

# **Cookbook for EAST NOBLE ELEMENTARY**

**Created by HPS Menu Planner**

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## **TERIYAKII CHICKEN**

**Candied Carrots**

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**ENSC Salad Dressing**

**Philly Steak & Cheese - Elementary**

**Yogurt Pack**

# Black Bean Corn Salad

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6878

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN	Drain, and Rinse	231981
CORN WHL KERNEL STD GRADE 6-10 KE	2 #10 CAN		244805
LEMON JUICE 100 12-32FLZ GCHC	1 Cup		311227
SPICE CUMIN GRND 15Z TRDE	1/2 Cup		273945
SPICE CHILI POWDER 38Z MEXENE	1 Cup		847171
SEASONING FAJITA MIX 6-8.9Z LAWR	1 Package		518298
CILANTRO CLEANED 4-1 RSS	1 Cup	Wash, chop leaves and stems	219550
PEPPERS GREEN BELL BUSHEL 21.5AVG	1 Cup	Mix red peppers too	852751

## Preparation Instructions

Directions:

Combine black beans, corn, red peppers, in a large bowl. Stir well.

Add all seasonings and then, mix..

Taste, adjust seasoning

Transfer nessecary pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

## Meal Components (SLE)

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>	0.01
<b>Legumes</b>	0.18
<b>Starch</b>	0.36

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	108.26		
<b>Fat</b>	0.90g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	374.72mg		
<b>Carbohydrates</b>	20.42g		
<b>Fiber</b>	2.87g		
<b>Sugar</b>	5.39g		
<b>Protein</b>	3.95g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.80mg
<b>Calcium</b>	22.22mg	<b>Iron</b>	1.34mg

# Creamy Cole Slaw

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6879

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW CRMY CLSC 10 GCHC	1 Cup		738158

## Preparation Instructions

Directions:

Place cabbage in large bowl .

Combine salad dressing, celery seed, dry mustard.

Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide.

2: Special Tips:

3: 1) For best results, shred cabbage and store overnight; add dressing just before serving.

4: 2) If recipe is prepared in advance, the yield will be reduced.

### Meal Components (SLE)

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		3.60	
<b>Fat</b>		0.22g	
<b>SaturatedFat</b>		0.03g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.20mg	
<b>Sodium</b>		7.60mg	
<b>Carbohydrates</b>		0.38g	
<b>Fiber</b>		0.04g	
<b>Sugar</b>		0.34g	
<b>Protein</b>		0.02g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.60mg **Iron** 0.01mg

# Broccoli Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6880

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING POPPYSEED DELI 4-1GAL LTHSE	2 Quart	READY_TO_EAT Open, pour and enjoy!	112798
BROCCOLI FLORET BITE SIZE 2-3 RSS	3 9/16 Gallon		732451
RAISIN SELECT 12-2 P/L	1 Pound		496146

## Preparation Instructions

Directions:

Combine broccoli, dressing and raisins in a large bowl. Toss lightly.

Transfer 3 qt (about 4 lb 8 oz) broccoli salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/2 cup dark green vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/2 cup vegetable and 1/8 cup fruit.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.57
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

**Calories** 86.11

**Fat** 5.36g

**SaturatedFat** 0.64g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 61.62mg

**Carbohydrates** 9.14g

**Fiber** 1.35g

**Sugar** 6.14g

**Protein** 1.42g

**Vitamin A** 312.43IU **Vitamin C** 44.72mg

**Calcium** 24.19mg **Iron** 0.41mg

# Broccoli, Fresh

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6881

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	3 Gallon		732451

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables 4 inches deep in stainless steel inset pans.

CCP:COLD FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Notes:

Serving Size: #8 Scoop

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.48
<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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	14.40
<b>Fat</b>	0.19g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	13.92mg
<b>Carbohydrates</b>	2.88g
<b>Fiber</b>	1.06g
<b>Sugar</b>	0.96g
<b>Protein</b>	1.15g
<b>Vitamin A</b> 263.16IU	<b>Vitamin C</b> 37.68mg
<b>Calcium</b> 19.85mg	<b>Iron</b> 0.31mg



# Baby Carrots, Fresh, Petite

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6882

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	3 1/4 Gallon		768146

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup red/orange vegetable

Updated October 2013

Notes:

### Meal Components (SLE)

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>	0.03
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	0.38		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.64mg		
<b>Carbohydrates</b>	0.09g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.29mg	<b>Iron</b>	0.00mg

# Cucumbers, Sliced, Unpeeled

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6883

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	3 Gallon		418439

## Preparation Instructions

Directions:

Wash and slice cucumbers

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

Place on serving line at beginning of service

Serve 1/2 cup

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

Notes:

### Meal Components (SLE)

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>	0.48
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	3.74		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.48mg		
<b>Carbohydrates</b>	0.96g		
<b>Fiber</b>	0.14g		
<b>Sugar</b>	0.48g		
<b>Protein</b>	0.14g		
<b>Vitamin A</b>	26.21IU	<b>Vitamin C</b>	0.70mg
<b>Calcium</b>	3.99mg	<b>Iron</b>	0.07mg

# Romaine Salad, Chopped

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6884

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	6 Gallon		735787

## Preparation Instructions

Directions:

WASH HANDS.

1. Place washed lettuce serving pan.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

Notes:

Portion 1 cup of lettuce

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.48
<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: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	9.60		
<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>	1.92g		
<b>Fiber</b>	0.96g		
<b>Sugar</b>	0.96g		
<b>Protein</b>	0.96g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.36mg	<b>Iron</b>	0.35mg

# Bell Peppers

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6885

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	1/4 Cup	Wash, deseed, cut into long strips	560715
PEPPERS BELL YEL 11	1/4 Cup		460890

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL, RUNNING WATER. DRAIN WELL.

