A	10.00IU	Vitamin C	2.00mg
Calcium	30.00mg	Iron	0.00mg

Apple Juice

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16263

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440

Preparation Instructions

Day of service:

1. Serve with straws so they can poke them through the lids

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

Orange Juice

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16264

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135450

Preparation Instructions

Day of Service:

1. Serve with straws that they can poke through the lid

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	0.00mg	Iron	0.00mg

Ham & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16315

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2 7-32Z GFS	2 Slice		231053
HAM HNY DELI SHVD FRSH 6-2 GFS	1 Ounce		779160
CHEESE AMER SHRP 160CT SLCD 4-5 GCHC	1 Slice		163597

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
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 Sandwich

Amount Per Serving			
Calories	300.00		
Fat	7.75g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	760.00mg		
Carbohydrates	42.50g		
Fiber	4.00g		
Sugar	6.00g		
Protein	13.50g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	223.00mg	Iron	2.20mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16325

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670
TURKEY SUB MEAT COMBO PK 12 GCHC	2 Ounce		239640
LETTUCE LEAF BTTR BRGR 2-5	1/2 Cup		416593
CHEESE AMER 120CT SLCD 4-5 GCHC	2 Each		164216
TOMATO 5X6 XL 25 MRKN	1/2 Cup		206032

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	404.50
Fat	18.20g
SaturatedFat	9.25g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	1236.13mg
Carbohydrates	34.17g
Fiber	2.77g
Sugar	6.83g
Protein	20.13g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 322.34mg	Iron 2.74mg

Fried Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16326

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX 8CUT BRD WGRAIN CKD 35 GLDKST	2 Ounce	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 55-65 MINUTES AT 450; CONVECTION OVEN FOR 30-40 MINUTES AT 350F.	522130
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	1 Each		702633
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup		242489
TOMATO 5X6 XL 25 MRKN	1/2 Cup		206032

Preparation Instructions

Day of Service:

1. Prepare the wrap
2. Leave the tomato on the side

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	286.33		
Fat	13.93g		
SaturatedFat	4.02g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	581.00mg		
Carbohydrates	23.17g		
Fiber	2.87g		
Sugar	4.00g		
Protein	3.20g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	39.33mg	Iron	2.65mg

Burgers- Trimmings Included

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16327

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PREM CKD 3Z 6-4.875# JTM	3 Ounce		547933
TOMATO 5X6 XL 25 MRKN	1/2 Cup		206032
ONION RD SLIVERED 1/8 2-3 RSS	1 Ounce		313157
CHEESE CHED WHT SHRP SLCD 8-1.5	1 Ounce		605802
BUN HAMB SLCD 4 10-12CT GFS	1 Each		763233
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Ounce		600504

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	0.21
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Burger

Amount Per Serving

Calories	515.20
Fat	27.20g
SaturatedFat	12.05g
Trans Fat	0.90g
Cholesterol	98.00mg
Sodium	827.83mg
Carbohydrates	36.50g
Fiber	3.43g
Sugar	7.83g
Protein	29.13g
Vitamin A 1049.70IU	Vitamin C 12.33mg
Calcium 257.33mg	Iron 2.58mg

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16329

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS 104-SSV DORITOS	1 Package	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.	105060
TACO FILLING PORK REDC FAT 6-5 COMM	3 Ounce		641390
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup		242489
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1/4 Cup		191043

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.89
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 TACO

Amount Per Serving			
Calories	378.56		
Fat	21.73g		
SaturatedFat	7.70g		
Trans Fat	0.00g		
Cholesterol	61.23mg		
Sodium	653.57mg		
Carbohydrates	25.68g		
Fiber	3.39g		
Sugar	3.39g		
Protein	22.25g		
Vitamin A	932.18IU	Vitamin C	4.73mg
Calcium	277.59mg	Iron	1.25mg

Bomber Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 nacho	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16402

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Ounce		722330
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce		722110
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup		242489
TOMATO DCD PETITE 6-10 GFS	1/2 Cup		498871
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.13
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.54
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 nacho

Amount Per Serving			
Calories	154.14		
Fat	6.05g		
SaturatedFat	3.22g		
Trans Fat	0.09g		
Cholesterol	26.04mg		
Sodium	691.08mg		
Carbohydrates	12.58g		
Fiber	2.13g		
Sugar	8.13g		
Protein	8.54g		
Vitamin A	749.47IU	Vitamin C	9.58mg
Calcium	152.93mg	Iron	0.99mg

Ranch Mashed Potatoes

Servings:	266.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17327

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	185 1/2 Ounce	185.5oz = 7 bags. Use 7 gallons of water to reconstitute. RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
DRESSING MIX RNCH 18-3.2Z GCHC	1 Package		766130

Preparation Instructions

Day of Service:

