

# **Cookbook for Benton Elementary School**

**Created by HPS Menu Planner**

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**Biscuit Sticks and Chocolate Gravy**

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**Turkey and Cheese Sandwich**

# Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8712

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup	OPEN PREWASHED BAG OF LETTUCE AND PLACE IN 3 COMPARTMENT CONTAINER WITH LID.	735787
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
TOMATO CHERRY 11 MRKN	1/4 Cup	WASH VEGETABLES AND DRAIN	569551
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470
CRACKER SALTINE 300-4CT ZESTA	2 Package		270644

## Preparation Instructions

BEFORE HANDLING FOOD AND/OR EQUIPMENT ALWAYS WASH HANDS FOR AT LEAST 30 SECONDS WITH SOAP.

OPEN PREWASHED BAG OF LETTUCE AND PLACE IN 3 COMPARTMENT CONTAINER WITH LID. THEN WASH REMAINING VEGETABLES AND DRAIN. THEN ADD VEGETABLES TO LETTUCE.

CUP UP 2 OZ OF HAM

CUP UP 1 OZ OF CHEESE

AND PLACE IN DELI BOX UNTIL SERVED.

PLACE 2 PKS OF CRACKERS WITH SALAD

CCP: REFRIGERATE UNTIL SERVED.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.64
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.92
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	298.62		
<b>Fat</b>	11.45g		
<b>SaturatedFat</b>	5.66g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	49.51mg		
<b>Sodium</b>	996.78mg		
<b>Carbohydrates</b>	32.70g		
<b>Fiber</b>	4.22g		
<b>Sugar</b>	7.56g		
<b>Protein</b>	19.93g		
<b>Vitamin A</b>	8193.64IU	<b>Vitamin C</b>	7.64mg
<b>Calcium</b>	54.65mg	<b>Iron</b>	2.35mg

# Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8713

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811490
CEREAL CINN TOAST CRNCH 4-45Z GENM	3/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	729515
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

## Preparation Instructions

OPEN YOGURT BAG AND SQUEEZE PRODUCT INTO 4 OZ CONTAINER. OPEN CEREAL AND USING A 3/4 CUP SCOOP PUT CEREAL INTO CONTAINER. OPEN FRUIT. PLACE FRUIT IN STRAINER TO DRAIN THEN USING A 4 OZ DIPPER PLACE INTO CONTAINER. PLACE 1 PIECE OF STRING CHEESE, YOGURT, CEREAL, AND FRUIT INTO EKON-O-BAG. SEAL BAG.

CCP: HOLD FOR COLD SERVICE AT 41\* F OR LOWER

CCP: REFRIGERATE UNTIL SERVED

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	306.94		
<b>Fat</b>	6.75g		
<b>SaturatedFat</b>	2.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.73mg		
<b>Sodium</b>	432.20mg		
<b>Carbohydrates</b>	48.88g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	26.42g		
<b>Protein</b>	12.23g		
<b>Vitamin A</b>	375.00IU	<b>Vitamin C</b>	4.50mg
<b>Calcium</b>	429.83mg	<b>Iron</b>	2.70mg

# Ham and Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8714

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	4 Ounce		779160
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	2 Slice		710650
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

CCP: before handling food and/or equipment always wash hands for at least 30 seconds with soap.

ON A SHEET PAN PLACE BREAD AND HAM AND CHEESE ON BREAD- PLACE THE OTHER SLICES OF BREAD ON TOP. THEN WRAP IN A COLD BAG. PLACE IN DELI COOLER.

CCP: COOL TO 41\* F OR LOWER WITHIN 4 HOURS.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	62.50mg		
<b>Sodium</b>	1195.00mg		
<b>Carbohydrates</b>	28.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	28.50g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	151.00mg	<b>Iron</b>	2.80mg



# Blueberry Pop-tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11875

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

#### Amount Per Serving

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

# Frosted Cinnamon Pop-Tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11876

## 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

<b>Meat</b>	0.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

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

# Frosted Fudge Pop-Tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11877

## 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

<b>Meat</b>	0.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

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

# Strawberry Pop-Tart

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11878

## 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

<b>Meat</b>	0.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

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

# Dutch Waffle

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11880

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351
SUGAR POWDERED 6X 25 GFS	1 Teaspoon		108693

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	45.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	14.42g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Bacon, Eggs & Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11883