1. Core green pepper and remove all seeds.
2. Slice into strips. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Notes:

1 medium bell pepper = approximately 4.2 oz

1/2 cup sliced bell peppers = 1.6 oz

Child Nutrition: 1/2 cup serving provides= 1/2 cup "other" vegetable

Updated October 2013

### Meal Components (SLE)

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: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	9.50		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.70mg		
<b>Carbohydrates</b>	2.50g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	999.94IU	<b>Vitamin C</b>	58.14mg

**Calcium**

3.06mg

**Iron**

0.16mg

# Celery Sticks

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6886

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	6 Pound		781592

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup sticks provides= 1/4 cup "other" vegetable and 1/4 cup red/orange vegetable

Updated October 2013

Notes:

### Meal Components (SLE)

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>	0.22
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### 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>	8.78mg		
<b>Carbohydrates</b>	0.44g		
<b>Fiber</b>	0.44g		
<b>Sugar</b>	0.44g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	244.46IU	<b>Vitamin C</b>	1.69mg
<b>Calcium</b>	21.78mg	<b>Iron</b>	0.00mg

# Cherry Tomatoes

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6887

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 11 MRKN	6 Pound		569551

## Preparation Instructions

Directions:

Wash Tomatoes

Drain, and remove stems

Place in cooler till serving time

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

Notes:

1/2 cup serving

### Meal Components (SLE)

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>	0.06
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	1.94		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.54mg		
<b>Carbohydrates</b>	0.42g		
<b>Fiber</b>	0.13g		
<b>Sugar</b>	0.30g		
<b>Protein</b>	0.10g		
<b>Vitamin A</b>	89.96IU	<b>Vitamin C</b>	1.48mg
<b>Calcium</b>	1.08mg	<b>Iron</b>	0.03mg

# Chilled Fruit, Assorted

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6888

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GFS	4 #10 CAN		271497
FRUIT COCKTAIL XL/S 6-10 GFS	4 #10 CAN		225304
PEACH DCD XL/S 6-10 GFS	4 #10 CAN		268348
PEAR DCD XL/S 6-10 GFS	4 #10 CAN		290203

## Preparation Instructions

Directions:

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

Open Can fruit, drain slightly

place under refrigeration

Notes:

Serve with 4 oz spoodle

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	1.55
<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: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	203.48		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	32.19mg		
<b>Carbohydrates</b>	48.05g		
<b>Fiber</b>	2.30g		
<b>Sugar</b>	41.73g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	206.93IU	<b>Vitamin C</b>	1.24mg
<b>Calcium</b>	0.57mg	<b>Iron</b>	0.00mg



# Fruit, Fresh, Whole

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6889

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGE JUICER 100-125CT 40 MRKN	100 Each		100955
BANANA PETITE GRN 150CT DOLE	100 Each		591310
PEAR 95-110CT MRKN	100 Each		198056
APPLE DELIC GLDN 125-138CT MRKN	100 Each		597481
APPLE GALA 138CT MRKN	100 Each		569392

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 orange = 1/2c fruit

Updated October 2013

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	2.75
<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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	910.02
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	46.36mg
<b>Carbohydrates</b>	242.84g
<b>Fiber</b>	48.98g
<b>Sugar</b>	148.76g
<b>Protein</b>	10.18g

<b>Vitamin A</b>	213.76IU	<b>Vitamin C</b>	70.25mg
<b>Calcium</b>	168.86mg	<b>Iron</b>	3.29mg

# Melon

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6891

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MELON HNYDEW 5-6CT/AVG MFC	15 Each		197904
MELON MUSK CANTALOUPE 12CT MFC	15 Each		200565

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

ON A CLEAN, CUTTING BOARD, CUT ENDS OFF MELON.

PEEL RIND, THEN CUT IN HALF, DESEED MELON

CUT INTO SMALL, BITE SIZE CUBES.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Updated October 2013

Notes:

Child Nutrition: #8 spoodle = 1/2c fruit

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.15
<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: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	9.30		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.35mg		
<b>Carbohydrates</b>	2.48g		
<b>Fiber</b>	0.18g		
<b>Sugar</b>	2.30g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	75.60mg

**Calcium** 1.75mg **Iron** 0.00mg

# Watermelon

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6892

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS 2CT P/L	8 Each		326089

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

ON A CLEAN, CUTTING BOARD, CUT ENDS OFF MELON.

PEEL RIND,

CUT INTO SMALL, BITE SIZE CUBES.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Updated October 2013

Notes:

Child Nutrition: #8 spoodle = 1/2c fruit

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.08
<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: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	3.65		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.12mg		
<b>Carbohydrates</b>	0.88g		
<b>Fiber</b>	0.05g		
<b>Sugar</b>	0.72g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	69.19IU	<b>Vitamin C</b>	0.98mg
<b>Calcium</b>	0.85mg	<b>Iron</b>	0.03mg

# Grapes, Red Seedless

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6893

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	3 Carton		197831

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Wash grapes under cool running water, drain well.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

2. Portion into serving dishes using 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 2013

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.03
<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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	3.38		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.10mg		
<b>Carbohydrates</b>	0.88g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.80g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	5.04IU	<b>Vitamin C</b>	0.20mg
<b>Calcium</b>	0.71mg	<b>Iron</b>	0.01mg

# BBQ Ribette Sandwich on Bun

<b>Servings:</b>	100.00	<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-6894

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	100 Each	Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees F.	100640
4 inch whole grain hamburger buns - 30 ct	100 bun		3480
SAUCE BBQ 6-.5GAL GCHC	3 Gallon		734152

## Preparation Instructions

Directions:

Bake BBQ Pork in 4 in. serving pans, shingle them in pan

Add BBQ sauce and water.

Wrap with parchment paper and foil,

Bake until temperature reaches 165 or higher.

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

Remove from oven, put on line and hold.

CCP: Hold at 135° F or higher.

Assemble sandwich at time of service. 1 bun and 4 oz BBQ pork.

Notes:

### Meal Components (SLE)

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: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	542.89
<b>Fat</b>	12.38g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	2286.01mg
<b>Carbohydrates</b>	61.71g
<b>Fiber</b>	4.15g
<b>Sugar</b>	39.69g

<b>Protein</b>		19.15g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.08mg



# Hamburger on Bun

<b>Servings:</b>	100.00	<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-6895

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/CHER 2.4Z 6-5 COMM	100 Each		785820
4 inch whole grain hamburger buns - 30 ct	100 bun		3480

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Place frozen patties, in a 4- inch full pan,
2. Add water, Beef Base,
3. Wrap pan with parchment and foil.
4. Bake for an hour, or until 165 degrees F.
5. Place cooked patty on Bun,
6. Top with Bun, Wrap

\* Hold at 145 degrees F

Notes:

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

### Meal Components (SLE)

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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	363.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	5.70g
<b>Trans Fat</b>	0.90g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	539.00mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g

<b>Protein</b>		21.00g	
<b>Vitamin A</b>	28.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.00mg	<b>Iron</b>	2.00mg

# Cheeseburger on Bun

<b>Servings:</b>	100.00	<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-6897

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/CHER 2.4Z 6-5 COMM	100 Each		785820
4 inch whole grain hamburger buns - 30 ct	100 bun		3480
CHEESE AMER 160CT SLCD R/F 6-5 LOL	100 Slice		722360

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Place frozen patties, in a 4- inch full pan,
2. Add water, Beef Base,
3. Wrap pan with parchment and foil.
4. Bake for an hour, or until 165 degrees F.
5. Place cooked patty on Bun, place cheese on cooked patty.
6. Top with Bun, Wrap

\* Hold at 145 degrees F

Notes:

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	398.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	6.95g
<b>Trans Fat</b>	0.90g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	749.00mg
<b>Carbohydrates</b>	3.00g
<b>Fiber</b>	3.00g

<b>Sugar</b>		5.50g	
<b>Protein</b>		24.50g	
<b>Vitamin A</b>	28.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	114.00mg	<b>Iron</b>	2.00mg

# Breaded Chicken Sandwich

<b>Servings:</b>	100.00	<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-6899

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
4 inch whole grain hamburger buns - 30 ct	100 bun		3480

## Preparation Instructions

Directions:

WASH HANDS.