1. Add 7 gallons hot water to mixer add butter buds
2. Add 7 bags potato pearls
3. Whip with mixer
4. Heat in steamer to 165
5. Dip 1/2 cup serving in bowls
6. Hold in warmer at 140 or above

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 266.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	87.06
Fat	0.53g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	176.36mg
Carbohydrates	18.68g
Fiber	2.11g
Sugar	0.00g

Protein	2.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.57mg	Iron	0.32mg

Tacos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17328

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING PORK REDC FAT 6-5 COMM	3 Ounce		641390
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	1 Each		702633
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup		242489
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1/4 Cup		191043
TOMATO 5X6 XL 25 MRKN	1/2 Cup		206032

Preparation Instructions

Day of Service:

1. Serve each item in a separate case so students can choose which of the above options they want.

SLE Components

Amount Per Serving

Meat	1.89
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 TACO

Amount Per Serving	
Calories	336.56
Fat	16.33g
SaturatedFat	8.05g
Trans Fat	0.00g
Cholesterol	61.23mg
Sodium	662.07mg
Carbohydrates	23.18g
Fiber	4.09g
Sugar	5.89g
Protein	23.45g
Vitamin A 1681.88IU	Vitamin C 17.06mg
Calcium 268.59mg	Iron 1.19mg

Chicken Bacon Ranch Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17329

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD SLCD 2-150CT ARMR	2 Slice		563315
CHEESE CHED REDC FAT SHRD 6-5 COMM	2 Ounce		448010
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Cup		182265
BUN HAMB SLCD 4 10-12CT GFS	1 Each		763233
CHIX STRP BRD WGRAIN FC 1.3Z 30	2 Each		548842

Preparation Instructions

Day of Service:

1. Cook Chicken Strips
2. Cook Bacon
3. Lay 2 Tortilla Shells in 2# boat
4. Put 1 Chicken Strip & 1 Strip Bacon on both buns
5. Place in plastic but cover bag
6. Place in warming cabinet
7. Hold at 140 or above
8. Portion Cheese in 2oz Cups set out on the line
9. Put Ranch Dressing in Black container set on line

SLE Components

Amount Per Serving

Meat	4.00
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: 4.00 Ounce

Amount Per Serving

Calories	691.50
Fat	41.60g
SaturatedFat	13.57g
Trans Fat	0.00g
Cholesterol	105.33mg
Sodium	1284.83mg
Carbohydrates	42.00g

Fiber	2.33g		
Sugar	6.00g		
Protein	34.93g		
Vitamin A	133.33IU	Vitamin C	72.00mg
Calcium	13.33mg	Iron	0.72mg

Homestyle Chick-Fil-A Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17332

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	4 Ounce		542832
BUN HAMB SLCD 4 10-12CT GFS	1 Each		763233

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: 6.00 Ounce

Amount Per Serving

Calories	380.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	680.00mg		
Carbohydrates	43.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	28.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Chicken Alfredo with Broccoli

Servings:	54.00	Category:	Entree
Serving Size:	4.93 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17380

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI SPEARS 12-2 GFS	3 3/4 Pound		119237
SAUCE ALFREDO FZ 6-5 JTM	5 Pound		155661
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
Cheese, Mozzarella, Part Skim, Shredded	10 Ounce		100021
PASTA PENNE RIGATE 100 WHLWHE 2-5	3 Pound		654571

Preparation Instructions

Prep:

1. Thaw chicken under refrigeration over nite.

Day of Service:

1. Preheat convection oven to 300°F.
2. Lightly spray bottom and sides of SS 4 inch deep hotel pan with oil or non-stick cooking spray.
3. Cut open bag of thawed JTM Alfredo Sauce and place in the center of pan.
4. Add 72 oz of hot water to pan and blend ingredients using wire whisk.
5. Add dry pasta to mixture and blend using a rubber spatula.
6. Cover pan with foil and transfer to preheated oven.
7. Remove from oven after 30 minutes and blend chicken fajita, Broccoli and mozzarella cheese.
8. Cover and place back into oven for an additional 10 to 15 minutes.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.25
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		207.69	
Fat		7.24g	
SaturatedFat		3.97g	
Trans Fat		0.00g	
Cholesterol		42.60mg	
Sodium		519.94mg	
Carbohydrates		22.80g	
Fiber		2.77g	
Sugar		4.15g	
Protein		14.68g	
Vitamin A	179.11IU	Vitamin C	0.00mg
Calcium	164.93mg	Iron	0.92mg

Three Cheese Cavatappi

Servings:	20.00	Category:	Entree
Serving Size:	6.40 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Three Cheese Sauce	5 Pound		920338
PASTA CAVATAPPI 8-2.5 PG	1 1/2 Pound		102938

Preparation Instructions

Day of Service:

1. Heat JTM Three Cheese Sauce in a steamer, kettle or boiling water.
2. Heat for approximately 45 minutes and check for an internal temperature of 165°F or higher (HACCP - 145°F for 15 seconds)
3. Once the product has reached internal temperature, place on the serving line or in a holding cabinet. Hold hot (HACCP - 145°F or higher) until ready to use.
4. Cook cavatappi pasta until al dente; drain, rinse and coat with olive oil or non-stick cooking spray.
5. Open the bag of three cheese sauce carefully and place in 2 inch deep full size hotel pan.
6. Add pasta to the hot cheese sauce and blend thoroughly.
7. Place in a holding cabinet (140°F - HACCP) until service.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 6.40 Ounce

Amount Per Serving

Calories	361.34		
Fat	18.48g		
SaturatedFat	10.28g		
Trans Fat	0.00g		
Cholesterol	62.57mg		
Sodium	925.14mg		
Carbohydrates	29.67g		
Fiber	1.20g		
Sugar	3.43g		
Protein	19.84g		
Vitamin A	806.70IU	Vitamin C	0.00mg
Calcium	466.34mg	Iron	1.08mg

Chile Verde Street Tacos

Servings:	23.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17383

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DCD SOUS VIDE CKD 6-5 JTM	5 Pound		964512
CHIP TORTL RND YEL 5-1.5 KE	46 Each		163020
SALSA VERDE FIRE RSTD 6-70Z GCHC	2 1/2 Pound		543324
JUICE LIME 6-.5GAL RSS	8 Ounce		887632
CILANTRO BUNCHED 60CT 15# P/L	1 Each		562433
ONION DEHY CHPD 15 P/L	1 3/4 Pound		263036

Preparation Instructions

Prep:

1. Thaw Sous Vide Pork in cooler (<40°F) for 48-72 hrs.

Day of Service:

1. Remove contents out of bag (meat and juices) and place in a SS pan insert. Evenly break up the Sous Vide Pork to ensure proper mixing.
2. Cover and place in a 350°F oven for approx. 30-45 minutes(to an internal temp. of 165°F for 15 seconds - HACCP Critical Control Point).
3. Open the Salsa Verde
4. Add 5 cups of salsa verde, 8 oz. of lime juice, 1.75 lbs. of diced onions, and 1 bunch of fresh chopped cilantro into a bowl and mix together.
5. Portion 1.75 oz (by weight) / #16 scoop of sous vide diced pork on each tortilla (serve two each), top with 1.0 oz of salsa verde

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 1.00 TACO

Amount Per Serving

Calories 161.80

Fat 5.17g

SaturatedFat 1.80g

Trans Fat 0.00g

Cholesterol 65.75mg

Sodium 79.70mg

Carbohydrates 7.76g

Fiber 0.86g

Sugar 0.36g

Protein 22.00g

Vitamin A 7.42IU **Vitamin C** 0.00mg

Calcium 24.34mg **Iron** 2.28mg

Ham and cheese sliders

Servings:	120.00	Category:	Entree
Serving Size:	2.00 SLIDER	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17387

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SWT YST 240-1.5Z RICH	1 Each		209500
HAM SLCD HNY 1Z 4-3 HRML	1 11/50 Ounce		445161
CHEESE AMER SHRP 160CT SLCD 4-5 GCHC	1/4 Slice		163597

Preparation Instructions

Prep:

1. Thaw frozen dough on a pan spaced 1-inch apart and cover dough with oiled plastic. Place in a cooler to thaw overnight.

Day of Service:

1. Prepare slider cheese sauce

a. melt 2lb of butter, add 1/2 c. honey mustard dressing, 1/2 c. brown sugar, 1 tsp. garlic salt or onion powder & 1oz Worcestershire sauce.

b. whisk together over med heat until it comes to a boil then remove from heat and keep in 140degrees until ready to use.

2. Place thawed dough in a proofer set at 95degrees with 85% humidity for 30-45 minutes or leave covered at room temp.

a. proof until doubled in size and edges touch

3. Bake at 325degrees in a convection oven until golden brown

4. cool rolls, cut in half (top and bottom) and place 1.22oz of sliced ham on the bottom half of each roll

5. Top the ham with 1/4 slice American Cheese

6. Place top half of roll on the slider and place then in a hotel pan. Brush tops of sliders with warm cheese sauce and place at 140degrees for serving

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: 120.00			
Serving Size: 2.00 SLIDER			
Amount Per Serving			
Calories	1.40		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	3.71mg		
Carbohydrates	0.19g		
Fiber	0.01g		
Sugar	0.06g		
Protein	0.08g		
Vitamin A	0.42IU	Vitamin C	0.00mg
Calcium	0.24mg	Iron	0.01mg