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	3 Ounce	<b>BAKE</b> Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. <b>CONVECTION OVEN - 275°F</b> Thawed: 25-30 minutes Frozen: 30-35 minutes <b>CONVENTIONAL OVEN - 300°F</b> Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
BACON CKD SLCD 2- 150CT ARM	2 Slice		563315
BREAD WHL WHE PULLMAN SLCD 12- 22Z GFS	1 Each		710650

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	258.33		
<b>Fat</b>	14.07g		
<b>SaturatedFat</b>	4.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	297.00mg		
<b>Sodium</b>	620.07mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	15.93g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	92.00mg	<b>Iron</b>	1.00mg

# Pancake & Sausage on a Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11884

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each	PREFERRED METHOD FOR COOKING IS THAWED. MICROWAVE: THAWED, 30 SECONDS. FROZEN, 55 SECONDS. CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES. CONVECTION OVEN: 350 DEGREES F. FROZEN, 20 MINUTES. THAWED 13 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING. HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.	497202

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Chicken N Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11885

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT BRD WGRAIN 2.2Z 6-5#	1 Piece	Convection Oven: Preheat oven to 400 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 35 minutes. Conventional oven: Preheat oven to 350 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 25 minutes. Insert a meat thermometer into the thickest portion of the product. Continue heating until the internal temperature reaches 165 degrees F.	535474
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

## Preparation Instructions

Convection Oven: Preheat oven to 400 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 35 minutes. Conventional oven: Preheat oven to 350 degrees F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 25 minutes. Insert a meat thermometer into the thickest portion of the product. Continue heating until the internal temperature reaches 165 degrees F.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	320.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g



<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	5.08mg

# Tornado

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11886

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Apple Cinnamon Texas Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11887

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	260.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	53.00mg	<b>Iron</b>	3.00mg

# Salisbury Steak & Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12955

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CHARB 72-2.25Z ADV	1 Each	BAKE Conventional oven: frozen product: preheat oven to 375 degrees f. Heat for 16 1 2 minutes. Convection oven: frozen product: preheat oven to 375 degrees f. Heat for 13-15 minutes.	485615
GRAVY MIX BROWN 8-13.37Z TRIO	1 Tablespoon		741141

## Preparation Instructions

BEEF: PUT 40 PATTIES ON A LINED SHEET PAN. BAKE AT 325 FOR APPROX. 10 MINUTES. TEMPERATURE SHOULD BE 165. REMOVE FROM PAN AND PUT IN SHALLOW PAN. POUR BEEF GRAVY OVER TOP AND HOLD ON LINE OR WARMER COVERED.

CCP: Heat to 145° F or higher for 3 minutes

GRAVY: BRING 1 GALLON OF WATER TO A BOIL. ADD 1 PACKAGE GRAVY MIX AND MIX WITH WIRE WHIP.

CCP: Heat to 145° F or higher for 3 minutes

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	190.00		
<b>Fat</b>	12.75g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	6.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.34mg

# Pear Halves

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12957

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR HALVES XL/S 6-10 GFS	1/2 Cup	OPEN CAN AND POUR INTO A LARGE BOWL USING A 4 OZ SPOODLE, DIP CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ONTO A BAKING RACK UNTIL SERVED.	224421

## Preparation Instructions

OPEN CAN AND POUR INTO A LARGE BOWL USING A 4 OZ SPOODLE, DIP CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ONTO A BAKING RACK UNTIL SERVED.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	0.00mg

# Diced Peaches

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12958

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GFS	1/2 Cup	OPEN CAN AND POUR INTO A LARGE BOWL USING A 4 OZ SPOODLE, DIP CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ONTO A BAKING RACK UNTIL SERVED.	268348

## Preparation Instructions

OPEN CAN AND POUR INTO A LARGE BOWL USING A 4 OZ SPOODLE, DIP CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ONTO A BAKING RACK UNTIL SERVED.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Grilled Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12959

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822

## Preparation Instructions

LINED FULL SIZE SHEET PAN WITH PARCHMENT PAPER AND SPAY THE PAPER WITH BUTTERY SPRAY 1/3 SECOND SPRAY. THEN PLACE BREAD SLICES ONTO PARCHMENT. ADD 4 SLICES OF CHEESE TO ONE SLICE OF BREAD AND TOP WITH ANOTHER SLICE.. TOP WITH BUTTER SPRAY AND PLACE INTO OVEN AND TOAST UNTIL BREAD IS LIGHTLY BROWN AND CHEESE IS MELTED AND SERVE.