1. Cook chicken patty as directed on package.
2. Place Chicken Patty on bottom of Bun. Top with remaining half of roll.
3. Wrap and Serve

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Allow student to select condiment of choice.

### Meal Components (SLE)

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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	400.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	5.00g

<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.00mg	<b>Iron</b>	2.00mg

# Spicy Breaded Chicken Sandwich

<b>Servings:</b>	100.00	<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-6900

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
4 inch whole grain hamburger buns - 30 ct	100 bun		3480

## Preparation Instructions

Directions:

WASH HANDS.

1. Cook chicken patty as directed on package.
2. Place Chicken Patty on bottom of Bun. Top with remaining half of roll.
3. Wrap and Serve

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Allow student to select condiment of choice.

### Meal Components (SLE)

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: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	430.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	5.00g

<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.00mg



# Pizza, Cheese

<b>Servings:</b>	8.00	<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-6901

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA W/BASL 6-10 REDPK	4 Ounce	READY_TO_EAT None	256013
SAUCE MARINARA A/P 6- 10 REDPK	4 Ounce	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4-5 LOL	3 Cup		645170

## Preparation Instructions

### Directions:

Combine tomato sauces, granulated garlic, Blend in a bowl. Reserve  
Spray each pan with Pan Coat. Place frozen Dough on top.  
Spread 6 oz. of pizza sauce onto each pizza crust.  
Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan.  
Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes  
CCP: Hold at 135° F or higher.  
Cut each pizza pan into (1/8 slices)

### Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.21
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

<b>Amount Per Serving</b>			
<b>Calories</b>		309.64	
<b>Fat</b>		12.36g	
<b>SaturatedFat</b>		6.75g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		22.50mg	
<b>Sodium</b>		739.64mg	
<b>Carbohydrates</b>		33.07g	
<b>Fiber</b>		1.86g	
<b>Sugar</b>		5.21g	
<b>Protein</b>		17.11g	
<b>Vitamin A</b>	69.29IU	<b>Vitamin C</b>	1.07mg
<b>Calcium</b>	330.36mg	<b>Iron</b>	2.07mg

# Pizza, Pepperoni

<b>Servings:</b>	8.00	<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-6903

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
PEPPERONI SLCD 14-16/Z 2-5 GFS	1 Pound		729981
SAUCE PIZZA W/BASL 6-10 REDPK	4 Ounce	READY_TO_EAT None	256013
SAUCE MARINARA A/P 6- 10 REDPK	4 Ounce	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4-5 LOL	3 Cup		645170

## Preparation Instructions

### Directions:

Combine tomato sauces, granulated garlic, Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of pizza sauce onto each pizza crust.

Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan.

Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.21
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

<b>Amount Per Serving</b>			
<b>Calories</b>		310.74	
<b>Fat</b>		12.46g	
<b>SaturatedFat</b>		6.78g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		22.73mg	
<b>Sodium</b>		743.24mg	
<b>Carbohydrates</b>		33.07g	
<b>Fiber</b>		1.86g	
<b>Sugar</b>		5.21g	
<b>Protein</b>		17.15g	
<b>Vitamin A</b>	69.29IU	<b>Vitamin C</b>	1.07mg
<b>Calcium</b>	330.36mg	<b>Iron</b>	2.07mg

# Pizza, Sausage

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6905

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUSAGE CRMBL VEGGIE 2-10 MSTARFM	1 Pound		870410
SAUCE PIZZA W/BASL 6-10 REDPK	4 Ounce	READY_TO_EAT None	256013
SAUCE MARINARA A/P 6- 10 REDPK	4 Ounce	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4-5 LOL	3 Cup		645170

## Preparation Instructions

### Directions:

Combine tomato sauces, granulated garlic, Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of pizza sauce onto each pizza crust.

Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan.

Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.21
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Piece

<b>Amount Per Serving</b>			
<b>Calories</b>	326.43		
<b>Fat</b>	12.82g		
<b>SaturatedFat</b>	6.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.50mg		
<b>Sodium</b>	818.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	2.42g		
<b>Sugar</b>	5.21g		
<b>Protein</b>	19.16g		
<b>Vitamin A</b>	69.29IU	<b>Vitamin C</b>	1.07mg
<b>Calcium</b>	334.09mg	<b>Iron</b>	2.57mg

# Beef Nachos

<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-6909

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	3 oz. if student does not want cheese	722330
CHIP TORTL RND YEL 5-1.5 KE	12 Each		163020
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250

## Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat

or Use premade JTM Taco Filling.

CCP: Heat to 165° F or higher for at least 20 seconds.

1.) Using a one time use glove, place 12-14 chips in a #1 paper tray

2.) Place 1 oz. cheese on Chips, place on a Bun Rack, until service.

\* Portion with No. 16 scoop (¼ cup)

3.) Top with 2 oz. of Taco Filling, 10 minutes before service. ( do 5-6 Trays at a time)

\* If student does not want Meat, then substitute with 1 oz. of Shredded Cheese

\* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.26
<b>Grain</b>	12.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.08
<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	1770.28		
Fat	66.09g		
SaturatedFat	13.14g		
Trans Fat	0.18g		
Cholesterol	52.08mg		
Sodium	1774.16mg		
Carbohydrates	248.15g		
Fiber	25.26g		
Sugar	5.26g		
Protein	39.08g		
Vitamin A	1052.94IU	Vitamin C	11.15mg
Calcium	718.87mg	Iron	5.58mg



# Chicken Nachos

<b>Servings:</b>	100.00	<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-6914

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	20 Pound	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHIP TORTL RND YEL 5-1.5 KE	24 Ounce		163020
SAUCE CHS QUESO JALAP POUC 6-106Z LOL	10 Pound		135271
SOUR CREAM CUP 100-1Z PAULY	100 Package		126400
84-2.6Z SALSA CUP REDG REDSC2Z	100 Each		536690
CHEESE CHED MLD SHRD 4-5 LOL	6 Pound		150250

## Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

1.) Using a one time use glove, place 22 chips in a #3 paper Tray

2.) Place 2oz. Taco Meat on Chips

\* Portion with No. 16 scoop (¼ cup)

3.) Ladle 2 oz Jalapeno Cheese

\* If student does not want Meat, then substitute with 1 oz. of Shredded Cheese

\* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

### Amount Per Serving

<b>Meat</b>	3.90
<b>Grain</b>	2.64
<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: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		756.56	
<b>Fat</b>		39.26g	
<b>SaturatedFat</b>		16.18g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		169.28mg	
<b>Sodium</b>		1215.44mg	
<b>Carbohydrates</b>		62.98g	
<b>Fiber</b>		5.28g	
<b>Sugar</b>		2.60g	
<b>Protein</b>		36.91g	
<b>Vitamin A</b>	492.80IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	487.02mg	<b>Iron</b>	2.55mg

# Tacos

<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-6921

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	2 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM 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). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690120
TACO FILLING BEEF REDC FAT 6- 5 COMM	2 Ounce		722330
CHEESE CHED MLD SHRD FINE 4- 5 GCHC	1 Ounce		191043
84-2.6Z SALSA CUP REDG REDSC2Z	1 Package		536690

## Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

- 1.) Using a one time use glove, place 2 tortilla shells in a #2 paper Tray
  - 2.) Place 2oz. Taco Meat on Tortilla Shells \* Portion with No. 16 scoop (¼ cup)
- \* If student does not want Meat, then substitute with 1 oz. of Shredded Cheese
- \* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.26
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.08
<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>		305.28	
<b>Fat</b>		12.59g	
<b>SaturatedFat</b>		5.64g	
<b>Trans Fat</b>		0.18g	
<b>Cholesterol</b>		37.08mg	
<b>Sodium</b>		494.16mg	
<b>Carbohydrates</b>		33.65g	
<b>Fiber</b>		3.26g	
<b>Sugar</b>		3.26g	
<b>Protein</b>		15.58g	
<b>Vitamin A</b>	556.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	245.87mg	<b>Iron</b>	2.70mg

# Cheese Quesadilla

<b>Servings:</b>	96.00	<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-6942

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS MOZZ WGRAIN 96- 4.4Z	96 Each	<b>BAKE</b> COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	584834

## Preparation Instructions

Directions:

Item Yield

1 Case = 96 Quesadilla, Cheese, Whole Grain, 100% Mozzarella, Frozen, 4.4 Ounce

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 365 DAYS FROM DATE OF PRODUCTION

Basic Preparation

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. PLACE 1 FROZEN SHEET (8 SERVINGS) INTO PREPARED PAN. PREHEAT OVEN. CONVECTION OVEN: 450 DEGREES F FOR 14-15 MINUTES. COOKING TIME MAY VARY.

### Meal Components (SLE)

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: 96.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	155.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	16.00g

<b>Fiber</b>	1.50g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	9.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	164.50mg	<b>Iron</b>	1.20mg

# Bean Burrito

<b>Servings:</b>	96.00	<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-6944

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS WGRAIN 96-4.5Z	96 Each		150852

## Preparation Instructions

Directions:

Item Yield

1 Case = 96 Burrito, Bean & Cheese, Whole Grain, Frozen

Thawing Instructions

Thaw under refrigeration

Shelf Life

Frozen = 365 days from date of production

Basic Preparation

For best results, thaw product prior to baking. Convection Oven: 325F. Thawed = 14-20 minutes. Convection Oven: 300F. Thawed = 12-18 minutes. Internal temperature should reach 160F. Times and temperature may vary based upon actual equipment.

### Meal Components (SLE)

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: 96.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		310.00	
<b>Fat</b>		9.00g	
<b>SaturatedFat</b>		4.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		10.00mg	
<b>Sodium</b>		580.00mg	
<b>Carbohydrates</b>		40.00g	
<b>Fiber</b>		9.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		16.00g	
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	2.70mg

# Chicken Enchiladas

<b>Servings:</b>	96.00	<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-6949

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENCHILADA CHIX WGRAIN 112-2.5Z	112 Each		402332

## Preparation Instructions

Directions:

1 Case = 112 Enchiladas, Chicken, Whole Grain, Frozen, 2.5 Ounce

Thawing Instructions

Thaw under refrigeration in original package for 48 hours.

Shelf Life

Frozen = 365 days from date of production

Basic Preparation

Conventional Oven: 300 degrees F for 20-25 minutes from frozen, 15-20 minutes from thawed.

Convection Oven: 300 degrees F for 12-18 minutes from frozen, 9-12 minutes from thawed. Internal temperature should reach 160 degrees F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.17
<b>Grain</b>	1.17
<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: 96.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	163.33		
<b>Fat</b>	4.67g		
<b>SaturatedFat</b>	1.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	23.33mg		
<b>Sodium</b>	245.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	4.67g		
<b>Sugar</b>	1.17g		
<b>Protein</b>	9.33g		
<b>Vitamin A</b>	1166.67IU	<b>Vitamin C</b>	4.20mg
<b>Calcium</b>	93.33mg	<b>Iron</b>	3.15mg



# Chicken Drumstick, Breaded

<b>Servings:</b>	100.00	<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-6957

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Each	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
WG Dinner Roll Aunt Millie's	100 1 roll		4375

## Preparation Instructions

Directions:

Item Yield

1 Case = 473.6 Ounces (4 x 118.4 Ounces per Bag) of Chicken Drumsticks, Breaded, Whole Grain, Cooked, Frozen

Thawing Instructions

Prepare from frozen state.

Shelf Life

Frozen = 365 days from date of production

Basic Preparation

Conventional Oven: Preheat oven to 350 degrees F. Place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140 degrees F in a dry heat environment. Appliances vary, adjust accordingly.

CCP: Hold for hot service at 140° F or warmer.

## Meal Components (SLE)

### Amount Per Serving

<b>Meat</b>	2.00
<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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	320.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	655.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	1.00mg

# Chicken Nuggets

<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-6962

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	4 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
WG Dinner Roll Aunt Millie's	1 1 roll		4375

## Preparation Instructions

Directions:

Item Yield

1 Case = 512 Ounces (4 x 128 Ounces per Bag) of Chicken Nuggets, Crispy, Whole Grain, Breaded, Cooked, Frozen

Thawing Instructions

COOK FROM FROZEN

Shelf Life

FROZEN = 270 DAYS

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

\*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS\*\*WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED\*\* SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY\*\*SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 4.00 Each			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	310.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	445.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	17.00g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg
<hr/>			

# General Tso Chicken

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6968

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 2/5 Each		327120
SAUCE GEN TSO 4-.5GAL ASIAN	1 1/2 Gallon		802850

## Preparation Instructions

Directions:

Place chicken in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. .