Beef and Gravy Cheddar Grits

Servings:	20.00	Category:	Entree
Serving Size:	12.28 Gram	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-17389

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRITS WHT 8-2# WEIS	4 1/6 Cup		694113
MILK WHT WHL 4-1GAL RGNLBRND	16 2/3 Cup		512109
BUTTER SUB 24-4Z BTRBUDS	3 2/3 Tablespoon		209810
CREAM WHIP 36 HVY ESL 12-1QT GCHC	1 2/3 Cup	READY_TO_EAT Whipped for topping or reduced for soups sauces (e.g. alfredo sauce)	457341
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 2/3 Cup		191043
BEEF DCD SOUS VIDE CKD 6-5 JTM	5 Pound		964512
GRAVY BF RSTD 12-50Z HRTHSTN	32 Ounce		232424
ONION GREEN DCD 1/4 2-3 P/L	10 2/5 Teaspoon		319228
SALT IODIZED 18-2.25 GCHC	3 1/3 Teaspoon		350732

Preparation Instructions

Prep:

1. Thaw JTM beef for 48-72 hours in walk-in cooler

Day of Service prep for Grits:

1. Gently bring (16 2/3 cup) whole milk and (3 1/3tsp) salt to a boil, while constantly stirring
2. Whisk (4 1/6cup) grits into the milk in a steady stream and continue for 1-2 minutes until fully incorporated
3. Lower heat and cover. Grits should gently bubble on low heat for 15 minutes with stirring periodically
4. uncover and check consistency at 15 minutes, add milk or water as needed if too thick
5. continue to cook for 5-10 more minutes. Grits should then be the consistency of porridge
6. Add (3 2/3tbsp) butter and (1 2/3cup) heavy cream at the end of cooking and stir until melted.
7. Place in deep pan for serving in the holding cabinet until ready to use.

Day of Service prep for Beef:

1. Remove contents of the bag (meat and natural juices) and place in a SS Pan insert. Evenly break up the Sous Vide Beef to ensure proper mixing.
2. Pour 32 oz. of beef gravy into SS pan with Sous Vide Beef. Season Beef and Gravy with 1 tsp of salt and 1 tbsp

of black pepper.

3. Place beef and gravy in a preheated 350°F convection oven uncovered and heat for 35-40 minutes.

4. Remove beef and gravy for oven, cover and place in a hot holding cabinet until service.

Serving:

1. Portion 4 oz of cheddar grits in a bowl or on a serving tray. Portion 3.28 oz (by weight) #10 scoop or 3/8 cup of beef and gravy over grits.

2. Garnish with 1 tsp of chopped green onions.

SLE Components

Amount Per Serving

Meat	2.44
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 12.28 Gram

Amount Per Serving	
Calories	1378.84
Fat	78.11g
SaturatedFat	47.04g
Trans Fat	0.00g
Cholesterol	375.73mg
Sodium	1725.03mg
Carbohydrates	86.43g
Fiber	0.07g
Sugar	73.39g
Protein	87.92g
Vitamin A 2433.77IU	Vitamin C 16.47mg
Calcium 2285.17mg	Iron 2.48mg

Sloppy Joe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17391

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GFS	1 Each		763233
SLOPPY JOE REDUCED FAT 6-5 COMM	1 Cup		564790

Preparation Instructions

Day of Service:

1. Warm sloppy joe mixture to 165 on medium heat in a sauce pan
2. When warm, place 1 cup of the mixture on a burger bun
3. Ready to serve

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	176.63		
Fat	3.10g		
SaturatedFat	0.40g		
Trans Fat	0.00g		
Cholesterol	8.08mg		
Sodium	316.58mg		
Carbohydrates	29.84g		
Fiber	1.37g		
Sugar	5.47g		
Protein	7.39g		
Vitamin A	84.30IU	Vitamin C	1.10mg
Calcium	6.24mg	Iron	0.37mg

Seven Layer Salad

Servings:	10.00	Category:	Vegetable
Serving Size:	20.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17456

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	10 Cup		735787
CHEESE BLND MEX 3-CHS SHRD 4-5 GCHC	2 1/2 Cup		177290
ONION GREEN 2 RSS	1/2 Cup		596981
PEAS SWT MXD SV 6-10 KE	5 Cup		256935
SPICE PEPR BLK 30 MESH REG GRIND 5	1 1/2 Tablespoon		225045
EGG HRD CKD DCD IQF 4-5 GFS	50 Tablespoon		192198
MAYONNAISE 4-1GAL HELM	2 1/2 Cup		106933
BACON CKD SLCD 2-150CT ARMR	10 Slice		563315
SUGAR CANE GRANUL 50 GFS	5 Tablespoon		425311
SPICE PAPRIKA 16Z TRDE	1 1/2 Tablespoon		518331
SALT IODIZED 18-2.25 GCHC	1 1/2 Tablespoon		350732