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

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	400.00
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	10.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	1130.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 600.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 360.00mg	<b>Iron</b> 2.00mg

# Meatball Sub with Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12960

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/5 Ounce	#8 Scoop Ready to Use	852759
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	#16 scoop	645170
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	READY_TO_EAT	276142

## Preparation Instructions

1. Heat meatballs & sauce according to directions. CCP: Hold Hot at 135F or higher
2. Portion 4 meatballs, #8 scoop of sauce & #16 scoop of mozzarella cheese inside sub bun.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	415.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	51.00mg
<b>Sodium</b>	719.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 201.00IU	<b>Vitamin C</b> 3.00mg
<b>Calcium</b> 331.00mg	<b>Iron</b> 4.00mg



## 2 - Bosco Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12961

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Stick breadsticks on a baking sheet.</li> <li>3. THAWED: 6-8 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b></p> <ol style="list-style-type: none"> <li>1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</li> </ol> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>1. Preheat oil to 350° F.</li> <li>2. THAWED ONLY: 1-2 minutes.</li> <li>3. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b></p> <ol style="list-style-type: none"> <li>1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</li> </ol> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Stick breadsticks covered while thawing.</li> <li>3. Bosco Stick breadsticks may be thawed in packaging.</li> <li>4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.</li> </ol> <ol style="list-style-type: none"> <li>1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</li> </ol>	432180

### Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

# Brown Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12962

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/100 Teaspoon		299405
SALT IODIZED 25 CARG	1/100 Teaspoon		108286

## Preparation Instructions

Bring 3 quarts of water to a boil.

Place 1 quart 1/2 cup of brown rice (1lb 13oz) in each steam table pan (12"x20"x2 1/2") For 25 servings, use 1 pan. For 50 servings, use 2 pans. Or use 1 - 4" steam table pan.

Add butter to rice.

Pour boiling water over brown rice. Stir. Cover pan tightly.

Bake:

Convectional oven: 350 degrees F for 40 minutes.

Convection oven: 325 degrees F for 40 minutes.

Steamer: 5 lb pressure for 25 minutes.

Remove cooked rice from oven and let stand covered for 5 minutes. Stir Rice.

CCP: Heat to 140 degrees F or higher.

CCP: Hold for hot service at 140 degrees F or higher.

Portion with #8 scoop (1/2 cup)

TRADITIONAL OVEN: PLACE RICE AND OPTIONAL SALT AND BUTTER IN PAN. ADD BOILING WATER. COVER RIGHTLY AND BAKE AT 350 DEGREES FOR 30-35 MINUTES. STEAMER METHOD: PLACE RICE AND OPTIONAL BUTTER AND SALT, WITH BOILING WATER IN STEAMER PAN OR SHALLOW PAN. STIR. PLACE UNCOVERED PAN IN STEAMER AND COOK ACCORDING TO MANUFACTURER'S DIRECTION.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	340.33		
<b>Fat</b>	3.04g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.10mg		
<b>Sodium</b>	23.57mg		
<b>Carbohydrates</b>	72.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.05mg	<b>Iron</b>	0.00mg

# Broccoli & Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12963

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce		722110
BROCCOLI FZ 30 COMM	1/2 Cup		549292

## Preparation Instructions

CCP: Heat to 145° F or higher for 3 minutes

PULL & THAW BROCCOLI INTO HOTEL PANS.

PLACE THAWED BROCCOLI IN PERFORATED PANS AND PLACE IN STEAMER. COOK FOR 10 MINS

CCP: Before handling food and or/equipment always wash hands for at least 30 seconds with soap.

PLACE BAG OF CHEESE IN PERFERATED PAN INTO STEAMER FOR 15 MINS

PLACE BROCCOLI INTO HOTEL PAN AND POUR CHEESE OVER AND MIX WELL. PLACE ON SERVING LINE TO SERVE.

PORTION WITH NO. 8 SCOOP (1/2 CUP)

\*\*\* If commodity broccoli is not available...order GFS broccoli - #610902

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	85.00
<b>Fat</b>	4.50g
<b>SaturatedFat</b>	2.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	238.50mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	6.50g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 101.00mg	<b>Iron</b> 0.00mg

# Chicken Fajitas

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12973

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110
CHIX FAJT 30 COMM	3 Ounce	PLACE FROZEN CHICKEN FAJITA STRIPS IN A SINGLE LAYER ON SHEET PANS. HEAT TO AN INTERNAL TEMPERATURE OF 165 *F FOR 15 SECONDS. TIMES AND TEMPERATURES ARE CRITICAL TO PRODUCT QUALITY. IN A DECK OVEN HEAT 25-30 MINUTES AT 350 *F AND IN A CONVECTION OVEN HEAT 15-20 MINUTES AT 400 *F.	154900

## Preparation Instructions

TAKE 1 BAG OF CHICKEN AND PLACE IN STEAM TABLE PAN. HEAT UNTIL DESIRED TEMP OF 165^.