Bake until lightly browned. Conventional oven: 425° F for 30 minutes. Convection oven: 375° F for 30 minutes.

In a sauce pan, bottled sauce. Simmer for 15 minutes.

Place cooked chicken into a 4-inch full pan

Pour 1 ½ cups of sauce over chicken.

Bake until golden brown: Convection oven: 325° F for 30 minutes. Baste every 15 minutes for a glazed appearance.

CCP: Heat to 165° F or higher.

CCP: Hold for hot service at 140° F or warmer. Portion with No. 10 scoop ( cup).

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.03
<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>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 12.00 Each

#### Amount Per Serving

<b>Calories</b>	172.13		
<b>Fat</b>	0.24g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.37mg		
<b>Sodium</b>	821.74mg		
<b>Carbohydrates</b>	38.62g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	33.59g		
<b>Protein</b>	0.26g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.62mg	<b>Iron</b>	0.04mg

# Sweet Sour Chicken

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6973

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 2/5 Pound	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
SAUCE SWT & SOUR 4-1GAL LACHY	1 1/2 Gallon		242292

## Preparation Instructions

Directions:

Place chicken in a 4 inch full pan. .

Add Sauce.

Paper and foil, Bake for an hour at 350

CCP: Bake to 165° F or higher.

CCP: Hold for hot service at 145° F or warmer. Portion with 1/2 cup serving

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.20
<b>Grain</b>	1.10
<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: 80.00

Serving Size: 12.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	396.74
<b>Fat</b>	14.29g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.99mg
<b>Sodium</b>	648.57mg
<b>Carbohydrates</b>	48.96g
<b>Fiber</b>	3.30g
<b>Sugar</b>	27.47g
<b>Protein</b>	15.39g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 36.28mg **Iron** 2.20mg

# Fish Sticks

<b>Servings:</b>	100.00	<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-6981

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN 1Z 2-5 GFS	400 Each		501391
SAUCE TARTAR IND 200-9GM PPI	100 Each		318366
WG Dinner Roll Aunt Millie's	100 1 roll		4375

## Preparation Instructions

Directions:

Item Yield

1 Case = 160 Average Count (2 x 80 Average Count per Bag) Pollock Sticks, Alaskan, Whole Grain Breaded, Wild-Caught, Oven Ready, 1 Ounce, Raw, IQF

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 547 DAYS

Basic Preparation

KEEP FROZEN UNTIL READY TO PREPARE. DO NOT REFREEZE. CONVECTION OVEN: PLACE OVEN RACK IN CENTER OF THE OVEN. PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 13-16 MINUTES. CONVENTIONAL OVEN: PLACE OVEN RACK IN THE CENTER OF THE OVEN. PREHEAT TO 425 DEGREES F, PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 15-20 MINUTES. NOTE: SINCE APPLIANCES VARY, THESE COOKING INSTRUCTIONS ARE ONLY A GUIDELINE. FISH IS FULLY COOKED WHEN IT REACHES AN INTERNAL TEMPERATURE OF 165 DEGREES F..

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.75
<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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Each

### Amount Per Serving

**Calories** 350.00

**Fat** 12.00g

**SaturatedFat** 1.50g

**Trans Fat** 0.00g

**Cholesterol** 50.00mg

**Sodium** 395.00mg

**Carbohydrates** 42.00g

**Fiber** 5.00g

**Sugar** 5.00g

**Protein** 19.00g

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

**Calcium** 20.00mg      **Iron** 1.08mg

# Chicken Tenders

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6991

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
WG Dinner Roll Aunt Millie's	1 1 roll		4375

## Preparation Instructions

Directions:

Item Yield

1 Case = 450 Average Count (4 x 112.5 Average Count per Bag) Chicken Tenders, Crispy, Whole Grain, Breaded, CN Labeled, Cooked, Frozen

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

FROZEN = 270 DAYS AT 0\* OR LESS FROM DATE OF PRODUCTION.

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

\*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS\*\*WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED\*\* SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY\*\*SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.02
<b>Grain</b>	0.02
<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: 3.00 Each			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	360.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	515.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	19.00g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	2.00mg
<hr/>			

# Hot Dog on WG Bun

<b>Servings:</b>	100.00	<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-6998

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	100 Each		417350
Hot Dog Bun, Whole Grain 24 oz/12 ct	100 Each	READY_TO_EAT No baking necessary.	4040

## Preparation Instructions

Directions:

WASH HANDS.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

Conventional oven: 400°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.

3. Serve with ketchup packet (optional).

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

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.02
<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: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	171.40
<b>Fat</b>	16.02g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	500.03mg
<b>Carbohydrates</b>	1.28g
<b>Fiber</b>	0.03g

<b>Sugar</b>	0.04g		
<b>Protein</b>	6.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.95mg	<b>Iron</b>	0.87mg

# Corn Dog

<b>Servings:</b>	100.00	<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-7000

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	100 Each		620220

## Preparation Instructions

Directions:

WASH HANDS.

Item Yield

1 Case = 72 Corn Dogs, Chicken, Honey Crunchy-Battered, Whole Grain, 4 Ounce, Frozen

Thawing Instructions

TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS

Shelf Life

FROZEN= 180 DAYS @ 0°F FROM DATE OF PRODUCTION

Basic Preparation

FROZEN: FRY - NOT RECOMMENDED CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 4-5 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 14-17 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES. QTY: FULL PAN MICROWAVE (1100 WATTS): HIGH FOR 30 SECONDS, TURN, HIGH FOR 30 SECONDS MORE. QTY: 2

### Meal Components (SLE)

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

<b>Calories</b>	240.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g

<b>Protein</b>		9.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	1.50mg

# Toasted 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-7001

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Wheat Sandwich Bread	2 Slice	READY_TO_EAT	466
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360

## Preparation Instructions

Directions:

Brush approximately ½ oz (1 Tbsp) margarine or butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.

Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.

Top each slice of bread with 2 oz (1 slice) of cheese.

Cover with remaining bread slices.

Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 350°F for 10-15 minutes. DO NOT OVERBAKE.

If desired, cut each sandwich diagonally in half. Serve immediately.

CCP: Hold for hot service at 140°F or warmer.

Portion is 1 sandwich.

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	280.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1030.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	19.00g



<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	390.00mg	<b>Iron</b>	8.00mg

# Chicken Alfredo

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7003

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	10 Pound		155661
PASTA PENNE RIGATE 8-2.5 PG	6 Gallon		721379
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	25 Pound	UNSPECIFIED Not currently available	570533

## Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.