Preparation Instructions

Prep instructions for each individual salad (recipe will make a total of 10):

1. Place 1/2 cup of lettuce at the bottom of a 20oz container (GFS# 865230)
2. Sprinkle with salt and pepper
3. Layer 6 tbsp of diced hard-boiled eggs over the lettuce then sprinkle again with salt and pepper
4. Layer the remaining vegetables: 1/2 cup peas, remaining 1/2 cup lettuce, 1 slice of bacon (crushed), 1/4 cup cheese, with another sprinkle of salt and pepper
5. combine 1/4 cup mayonnaise with 1/2 tbsp sugar. Spread over the top of the salad
6. Close the lid on the container and chill overnight

Day of Service:

1. Remove salad from the fridge, garnish with a touch of green onions and a dash of paprika.
2. Toss lightly, close the lid, and serve.

SLE Components

Amount Per Serving

Meat	3.33
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.17
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 20.00 Ounce

Amount Per Serving			
Calories		727.72	
Fat		59.55g	
SaturatedFat		14.20g	
Trans Fat		0.00g	
Cholesterol		364.33mg	
Sodium		1011.34mg	
Carbohydrates		22.33g	
Fiber		4.54g	
Sugar		12.67g	
Protein		24.15g	
Vitamin A	894.11IU	Vitamin C	0.27mg
Calcium	286.64mg	Iron	3.01mg

Grape Juice

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17457

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460

Preparation Instructions

Day of Service:

1. Serve with straws so they can poke a hole through the lid

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	20.00mg	Iron	0.00mg

Fruit Bowl with Yogurt

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17594

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1 Pound		621420
FRUIT MANGO/PINEAPPLE DCD 1/4 8 P/L	1 Pound		198891
BLUEBERRY FREE-FLOW IQF 30 GFS	12 Ounce		119873
GRAPES RED LUNCH BUNCH 5 MRKN	12 Ounce		121893
Apples, Fuji	1 Each	BAKE	15P09
ORANGES MAND WHL L/S 6-10 GFS	15 Ounce		117897
BANANA 1 FRESH STAGE YELLOW 40 DOLE	2 Each		249492
HONEY CLOVER 4-6 GCHC	1/4 Cup		225614
LIME 2 RNDM 40 MRKN	1 Each		774117
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

Day of Service:

1. Add strawberries, pineapple, and blueberries to a large bowl
2. Slice 12oz red grapes into halves and add to bowl
3. Dice 1 Fuji Apple and add to bowl
4. Drain and slice mandarin oranges (15 oz) into halves and add to bowl
5. Dice 2 ripe bananas and add to bowl
6. In a separate small bowl, whisk together 1/4 cup honey, and the juice and zest from one lime
7. Before serving, pour honey mixture over fruit and toss to evenly coat
8. Separate into 6 even portions to serve and toss again so that fruit is evenly coated.
9. Serve with danimals yogurt cup

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	425.02
Fat	0.65g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	39.62mg
Carbohydrates	109.33g
Fiber	9.35g
Sugar	86.83g
Protein	5.02g

Vitamin A	2097.76IU	Vitamin C	80.41mg
Calcium	88.49mg	Iron	2.62mg

Biscuit Sticks and Gravy

Servings:	125.00	Category:	Entree
Serving Size:	6.45 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17605

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Biscuit Stick	250 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
GRAVY SAUSAGE FZ WHITE 6-5 SPRCRK	480 Ounce		511781

Preparation Instructions

Prep:

1. Keep Biscuit stick dough frozen until day of service

Day of Service:

1. Place sealed bag of gravy in a steamer or boiling water. Heat 45-50 minutes or until reaches 165 degrees.
2. Pan the frozen biscuit sticks on lined sheet pans
3. Place dough in a preheated 350degree convection oven or 375 conventional oven
4. Bake for 10-12 minutes (until golden brown) then brush sticks with melted butter or oil
5. Place baked sticks in a warmer at 145 degrees until ready to serve.
6. Open bag of heated gravy and place in a saucepan, portion gravy into 4oz cups and place in warmer with bread sticks
7. Serve 2 biscuit sticks with 3.95oz of gravy

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: 125.00

Serving Size: 6.45 Ounce

Amount Per Serving

Calories	349.35
Fat	18.89g
SaturatedFat	9.23g
Trans Fat	0.00g
Cholesterol	16.17mg
Sodium	1208.88mg
Carbohydrates	34.89g
Fiber	0.00g

Sugar			2.81g
Protein			7.23g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.17mg	Iron	0.81mg

Biscuit Sticks and Chocolate Gravy

Servings:	125.00	Category:	Entree
Serving Size:	4.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17609

