

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

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

Meat	2.64
Grain	1.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.92
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	298.62		
Fat	11.45g		
SaturatedFat	5.66g		
Trans Fat	0.00g		
Cholesterol	49.51mg		
Sodium	996.78mg		
Carbohydrates	32.70g		
Fiber	4.22g		
Sugar	7.56g		
Protein	19.93g		
Vitamin A	8193.64IU	Vitamin C	7.64mg
Calcium	54.65mg	Iron	2.35mg

Yogurt Parfait

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Ham and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.50
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: 0.00

Amount Per Serving

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

Blueberry Pop-tart

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

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: 1.00 Package

Amount Per Serving

Calories	360.00
Fat	5.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	360.00mg
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

Frosted Cinnamon Pop-Tart

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

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 Package

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

Frosted Fudge Pop-Tart

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

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 Package

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-Tart

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

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: 1.00 Package

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

Dutch Waffle

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

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

Bacon, Eggs & Toast

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	3 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Pancake & Sausage on a Stick

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Chicken N Biscuit

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

Meat	1.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	5.08mg

Tornado

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

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: 1.00 Serving

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

Apple Cinnamon Texas Toast

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

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: 1.00 Serving

Amount Per Serving

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

Salisbury Steak & Gravy

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Pear Halves

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

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: 1.00

Serving Size: 1.00

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	2.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	0.00mg

Diced Peaches

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

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: 0.50 Cup

Amount Per Serving

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

Grilled Cheese Sandwich

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

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

Amount Per Serving

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

Meatball Sub with Cheese

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

2 - Bosco Sticks

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

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Brown Rice

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	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

Meat	0.00
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: 0.50 Cup

Amount Per Serving

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

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

Chicken Fajitas

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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 TORITILLA 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

Meat	2.76
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

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

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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	<p>READY_TO_EAT</p> <p>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</p>	644182
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p>READY_TO_EAT</p> <p>None</p>	677721

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	408.75
Fat	17.81g
SaturatedFat	8.25g
Trans Fat	0.00g
Cholesterol	31.88mg
Sodium	918.75mg
Carbohydrates	38.00g

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

Side Salad

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

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: 1.00 Serving

Amount Per Serving

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

Cole Slaw

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

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

Donut Holes

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

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: 1.00 Serving

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

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

Chicken Alfredo

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

Meat	3.35
Grain	1.28
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Grilled Ham & Cheese Sandwich

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

Meat	2.14
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

Orange Chicken

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

Meat	2.22
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: 4.00 Ounce

Amount Per Serving

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

General Tso Chicken

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

Meat	2.22
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: 4.00 Ounce

Amount Per Serving

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

Stir Fry

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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: 1.00

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	13.33mg		
Carbohydrates	8.00g		
Fiber	2.67g		
Sugar	2.67g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Ham & Turkey Club

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

Meat	2.02
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Bacon Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
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

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	233.33		
Fat	11.07g		
SaturatedFat	5.40g		
Trans Fat	0.00g		
Cholesterol	12.00mg		
Sodium	575.07mg		
Carbohydrates	25.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	7.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	1.08mg

Crispitos & Queso

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHILI WGRAIN 72- 3.45Z	2 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 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

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: 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

Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving

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

Mexican Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	2.67
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: 0.50 Cup

Amount Per Serving

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

Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
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	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	138.67mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	1.33g		
Protein	0.00g		
Vitamin A	237.33IU	Vitamin C	2.67mg
Calcium	22.67mg	Iron	0.00mg

Pizza Cruncher

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE 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! CONVECTION OVEN: 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

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: 4.00 Each

Amount Per Serving

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

BBQ Nachos

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

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: 1.00 Serving

Amount Per Serving

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

Hot Ham & Cheese

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

Meat	2.14
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	315.66		
Fat	9.78g		
SaturatedFat	4.14g		
Trans Fat	0.00g		
Cholesterol	42.01mg		
Sodium	745.33mg		
Carbohydrates	40.28g		
Fiber	4.00g		
Sugar	8.14g		
Protein	16.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.00mg

Chili Dog

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

Meat	3.19
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Buffalo Chicken Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	1 Slice	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.	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

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 Slice

Amount Per Serving

Calories	390.00		
Fat	19.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	750.00mg		
Carbohydrates	35.00g		
Fiber	3.00g		
Sugar	8.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 320.00mg **Iron** 2.20mg

Spicy Chicken Sandwich

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Crinkle Cut Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.79

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

Mashed Potatoes

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBU DS	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	3.03

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Cheese & Crackers

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Smoothie

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

Meat	0.22
Grain	0.00
Fruit	1.01
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	233.65
Fat	0.12g
SaturatedFat	0.12g
Trans Fat	0.00g
Cholesterol	0.60mg
Sodium	9.58mg
Carbohydrates	58.34g
Fiber	2.87g
Sugar	50.08g
Protein	0.60g
Vitamin A 0.00IU	Vitamin C 69.91mg
Calcium 21.78mg	Iron 1.03mg

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-19837

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

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

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

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-19845

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

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

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

Ham & Swiss on Hawaiian Roll

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

Meat	3.28
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Buffalo Chicken Dip

Servings:	40.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	1.40
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: 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

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

Meat	0.05
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.10

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Turkey and Cheese Sandwich

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

Meat	2.60
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	340.21		
Fat	8.60g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	903.95mg		
Carbohydrates	38.60g		
Fiber	4.00g		
Sugar	6.50g		
Protein	25.28g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	135.00mg	Iron	2.00mg