Heat Alfredo Sauce, as directed,

Add thawed chicken and sauce together.

Blend with cooked pasta, into a 4-inch full pan.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

6: Recipes for Healthy Kids

7: Competition,

8: and the Chicken Alfredo With a Twist recipe proved to

9: be a winner!

10: This recipe saves on fat and calories by using fat-free half

11: and half, and boosts the fiber content by incorporating

12: whole grains. Whole-wheat rotini noodles are used to

13: replace traditional fettuccini noodles. These twists make

14: this a healthy alternative to the classic chicken alfredo.

15: Pair a serving with a refreshing vegetable side dish to give

16: your kids a meal that is sure to please!

## Meal Components (SLE)

### Amount Per Serving

<b>Meat</b>	3.54
<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: 100.00

Serving Size: 6.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		258.69	
<b>Fat</b>		11.07g	
<b>SaturatedFat</b>		4.63g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		89.97mg	
<b>Sodium</b>		494.01mg	
<b>Carbohydrates</b>		6.98g	
<b>Fiber</b>		0.06g	
<b>Sugar</b>		2.69g	
<b>Protein</b>		29.46g	
<b>Vitamin A</b>	193.44IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	176.82mg	<b>Iron</b>	1.39mg

# Mostaciolli

<b>Servings:</b>	1.00	<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-7006

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Ounce	Prepare as directed on package	573201
PASTA PENNE RIGATE 2-10# BARILLA	4 Ounce	2:1 water to pasta ratio, cook to al dente	583220

## Preparation Instructions

Directions:

Follow instructions on package

CCP: Heat to 165° F or higher.

Stir cooked macaroni, noodles, or spaghetti into meat sauce. Spread mixture into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

CCP: Hold at 140° F or warmer.

Portion 1 cup.

Notes:

1: \* See Marketing Guide

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.29
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.57
<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 Cup

Amount Per Serving

<b>Calories</b>	459.64		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	19.64mg		
<b>Sodium</b>	103.57mg		
<b>Carbohydrates</b>	87.21g		
<b>Fiber</b>	4.71g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	19.36g		
<b>Vitamin A</b>	231.07IU	<b>Vitamin C</b>	6.79mg
<b>Calcium</b>	15.71mg	<b>Iron</b>	4.31mg

# Mexican Chicken with Rice

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7007

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	48 Serving	<b>BAKE</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. Conventional Oven 38 - 42 minutes at 375°F from Frozen. 32 - 37 minutes at 375°F from Thawed. Place pan of water in bottom of oven during cooking. <b>CONVECTION</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. Convection Oven 28 - 30 minutes at 375°F from Frozen. 22 - 27 minutes at 375°F from Thawed. Place pan of water in bottom of oven during cooking.	591160
SPICE GARLIC POWDER 16Z BADIA	1 Ounce		708481
SPICE PAPRIKA 16Z TRDE	2 Tablespoon		518331
SPICE ONION POWDER 19Z TRDE	1 1/3 Cup		126993
SPICE CHILI POWDER 38Z MEXENE	1 Ounce		847171
Diced Tomatoes cnd	2 Cup	<b>BAKE</b>	100329
6-25.6Z RICE BROWN ASIAN LO SOD 45533	4 Quart		238491

## Preparation Instructions

### Directions:

Place 12-13 chicken thighs or drumsticks in each pan (9" x 13" x 2"), which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.

Combine garlic salt, paprika, and celery salt. Sprinkle 1 1/2 Tbsp evenly over each pan.

Bake: Conventional oven: 375° F for 30 minutes. Convection oven: 350° F for 25 minutes. CCP: Heat to 165° F or higher. Reserve for step 6.

In a separate bowl, combine onions, green peppers, parsley, tomatoes, chili powder, white rice, and chicken stock. Place 1 lb 7 oz into each pan (9" x 13" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover pans.

Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 325° F for 30 minutes. CCP: Heat to 165° F or higher.

Remove chicken from bone. Evenly distribute 1 lb 1 1/4 oz of chicken into each pan of rice.

CCP: Hold for hot service at 140° F or warmer. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

Notes:

- 1: Note: The weights given provide
- 2: an average of 24 and 48
- 3: servings based on the minimum rate
- 4: with chicken weight listed with
- 5: the description. When purchasing
- 6: raw chicken, ensure that the
- 7: average weight of the raw chicken pieces meets the minimum
- 8: individual piece weight listed.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	0.08
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.04
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	163.58		
<b>Fat</b>	10.05g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	321.76mg		
<b>Carbohydrates</b>	7.76g		
<b>Fiber</b>	0.24g		
<b>Sugar</b>	0.25g		
<b>Protein</b>	16.14g		
<b>Vitamin A</b>	165.03IU	<b>Vitamin C</b>	0.08mg
<b>Calcium</b>	9.85mg	<b>Iron</b>	1.05mg

# Fresh Fruit and Vegetable Bar

<b>Servings:</b>	20.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7067

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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: 20.00

Serving Size: 1.00 Ounce

#### 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

# Fresh Fruit and Vegetable Bar

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7068

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE, RED DELICIOUS 138 COUNT WASHINGTON FANCY FRESH REF	100 Each	BAKE	8331308

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	65.00		
<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>	17.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Vegetable Pizza

<b>Servings:</b>	8.00	<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-7069

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	<b>BAKE</b> STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA W/BASL CALIF 6- 10 GCHC	4 Ounce		100234
SAUCE MARINARA 12- 51Z GCHC	4 Ounce		219190
PEPPERS GREEN LRG 60- 70CT MRKN	2 Each		198757
MUSHROOM 2 RANDOM SZ 10	1 Pint		330132
CHEESE BLND MOZZ/PROV DCD 4-5 PG	3 Cup		529249

## Preparation Instructions

Directions:

Combine tomato sauces, granulated garlic, Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of pizza sauce onto each pizza crust.

Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan.

Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

<b>Calories</b>	372.05
<b>Fat</b>	15.33g
<b>SaturatedFat</b>	7.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	1282.28mg
<b>Carbohydrates</b>	44.50g
<b>Fiber</b>	4.78g
<b>Sugar</b>	10.25g
<b>Protein</b>	18.83g
<b>Vitamin A</b> 237.83IU	<b>Vitamin C</b> 31.27mg
<b>Calcium</b> 368.87mg	<b>Iron</b> 2.47mg

# Macaroni and Cheese with Ham

<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-7070

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	2 Ounce		100188-H
ENTREE MACAR & CHS WGRAIN 6-5 JTM	6 Ounce		609121

## Preparation Instructions

Directions:

Follow cooking instruction on Mac and Cheese package,

Add, cubed Ham.