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Biscuit Stick	250 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
COCOA PWD BAKING 6-5 GCHC	1 3/4 Cup		269654
SUGAR CANE GRANUL 25 GFS	4 Pound		108642
FLOUR H&R A/P 50 GCHC	1 1/4 Cup		765180
1% Low Fat White Milk	3 1/2 Quart		13871

Preparation Instructions

Prep:

1. Keep biscuit dough frozen until day of service

Day of Service:

1. Mix 4lbs granulated sugar, 1 1/4 cup flour, 1 3/4 cup cocoa powder in a heavy sauce pan with a wire whisk and then whisk in 14 cups (3 1/2 quarts) milk
2. Cook over medium heat stirring constantly until it becomes pudding thick. Remove pan from heat and add 1/2 cup butter and stir until melted
3. Ladle 1/4 cup (2oz) portions into cups and keep warm at 140degree until ready to serve.
4. Pan biscuit sticks on lined sheet pans and bake for 10-12 minutes (until golden brown) in a 350degree convection oven or 375 conventional oven
5. Brush baked sticks with melted butter or oil then place them in a 140degree warmer until ready to serve
6. Serve 2 bread sticks with 1/4 cup chocolate gravy.

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: 125.00
Serving Size: 4.50 Ounce

Amount Per Serving

Calories	293.15		
Fat	10.42g		
SaturatedFat	6.24g		
Trans Fat	0.00g		
Cholesterol	1.68mg		
Sodium	754.11mg		
Carbohydrates	42.61g		
Fiber	0.08g		
Sugar	17.73g		
Protein	5.30g		
Vitamin A	1.12IU	Vitamin C	0.22mg
Calcium	5.44mg	Iron	0.05mg

Country Breakfast Scramble Wraps

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17616

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each		713340
EGG LIQ SUB FF CHOLEST FR FZ 15-2GFS	2 Tablespoon		449390
HASHBROWN BKFST CUBES 6-6 PRVTRES	1/2 Cup		744107
CHEESE CHED MLD SHRD FTHR 4-5 GCHC	1/4 Cup		411841
TACO FILLING PORK REDC FAT 6-5 COMM	2 Ounce		641390
SAUCE SRIRACHA PKT 500-7GM	1 Each	READY_TO_EAT None	768331

Preparation Instructions

Day before Service:

1. Cook pork taco filling until internal temp reaches 160degrees and drain the excess liquid
2. Scramble eggs
3. Fry Hashbrowns at 360degrees to 3 minutes and 30 seconds
4. Mix together the hashbrowns, eggs, taco filling, and cheese (should be approximately 1 cup of filling for each tortilla, 1/2 cup hashbrown, 1/2 cup of the rest)
4. Place the mix in the center of tortilla
5. Fold up tortilla into a wrap and wrap individually in foil and hold in the fridge
6. Make as many as needed

Day of Service:

1. warm up wraps to 140degrees then serve
2. Serve with siracha sauce as an option

SLE Components

Amount Per Serving

Meat	1.26
Grain	2.25
Fruit	0.00

GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	502.38
Fat	19.65g
SaturatedFat	9.14g
Trans Fat	0.00g
Cholesterol	50.82mg
Sodium	1202.38mg
Carbohydrates	54.79g
Fiber	4.26g
Sugar	4.26g
Protein	24.17g

Vitamin A	421.45IU	Vitamin C	3.15mg
Calcium	292.39mg	Iron	3.81mg

Rich's Donuts with Icing

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17617

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RNG HMSTYL YST RSD 84-2.1Z RICH	1 Each		131940

Preparation Instructions

Day of Service:

1. prepare icing by mixing powdered sugar and milk
2. dip donuts into the icing (only the top should be covered)
3. Serve

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	260.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	25.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Chicken Minis with Potato coins

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17620

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRKRHSE PARBK 6-24CT SISSCHUB	3 Each		498105
POTATO ROUNDS COIN 6-5 LAMB	1 Cup		265632
CHIX BRST CHNK BRD WGRAIN 4-5#	3 Each		747651

Preparation Instructions

Day of Service:

1. Once rolls and chicken are heated, place 3 pieces of chicken in 3 rolls (1 piece of chicken in each roll like a chickin mini at chick-fil-a)
2. Three "chickin minis" will be served in each box provided with the chicken
2. Serve with 1 cup of potato coins

SLE Components

Amount Per Serving

Meat	1.50
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	1.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	299.06		
Fat	10.65g		
SaturatedFat	3.79g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	485.24mg		
Carbohydrates	39.69g		
Fiber	0.79g		
Sugar	6.00g		
Protein	6.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.15mg	Iron	2.19mg

Protein Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17908

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Eggs, Hard Ckd	1 Each		219160
CRACKER SALTINE 300-4CT ZESTA	1 Package		270644
SEED SUNFLWR RSTD SLTD 4-4 GFS	1/4 Cup		337910
CHEESE COLBY JK CUBED 6-1 GCHC	4 Piece		471461