PLACE TORTILLA ON FLAT SHEET PAN AND PLACE IN WARMER UNTIL SERVE.

PUT TORTILLA IN A BOWL -SCOOP 3.6 OZS OF COOKED MEAT MIXTURE (TO YIELD 2 OZ PORTION) ONTO TORTILLA AND SERVE.

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

CCP: Hold at 135° F or higher.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.76
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	375.65		
<b>Fat</b>	16.53g		
<b>SaturatedFat</b>	8.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.29mg		
<b>Sodium</b>	1147.71mg		
<b>Carbohydrates</b>	27.76g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.76g		
<b>Protein</b>	26.88g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	302.00mg	<b>Iron</b>	1.44mg

# Pizza Munchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19338

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI SLCD 14-16/Z 2-5 GFS	8 Slice		729981
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	408.75
<b>Fat</b>	17.81g
<b>SaturatedFat</b>	8.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.88mg
<b>Sodium</b>	918.75mg
<b>Carbohydrates</b>	38.00g



<b>Fiber</b>	5.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	22.38g		
<b>Vitamin A</b>	362.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	444.00mg	<b>Iron</b>	1.46mg

# Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19342

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	18.10		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.25mg		
<b>Carbohydrates</b>	3.75g		
<b>Fiber</b>	1.55g		
<b>Sugar</b>	2.25g		
<b>Protein</b>	1.40g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	20.50mg	<b>Iron</b>	0.48mg

# Cole Slaw

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19352

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Tablespoon		429406
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	1 Cup		293148
SUGAR CANE GRANUL 25 GFS	1 Tablespoon		108642

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	84.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	62.00mg		
<b>Carbohydrates</b>	19.33g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	14.33g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.00mg	<b>Iron</b>	0.00mg

# Donut Holes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19520

## Ingredients

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

## Preparation Instructions

Donut:

1. Place on lined sheet pan and thaw for 30-60 minutes at room temperature.
2. Heat in oven at 375 F for 2-3 minutes.
3. Finish: Glaze or roll in granulated sugar immediately, or ice when cool.

Keep frozen at 0F (-18C) or below.

Glaze:

STIR GLAZE BEFORE APPLYING TO HOT DONUTS. FOR BEST RESULTS, DONUT SURFACE SHOULD BE 180 F (82 C) OR GREATER. DIP OR POUR GLAZE OVER HOT DONUTS. ALLOW TO DRY ON COOLING RACK 10 - 15 MINUTES. SECURELY TIGHTEN LID AFTER EACH USE.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	344.99
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	299.99mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	2.00g

<b>Sugar</b>			22.00g
<b>Protein</b>			4.00g
<b>Vitamin A</b>	11.48IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.78mg	<b>Iron</b>	0.80mg

# Chicken Alfredo

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19522

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	10 Pound	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	155661
Diced Chicken	5 Pound		
PASTA NOODL EGG 1/4 MED 2-5 KE	4 Pound		654541

## Preparation Instructions

Alfredo Sauce:

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Noodles:

USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.

Chicken - SORT ROASTS BY WEIGHT AND DIAMETER TO FACILITATE THAWING AND/OR COOKING. ROASTS MAY BE COOKED FROZEN OR THAWED. WHEN COOKED FROM THE FROZEN STATE, THE ROASTS MAY BE MORE DIFFICULT TO SLICE; ALLOW ROASTS TO STAND 15 MINUTES, AFTER ROASTING, TO FIRM-UP, BEFORE REMOVING NETTING AND SLICING. TO THAW: THAW ONLY THE AMOUNT NEEDED FOR ONE DAY'S USE IN NETTING IN REFRIGERATOR FOR 24 HOURS. PLACE IN SINGLE LAYERS ON SHEET PANS OR TRAYS AND SPACE ON SHELVES SO THAT AIR CAN CIRCULATE AROUND WRAPPED POULTRY. COOK WITHIN 24 HOURS AFTER THAWING. DO NOT PARTIALLY COOK ONE DAY FINISH THE NEXT. DO NOT REFREEZE AFTER THAWING OR HEATING. DO NOT WASH BEFORE COOKING. TO COOK: COOK WITH OR WITHOUT NETTING. PLACE ROASTS OF SIMILAR SIZES, THAWED OR FROZEN, IN SHALLOW ROASTING PANS. INSERT A MEAT THERMOMETER INTO THE CENTER OF ONE ROAST IN EACH PAN. BAKE AT 325\* F IN EITHER A CONVECTION OVEN OR A CONVENTIONAL OVEN FOR 3-5 HOURS. COOK TURKEY PRODUCTS TO AN INTERNAL TEMPERATURE OF 165\* F FOR 15 SECONDS.