Cook until 165 degrees F.

CCP: Hold for hot service at 165° F or warmer.

6 oz serving spoodle for Ham and Cheese

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.02
<b>Grain</b>	0.19
<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>	355.26
<b>Fat</b>	16.34g
<b>SaturatedFat</b>	9.74g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	76.51mg
<b>Sodium</b>	1138.83mg
<b>Carbohydrates</b>	29.28g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.64g
<b>Protein</b>	24.20g
<b>Vitamin A</b> 654.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 363.00mg	<b>Iron</b> 1.00mg

# Dinner Roll

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7071

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll, Whole Grain, unliced 32 oz/24ct	100	READY_TO_EAT	4372

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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: 100.00

Serving Size: 1.00 Each

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

# Bread Stick, Herbed

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7072

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PLAIN 8 10-20CT GFS	100 Each		219610

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	130.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.80mg

# Chicken Flavored Rice - Whole Grain

<b>Servings:</b>	24.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7073

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN ASIAN 6-26.4Z UBEN	1 Gallon		244541

## Preparation Instructions

Prepare steam table pans.

Mix rice according to package directions. Place 5 boxes per steam table pan. Use a total of 3 pans = 15 boxes for the whole school.

Bake 375 degrees for 1 to 1/2 hours or until rice is tender. Hold in steam table and warming oven.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.67
<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: 24.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	1.33g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.33mg	<b>Iron</b>	0.48mg

# Seasoned Green Beans

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1/2 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7074

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	4 #10 CAN	Drain liquid from 3 cans and place in full size steam table. The 4th can can be placed in the steam table liquid and beans.	118737
BACON CRUMBLES CKD 12- 1 GCHC	1 Tablespoon	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup		223255

## Preparation Instructions

Preparation Instructions

WASH HANDS.

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

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

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.01
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.54
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 1/2 cup

#### Amount Per Serving

<b>Calories</b>	22.83
<b>Fat</b>	0.02g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.05mg
<b>Sodium</b>	146.59mg
<b>Carbohydrates</b>	4.62g
<b>Fiber</b>	2.13g
<b>Sugar</b>	2.11g
<b>Protein</b>	1.12g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	31.79mg	<b>Iron</b>	0.43mg



# Peas

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7075

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FZ 30 COMM	25 Cup	Steam from frozen	110510

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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>	0.50

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	62.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	58.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Corn, Buttered

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7076

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE 6-10 GFS	15 Pound		118966

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

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

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

3. Serve using a 4 oz spoodle.

Child Nutrition: 1/2 cup serving provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

### Meal Components (SLE)

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>	0.15

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	24.00
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	42.00mg
<b>Carbohydrates</b>	5.10g
<b>Fiber</b>	0.60g
<b>Sugar</b>	1.50g
<b>Protein</b>	0.60g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.12mg

# Cob Corn

<b>Servings:</b>	100.00	<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-7077

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN COB EARS LITTLE 2.75 96CT GFS	100 Each		119385

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

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

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

3. Serve using a 4 oz spoodle.

Child Nutrition: 1/2 cup serving provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

### Meal Components (SLE)

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: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	0.90
<b>Fat</b>	0.01g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	0.19g
<b>Fiber</b>	0.02g
<b>Sugar</b>	0.03g
<b>Protein</b>	0.02g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Beans Baked

<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-7078

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	1/2 Cup		520098

## Preparation Instructions

Directions:

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

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

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2013

Notes:

### Meal Components (SLE)

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>	0.13
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Carrots, Steamed

<b>Servings:</b>	100.00	<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-7079

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL MED 12-2 GFS	35 3/4 Pound		273902

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 9-10 minutes (5-6 psi) or 5-9 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

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

3. Serve using a 4 oz spoodle.

Notes:

### Meal Components (SLE)

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	14.30		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.45mg		
<b>Carbohydrates</b>	3.34g		
<b>Fiber</b>	0.95g		
<b>Sugar</b>	1.91g		
<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

# Orange Glazed Carrots

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 cu	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7080

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL MED 12-2 GFS	1 Gallon		273902
BUTTER ALT LIQ 3-1GAL SAVORY	1/2 Cup		756261
brown sugar	1 Cup	READY_TO_EAT	
100% Orange Juice	1/2 Cup		
EXTRACT VANILLA PURE 1 PT MCORM	1 Tablespoon		150223
cinnamon	2 Tablespoon	READY_TO_EAT	

## Preparation Instructions

### Directions:

Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves.

Add orange juice concentrate, water, vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring occasionally.

Fold in carrots and raisins. Bring to a boil for 3-4 minutes.

Add cornstarch. Reduce heat to low. Cook uncovered for 2 minutes.

Critical Control Point: Heat to 140 °F or higher.

Place 2 qt 2 cups (about 4 lb 7 oz) glazed carrots in a steam table pan (12 x 20 x 2 ½).

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Hold for hot service at 140 °F or higher.

Portion with No. 12 scoop (1/3 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup red/orange vegetable and 1/4 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup vegetable and 1/4 cup fruit.

## Meal Components (SLE)



### Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.02
<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: 32.00

Serving Size: 1.00 cu

#### Amount Per Serving

<b>Calories</b>	21.56		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	30.31mg		
<b>Carbohydrates</b>	5.20g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	3.10g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.88mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Cauliflower Parslied

<b>Servings:</b>	100.00	<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-7081

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 12-2 GFS	42 1/4 Pound		119326
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 7/8 Cup		184622
PARSLEY CURLY BUNCHED 30CT RSS	1 7/8 Cup		667521

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

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

3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.
4. Serve using a 4 oz spoodle or menued portion.

Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable

Updated October 2013

Notes:

### Meal Components (SLE)

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: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	38.09
<b>Fat</b>	4.19g
<b>SaturatedFat</b>	0.84g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.63mg
<b>Carbohydrates</b>	0.00g

<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	95.78IU	<b>Vitamin C</b>	1.51mg
<b>Calcium</b>	1.58mg	<b>Iron</b>	0.07mg

# Seasoned Broccoli

<b>Servings:</b>	100.00	<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-7082

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS 12-2.5 GFS	50 Cup		119245

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 4-8 minutes (12-15 psi) or until just tender.

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

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

3. Serve using a 4z spoodle or menued portion.

Notes:

### Meal Components (SLE)

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: 100.00

Serving Size: 0.50 Cup

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

# Mashed Potatoes and Chicken Gravy

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7083

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	4 Pound	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
GRAVY CHIX W/MEAT 12-5 LEGO	2 Ounce		270261

## Preparation Instructions

Directions:

WASH HANDS.