Preparation Instructions

Day of Service:

1. place sunflower seeds in a 6oz cup or small ziploc bag
2. place all items in a plastic container with a lid which will be given individually.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.50
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 Serving

Amount Per Serving

Calories	410.00		
Fat	29.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	195.00mg		
Sodium	625.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	20.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	242.00mg	Iron	2.94mg

Pot-pie

Servings:	1.00	Category:	Entree
Serving Size:	6.20 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17910

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FILLING POT PIE CHIX 4-5 JTM	4 Ounce		513242
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

Day of Service:

1. Bake Biscuits
2. Heat pot pie filling until internal temp of 145
2. In a 8oz container, place the bottom half of a biscuit (press to the edges)
3. Then place 4oz of pot pie filling
4. Cover filling with the top half of the biscuit (try to press the top and bottom half of biscuit together so there is no leaking)

SLE Components

Amount Per Serving

Meat	0.94
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.06
OtherVeg	0.06
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.20 Ounce

Amount Per Serving

Calories	264.53		
Fat	10.21g		
SaturatedFat	5.94g		
Trans Fat	0.02g		
Cholesterol	17.00mg		
Sodium	693.42mg		
Carbohydrates	33.03g		
Fiber	1.85g		
Sugar	4.89g		
Protein	10.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.89mg	Iron	1.42mg

Coleslaw

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17975

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	1/2 Cup		198234
DRESSING COLE SLAW 4-1GAL PMLL	1 Tablespoon		839381

Preparation Instructions

Day of service:

1. For each serving 1/2 cup cole slaw should be mixed with 1tbsp of dressing and then served

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	63.33		
Fat	4.00g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	69.17mg		
Carbohydrates	6.17g		
Fiber	0.67g		
Sugar	4.50g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.67mg	Iron	0.00mg

Ham & Cheese Tortilla Spirals

Servings:	3.00	Category:	Entree
Serving Size:	1.00 tortilla	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18066

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each		713340

Preparation Instructions

Day of Service:

1. Fill one tortilla with 3oz of ham and 1 slice of cheese and wrap
2. Do this with different colored tortillas
3. Cut them into wedges and align the slices so that they look like spirals with different colored tortillas throughout
4. Each serving should have 3 tortilla wedges to make one spiral

SLE Components

Amount Per Serving

Meat	1.15
Grain	0.75
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 tortilla

Amount Per Serving			
Calories	120.33		
Fat	4.97g		
SaturatedFat	2.65g		
Trans Fat	0.00g		
Cholesterol	19.75mg		
Sodium	420.16mg		
Carbohydrates	12.97g		
Fiber	0.33g		
Sugar	2.15g		
Protein	7.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.67mg

Turkey & Cheese Tortilla Spirals

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18068

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each		713340
TURKEY BRST DELI SHVD FRSH 6-2 GFS	3 Ounce		779170

Preparation Instructions

Day of Service:

1. Fill one tortilla with 3oz of turkey and 1 slice of cheese and wrap
2. Do this with different colored tortillas
3. Cut them into wedges and align the slices so that they look like spirals with different colored tortillas throughout
4. Each serving should have 3 tortilla wedges to make one spiral

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	345.00		
Fat	11.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	1290.00mg		
Carbohydrates	37.00g		
Fiber	1.00g		
Sugar	5.50g		
Protein	23.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.54mg

Turkey, Ham & Cheese Tortilla Spirals

Servings:	3.00	Category:	Entree
Serving Size:	1.00 tortilla	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18408

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each		713340
TURKEY BRST DELI SHVD FRSH 6-2 GFS	2 Ounce		779170

Preparation Instructions

Day of Service:

1. Fill one tortilla with 2oz of ham, 2oz of turkey, and 1 slice of cheese and wrap
2. Do this with different colored tortillas
3. Cut them into wedges and align the slices so that they look like spirals with different colored tortillas throughout
4. Each serving should have 3 tortilla wedges to make one spiral

SLE Components

Amount Per Serving

Meat	0.88
Grain	0.75
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 tortilla

Amount Per Serving			
Calories	126.89		
Fat	4.76g		
SaturatedFat	2.38g		
Trans Fat	0.00g		
Cholesterol	19.84mg		
Sodium	490.11mg		
Carbohydrates	13.09g		
Fiber	0.33g		
Sugar	2.21g		
Protein	9.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.79mg

Chicken & Waffles

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18411

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL SGR PRL 60-1.94Z AVIETA	1 Each		660603
CHIX STRP BRD WGRAIN FC 1.3Z 30	2 Each		548842
SYRUP PANCK CUP 200-1.5Z GFS	1 Each	BAKE	160090