JUDGE DONENESS BY TEMPERATURE, NOT THE COLOR OR TEXTURE OF THE FOOD. ROASTS WITH GREATER DIAMETER NEED TO COOK LONGER. SERVE PROMPTLY OR REFRIGERATE LEFTOVERS; USE WITHIN 2 DAYS. REHEAT TO INTERNAL TEMPERATURE OF 165\* F FOR 15 SECONDS.

30 minutes prior to service combine, chicken, Alfredo sauce, pasta, mix, top with mozzarella. Place on line to serve (8oz)

## SLE Components

Amount Per Serving

<b>Meat</b>	3.35
<b>Grain</b>	1.28
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	355.50		
<b>Fat</b>	11.93g		
<b>SaturatedFat</b>	5.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.57mg		
<b>Sodium</b>	704.05mg		
<b>Carbohydrates</b>	34.33g		
<b>Fiber</b>	1.28g		
<b>Sugar</b>	6.52g		
<b>Protein</b>	25.19g		
<b>Vitamin A</b>	385.77IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	346.21mg	<b>Iron</b>	1.28mg

# Grilled Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19523

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
380 - Aunt Millie's WG Honey White Bread	2 Each		380
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

## Preparation Instructions

Per Sandwich:

2.0 OZ SLCD HAM

1 SLICE CHEESE

2 PIECES BREAD

### SLE Components

Amount Per Serving

<b>Meat</b>	2.14
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.66		
<b>Fat</b>	7.78g		
<b>SaturatedFat</b>	3.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.01mg		
<b>Sodium</b>	850.33mg		
<b>Carbohydrates</b>	38.28g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.64g		
<b>Protein</b>	17.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	12.00mg



# Steamed Broccoli

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19524

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GFS	1/2 Cup	LACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	285590
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon		209810

## Preparation Instructions

Broccoli:

LACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE. ADD PACKAGE OF BUTTER BUDS, MIX, KEEP AT 145 DEGREES UNTIL SERVED.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	19.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	30.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.33mg	<b>Iron</b>	0.67mg

# Orange Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19525

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	4 Ounce	Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.	550512

## Preparation Instructions

Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.22
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	166.67		
<b>Fat</b>	3.33g		
<b>SaturatedFat</b>	0.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.44mg		
<b>Sodium</b>	311.11mg		
<b>Carbohydrates</b>	21.11g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.11g		
<b>Protein</b>	12.22g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.33mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.80mg

# General Tso Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19526

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK GEN TSO DK MT W/SCE 6-7.25#	4 Ounce	Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces	556952

## Preparation Instructions

Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces

### SLE Components

Amount Per Serving

<b>Meat</b>	2.22
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	188.89		
<b>Fat</b>	3.33g		
<b>SaturatedFat</b>	0.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.44mg		
<b>Sodium</b>	401.11mg		
<b>Carbohydrates</b>	25.56g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.44g		
<b>Protein</b>	12.22g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.33mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.80mg

# Stir Fry

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19527

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GFS	1 Cup	PACKAGING: 2# POLY BAG IN CORRUGATE BOX. PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEAS	440884

## Preparation Instructions

PACKAGING: 2# POLY BAG IN CORRUGATE BOX. PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEAS

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	1.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	40.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	13.33mg		
<b>Carbohydrates</b>	8.00g		
<b>Fiber</b>	2.67g		
<b>Sugar</b>	2.67g		
<b>Protein</b>	1.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Ham & Turkey Club

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19528

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	1 Ounce		651470
TURKEY BRST DELI 8-5# COMM	1 Ounce		765991
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1 Each	READY_TO_EAT	276142
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	275.40		
<b>Fat</b>	8.84g		
<b>SaturatedFat</b>	3.82g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	27.25mg		
<b>Sodium</b>	664.81mg		
<b>Carbohydrates</b>	32.34g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.32g		
<b>Protein</b>	17.19g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	2.00mg

# Bacon Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19529

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	<b>BAKE</b> 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
BACON CKD SLCD 2- 150CT ARMR	2 Slice		563315

## Preparation Instructions

Biscuit:

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.