Preparation Instructions

Day of Service:

Serve with 2 fried chicken strips and 1 waffle with little syrup cups as an option

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: 2.00 Each

Amount Per Serving

Calories	546.67		
Fat	23.33g		
SaturatedFat	8.67g		
Trans Fat	0.50g		
Cholesterol	63.33mg		
Sodium	456.67mg		
Carbohydrates	70.00g		
Fiber	2.33g		
Sugar	34.00g		
Protein	15.00g		
Vitamin A	133.33IU	Vitamin C	72.00mg
Calcium	15.33mg	Iron	4.72mg

Breakfast Pizza- Elementary

Servings:	1.00	Category:	Entree
Serving Size:	3.31 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18506

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.50
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: 3.31 Ounce

Amount Per Serving

Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	145.00mg	Iron	1.80mg

Sausage, Egg, and Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18673

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD IQF 1Z 12 GFS	1 Each		112610
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each		462519
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
American Cheese Sliced RF	1 Slice		666204

Preparation Instructions

Day of Service:

1. Heat up sausage and egg if needed
2. Place egg patty and sausage patty on biscuit (once split) and place cheese on top of egg
3. wrap with foil so it will stay warm and the cheese will melt.

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	370.00		
Fat	23.00g		
SaturatedFat	9.75g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	940.00mg		
Carbohydrates	27.50g		
Fiber	1.00g		
Sugar	4.00g		
Protein	13.50g		
Vitamin A	30.00IU	Vitamin C	0.00mg

Calcium 205.00mg **Iron** 1.26mg

Country Breakfast Scramble Wraps- Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18891

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
EGG LIQ SUB FF CHOLEST FR FZ 15-2GFS	1 Tablespoon		449390
HASHBROWN BKFST CUBES 6-6 PRVTRES	1/4 Cup		744107
CHEESE CHED MLD SHRD FTHR 4-5 GCHC	1/6 Cup		411841
TACO FILLING PORK REDC FAT 6-5 COMM	1 Ounce		641390
SAUCE SRIRACHA PKT 500-7GM	1 Each	READY_TO_EAT None	768331

Preparation Instructions

Day before Service:

1. Cook pork taco filling until internal temp reaches 160degrees and drain the excess liquid
2. Scramble eggs
3. Fry Hashbrowns at 360degrees to 3 minutes and 30 seconds
4. Mix together the hashbrowns, eggs, taco filling, and cheese (should be approximately 1/2 cup of filling for each tortilla, 1/4 cup hashbrown, 1/4 cup of the rest)
4. Place the mix in the center of tortilla
5. Fold up tortilla into a wrap and wrap individually in foil and hold in the fridge
6. Make as many as needed

Day of Service:

1. warm up wraps to 140degrees then serve
2. Serve with siracha sauce as an option

SLE Components

Amount Per Serving

Meat	0.63
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Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.00
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	370.99
Fat	13.95g
SaturatedFat	6.72g
Trans Fat	0.00g
Cholesterol	30.81mg
Sodium	887.89mg
Carbohydrates	44.07g
Fiber	2.63g
Sugar	3.63g
Protein	15.16g

Vitamin A	210.73IU	Vitamin C	1.58mg
Calcium	204.88mg	Iron	2.91mg

Bomber Nachos- Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 nacho	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19217

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup		242489
TOMATO DCD PETITE 6-10 GFS	1/2 Cup		498871
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SAUCE CHS CHED 6-5 JTM	2 Ounce		271081

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	1.00
Fruit	0.00
GreenVeg	0.50
RedVeg	1.58
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 nacho

Amount Per Serving	
Calories	248.97
Fat	11.88g
SaturatedFat	6.19g
Trans Fat	0.18g
Cholesterol	52.85mg
Sodium	1019.41mg
Carbohydrates	15.35g
Fiber	2.76g
Sugar	9.86g
Protein	16.77g
Vitamin A 1179.31IU	Vitamin C 11.15mg
Calcium 286.85mg	Iron 1.62mg

Baked Sweet Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19362

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT 10-14Z 40 P/L	1 Cup		604925
BUTTER CUP 720-5GM 8 GFS	1 Each		272001

Preparation Instructions

Day of Service:

1. Bake Sweet Potatoes at 350 degrees until tender (approximately 1 hour)
2. Slice in the middle to serve
3. Serve with butter cups if students want

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	2.00
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	220.00		
Fat	4.40g		
SaturatedFat	2.70g		
Trans Fat	0.00g		
Cholesterol	11.00mg		
Sodium	103.00mg		
Carbohydrates	42.00g		
Fiber	6.60g		
Sugar	16.00g		
Protein	4.00g		
Vitamin A	38436.00IU	Vitamin C	39.20mg
Calcium	76.00mg	Iron	1.38mg