Bacon:

HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	233.33		
<b>Fat</b>	11.07g		
<b>SaturatedFat</b>	5.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.00mg		
<b>Sodium</b>	575.07mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	7.93g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	1.08mg

# Crispitos & Queso

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19542

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHILI WGRAIN 72- 3.45Z	2 Piece	<b>BAKE</b> 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. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 12-15 minutes at 350°F from FROZEN. Instructions are approximate. Heat until internal temperature reaches 140°F. <b>DEEP_FRY</b> 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 QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 658.00

**Fat** 37.00g

**SaturatedFat** 11.30g

**Trans Fat** 0.00g

**Cholesterol** 80.00mg

**Sodium** 1173.00mg

**Carbohydrates** 48.00g

**Fiber** 6.00g

**Sugar** 2.00g

**Protein** 31.00g

**Vitamin A** 400.00IU      **Vitamin C** 0.00mg

**Calcium** 202.00mg      **Iron** 3.60mg



# Tomato

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19543

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 4X5 VINE-RIPENED 40CT MRKN	1/4 Cup	**PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION	703788

## Preparation Instructions

\*\*PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION

dice using a Sharp knife, store at 40\* or below until served.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

#### Amount Per Serving

<b>Calories</b>	8.10		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.25mg		
<b>Carbohydrates</b>	1.75g		
<b>Fiber</b>	0.55g		
<b>Sugar</b>	1.25g		
<b>Protein</b>	0.40g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	4.50mg	<b>Iron</b>	0.12mg

# Mexican Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19545

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1/2 Cup		576280

## Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F). Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.67
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	266.67		
<b>Fat</b>	2.67g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	400.00mg		
<b>Carbohydrates</b>	56.00g		
<b>Fiber</b>	2.67g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	53.33mg	<b>Iron</b>	0.96mg

# Salsa

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19546

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	2 Ounce	READY_TO_EAT None	452841

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.33
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	20.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	138.67mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	237.33IU	<b>Vitamin C</b>	2.67mg
<b>Calcium</b>	22.67mg	<b>Iron</b>	0.00mg

# Pizza Cruncher

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19559

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

#### Amount Per Serving

<b>Calories</b>	420.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	427.00mg	<b>Iron</b>	2.21mg

# BBQ Nachos

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19560

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	2 1/2 Pound	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F.	498702
CHIP TORTL RND YEL 5-1.5 KE	2 1/2 Pound		163020
CHEESE CHED REDC FAT SHRD 6-5 COMM	20 Ounce		448010

## Preparation Instructions

BBQ:

OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F.

Tortilla Chips:

HEAT IN WARMING CABINET AT 165 F FOR 1 HOUR PRIOR TO SERVING.

Once BBQ is cooked to 160^, assemble: .

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	465.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	6.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.50mg		
<b>Sodium</b>	535.00mg		
<b>Carbohydrates</b>	49.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	21.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.72mg

# Hot Ham & Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19561

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
HAM SLCD W/A 8-5 640CT COMM	4 Slice		651470
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

## Preparation Instructions

Wrap in foil and hold for hot service. CCP: Hold at 135 F or higher.

\*\*Allergens: Milk, Soy, Wheat

### SLE Components

Amount Per Serving

<b>Meat</b>	2.14
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	315.66		
<b>Fat</b>	9.78g		
<b>SaturatedFat</b>	4.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.01mg		
<b>Sodium</b>	745.33mg		
<b>Carbohydrates</b>	40.28g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.14g		
<b>Protein</b>	16.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.00mg

# Chili Dog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19562

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	2 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
BUN HOT DOG WHEAT WHL 12-12CT GFS	1 Each		517830
FRANKS BEEF 6/ 2-5 GCHC	1 Each		330043

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.19
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	392.14		
<b>Fat</b>	25.22g		
<b>SaturatedFat</b>	8.58g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	60.63mg		
<b>Sodium</b>	843.90mg		
<b>Carbohydrates</b>	26.15g		
<b>Fiber</b>	4.37g		
<b>Sugar</b>	4.72g		
<b>Protein</b>	16.46g		
<b>Vitamin A</b>	429.50IU	<b>Vitamin C</b>	6.52mg
<b>Calcium</b>	74.35mg	<b>Iron</b>	3.05mg

# Buffalo Chicken Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19563

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	1 Slice	<b>BAKE</b> COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. 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.	627101

## Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. 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.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	750.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg



**Calcium** 320.00mg **Iron** 2.20mg

# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19628

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.05Z 6-26CT	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	536550
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	350.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	83.00mg	<b>Iron</b>	4.60mg

# Crinkle Cut Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19629

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 LAMB	4 Ounce		865881

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.79

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	157.48		
<b>Fat</b>	5.51g		
<b>SaturatedFat</b>	1.57g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	377.95mg		
<b>Carbohydrates</b>	26.77g		
<b>Fiber</b>	3.15g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.17mg	<b>Iron</b>	1.57mg

# Mashed Potatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19631

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1/2 Cup	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

## Preparation Instructions

### RECONSTITUTE

1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	3.03

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	484.85		
<b>Fat</b>	3.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	696.97mg		
<b>Carbohydrates</b>	103.03g		
<b>Fiber</b>	12.12g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	12.12g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.61mg	<b>Iron</b>	1.82mg

# Cheese & Crackers

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19632

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
CRACKER SALTINE 300-4CT ZESTA	2 Package		270644

## Preparation Instructions

1. Put 4 slices of cheese in ekon - o -pac
2. put 2 packages of crackers in ekon-o-pac
3. seal ekon-o-pack

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	10.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	1260.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	300.00mg	<b>Iron</b>	1.00mg

# Smoothie

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19633

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE PINEAP 100 12-46FLZ HV	1/20 Gallon		100676
STRAWBERRY SLCD 4+1 30 GFS	1/16 Gallon		278726
YOGURT STRAWB L/F PARFPR 6-4 YOPL	3/40 Package	READY_TO_EAT Ready to use with pouch & serving tip.	811490

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.22
<b>Grain</b>	0.00
<b>Fruit</b>	1.01
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	233.65
<b>Fat</b>	0.12g
<b>SaturatedFat</b>	0.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.60mg
<b>Sodium</b>	9.58mg
<b>Carbohydrates</b>	58.34g
<b>Fiber</b>	2.87g
<b>Sugar</b>	50.08g
<b>Protein</b>	0.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 69.91mg
<b>Calcium</b> 21.78mg	<b>Iron</b> 1.03mg

# Biscuit Sticks and Chocolate Gravy

<b>Servings:</b>	125.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.50 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19837

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Biscuit Stick	250 Each	<b>BAKE</b> 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

1. Keep biscuit dough frozen until day of service

Day of service:

1. mix 4lbs of 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 of butter and stir until melted.
3. ladle 1/4 (2oz) portions into cups and keep warm at 140^ until ready to serve.
4. pan biscuit sticks on lined sheet pans and bake for 10-12 minutes (until golden brown) in a 350^ convection oven or 375^ in a conventional oven.
5. brush baked sticks with butter or oil and place in a 140^ warmer until ready to serve
6. serve 2 biscuit sticks with 1/4 cup chocolate gravy

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 125.00  
Serving Size: 4.50 Ounce

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**Amount Per Serving**

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<b>Calories</b>	293.15
<b>Fat</b>	10.42g
<b>SaturatedFat</b>	6.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.68mg
<b>Sodium</b>	754.11mg
<b>Carbohydrates</b>	42.61g
<b>Fiber</b>	0.08g
<b>Sugar</b>	17.73g
<b>Protein</b>	5.30g

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<b>Vitamin A</b>	1.12IU	<b>Vitamin C</b>	0.22mg
<b>Calcium</b>	5.44mg	<b>Iron</b>	0.05mg

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# Biscuit Sticks and Chocolate Gravy

<b>Servings:</b>	125.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.50 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19845

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Biscuit Stick	250 Each	<b>BAKE</b> 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

1. Keep biscuit dough frozen until day of service

Day of service:

1. mix 4lbs of 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 of butter and stir until melted.
3. ladle 1/4 (2oz) portions into cups and keep warm at 140^ until ready to serve.
4. pan biscuit sticks on lined sheet pans and bake for 10-12 minutes (until golden brown) in a 350^ convection oven or 375^ in a conventional oven.
5. brush baked sticks with butter or oil and place in a 140^ warmer until ready to serve
6. serve 2 biscuit sticks with 1/4 cup chocolate gravy

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 125.00			
Serving Size: 4.50 Ounce			
<b>Amount Per Serving</b>			
<b>Calories</b>	293.15		
<b>Fat</b>	10.42g		
<b>SaturatedFat</b>	6.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.68mg		
<b>Sodium</b>	754.11mg		
<b>Carbohydrates</b>	42.61g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	17.73g		
<b>Protein</b>	5.30g		
<b>Vitamin A</b>	1.12IU	<b>Vitamin C</b>	0.22mg
<b>Calcium</b>	5.44mg	<b>Iron</b>	0.05mg

# Ham & Swiss on Hawaiian Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19846

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB HWN SLCD 4.5 6-12CT GFS	1 Each		633831
HAM SLCD W/A 8-5 640CT COMM	4 Ounce		651470
CHEESE SWS 160CT SLCD PROC 4-5 GCHC	1 Slice		164348

## Preparation Instructions

1. Thaw buns

Prep Instructions:

1. Spray baking sheet with butter buds mist, lay bottom 1/2 of Hawaiian roll on baking sheet, add 4 oz of ham, 1 slice of swiss cheese, and top of Hawaiian roll. Mist with butter buds mist.
2. Place in 350^ oven until cheese is melted.
3. Place in warmer at 165^ until service.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.28
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	421.31		
<b>Fat</b>	14.56g		
<b>SaturatedFat</b>	6.78g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	71.52mg		
<b>Sodium</b>	1370.66mg		
<b>Carbohydrates</b>	53.56g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.78g		
<b>Protein</b>	27.89g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	82.50mg	<b>Iron</b>	0.00mg

# Buffalo Chicken Dip

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19847

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Cup	UNPREPARED	100012
CHEESE CREAM BULK 30 GCHC	32 Ounce		593567
DRESSING RNCH FF 4-1GAL MARZ	20 Ounce		583189
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	18 Ounce		704229
CHIX DCD 40 COMM	6 Cup		110530
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	2 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

## Preparation Instructions

1. Melt cream cheese and ranch dressing in a pot over low heat.
2. Place that in a pan.
3. Add shredded Monterey Jack cheese, shredded cheddar, shredded chicken, and hot sauce.
4. Give a good stir.
5. Bake at 375 degrees for about 15 minutes until its hot a bubbly.
6. Serve with chips, cucumber slices, pepper sticks, celery.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.40
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

**Calories** 163.20

**Fat** 9.90g

**SaturatedFat** 5.65g

**Trans Fat** 0.00g

**Cholesterol** 49.20mg

**Sodium** 818.34mg

**Carbohydrates** 5.50g

**Fiber** 0.35g

**Sugar** 1.80g

**Protein** 10.30g

**Vitamin A** 240.00IU    **Vitamin C** 0.00mg

**Calcium** 17.00mg    **Iron** 0.02mg

# Chicken Mashed Potato Bowl

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19878

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Cup	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
CHIX POPCORN BRD CKD WGRAIN 20	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528840
CORN CUT IQF 30 GFS	2 Ounce	BAKE	285620
MIX GRAVY BRN LO SOD 8-16Z TRIO	2 Ounce	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE	552050
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010

## Preparation Instructions

chicken: 1. Line sheet pans with liner, place one bag of popcorn chicken in single layer on each liner. FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Gravy: Basic Preparation

IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE

Potatoes: RECONSTITUTE

1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

Corn:

Cook corn as directed, drain excess water.

Assembly:

in 12oz bowls, place 1 cup mashed potatoes, ladel 2oz gravy over potatoes, place 10 popcorn chicken pieces on top of potatoes and gravy. Ladle 2oz corn on top and sprinkle with 1 oz shredded cheddar cheese.

CCP: hold at 135^ for service

## SLE Components

Amount Per Serving

<b>Meat</b>	0.05
<b>Grain</b>	0.01
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.10

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	24.37		
<b>Fat</b>	0.48g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.86mg		
<b>Sodium</b>	99.46mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.22g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.76g		
<b>Vitamin A</b>	2.29IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	2.18mg	<b>Iron</b>	0.07mg

# Turkey and Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19938

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI 8-5# COMM	3 Ounce		765991
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.60
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	340.21		
<b>Fat</b>	8.60g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.50mg		
<b>Sodium</b>	903.95mg		
<b>Carbohydrates</b>	38.60g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	25.28g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	135.00mg	<b>Iron</b>	2.00mg