Pour boiling water into a large mixing bowl and add potato granules while stirring constantly with a wire whisk.

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

Child Nutrition: 1/2 cup provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

### Meal Components (SLE)

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>	0.46

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 cup

Amount Per Serving	
<b>Calories</b>	72.60
<b>Fat</b>	0.93g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.40mg
<b>Sodium</b>	342.54mg
<b>Carbohydrates</b>	13.43g
<b>Fiber</b>	0.77g
<b>Sugar</b>	0.08g
<b>Protein</b>	1.62g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 7.71mg **Iron** 0.23mg

# Roasted Redskin 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-7084

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RDSKN ROSMRY GARL RSTD 4-4	4 Ounce	<b>BAKE</b> PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 12 TO 14 MINUTES. SERVE IMMEDIATELY. <b>CONVECTION</b> PREHEAT OVEN TO 400° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 15 TO 17 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	178522

## Preparation Instructions

### Directions:

Place 2 qt 2 3/4 cups (about 5 lb) potatoes on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Bake until golden brown:

Conventional oven: 425 °F for 25-30 minutes. Convection oven: 400 °F for 15-20 minutes.

Critical Control Point: Heat to 140 °F or higher.

Transfer 3 qt (about 3 lb 15 oz) roasted potatoes to a steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Hold for hot service at 140 °F or higher.

Set aside for step 11.

Heat oil in a medium stock pot.

Add bell peppers, salt, pepper, and garlic. Saute uncovered over medium-high heat for 2-3 minutes.

Critical Control Point: Heat to 140 °F or higher.

Drain in a colander.

Pour 1 qt (about 1 lb 11 oz) bell peppers over each pan. Stir well.

Critical Control Point: Hold for hot service at 140 °F or higher.

Portion with 6 fl oz spoodle (3/4 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 1/8 cup red/orange vegetable, 3/8 cup starchy vegetable, and 1/8 cup additional vegetable.

5: CACFP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 5/8 cup vegetable.

### Meal Components (SLE)

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>	0.01

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	89.74		
<b>Fat</b>	0.64g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	115.38mg		
<b>Carbohydrates</b>	17.95g		
<b>Fiber</b>	1.28g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.56g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.08mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.92mg



# Egg Roll, Vegetable

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7085

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL VEG WGRAIN 130-3.1Z MINH	100 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	1.40		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.50mg		
<b>Carbohydrates</b>	0.22g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	2.00IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.40mg	<b>Iron</b>	0.01mg

# Peach Cobbler

<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7086

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT MIX STHRN STYL 6-5 SHEPGRAIN	80 Ounce	BAKE See Package Instructions	108936
Diced Peaches	6 #10 CAN	BAKE	
SUGAR BROWN MED 25 GFS	1 Cup	UNSPECIFIED	108626

## Preparation Instructions

Directions:

Pastry dough: Combine flour and salt. Mix in shortening until size of small peas.

Add water and mix just until dry ingredients are moistened. Cover and set aside for step 8.

Filling: For 24 servings, add enough cold water to peach syrup to make 1  $\frac{3}{4}$  cups liquid mixture. For 48 servings, add enough cold water to peach syrup to make 3  $\frac{1}{2}$  cups liquid mixture.

Mix cornstarch with about  $\frac{1}{4}$  of the liquid mixture.

Bring remaining liquid mixture to boil. Add the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after step 6.

Remove from heat. Add peaches to thickened mixture. Stir lightly. Do not break up fruit.

Pour 1 qt 2  $\frac{1}{2}$  cups thickened peach mixture into each pan (9" x 13" x 2"). For 24 servings, use 1 pan. For 48 servings, use 2 pans. Set aside.

On a lightly floured surface, roll out about 14  $\frac{1}{2}$  oz of pastry dough into rectangle (about 9" x 13") for each pan.

Cover peaches with pastry. Cut dough 4 x 6 (24 pieces).

Bake until pastry is brown and filling is bubbly: Conventional oven: 425° F for 45 minutes Convection oven: 375° F for 30 minutes

Cut each pan 4 x 6 (24 pieces). Portion is 1 piece.

No CCP necessary.

Notes:

### Meal Components (SLE)

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 60.00			
Serving Size: 4.00 Ounce			
<b>Amount Per Serving</b>			
<b>Calories</b>		113.01	
<b>Fat</b>		5.05g	
<b>SaturatedFat</b>		3.03g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		191.92mg	
<b>Carbohydrates</b>		14.82g	
<b>Fiber</b>		0.51g	
<b>Sugar</b>		4.21g	
<b>Protein</b>		1.52g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	75.76mg	<b>Iron</b>	0.73mg

# Wedges Ranch Cut

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7087

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE SEAS 6-5 LAMB	1 Ounce		457558

## Preparation Instructions

Directions:

Bake for 30-45 minutes

350 degrees F.

Notes:

### Meal Components (SLE)

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: 100.00

Serving Size: 1.00 cup

#### Amount Per Serving

<b>Calories</b>	0.45		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.94mg		
<b>Carbohydrates</b>	0.06g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.06mg	<b>Iron</b>	0.00mg

# Brown Rice Pilaf

<b>Servings:</b>	50.00	<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-7088

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PARSLEY CURLY BUNCHED 30CT RSS	1/4 Cup		667521
RICE BRN ASIAN 6-26.4Z UBEN	1 Gallon		244541

## Preparation Instructions

Directions:

See package for cooking details

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Pour 2 qt 1 cup (about 4 lb 10 oz) chicken broth mixture in each steam table pan. Stir. Cover pans tightly.

Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 140 °F or higher.

Garnish with parsley.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*

2: See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

3: Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

6: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 3/8 cup vegetable, and 1 serving grains/breads.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.32
<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: 0.50 cup

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**Amount Per Serving**

<b>Calories</b>	67.31
<b>Fat</b>	0.64g
<b>SaturatedFat</b>	0.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	144.17mg
<b>Carbohydrates</b>	13.44g
<b>Fiber</b>	0.65g
<b>Sugar</b>	0.96g
<b>Protein</b>	1.61g

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<b>Vitamin A</b>	25.61IU	<b>Vitamin C</b>	0.40mg
<b>Calcium</b>	6.82mg	<b>Iron</b>	0.25mg

# Chicken Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7090

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
WG Dinner Roll Aunt Millie's	1 1 roll		4375

## Preparation Instructions

### Item Yield

1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Breaded, Popcorn, Cooked, Frozen

### Thawing Instructions

KEEP FROZEN UNTIL READY TO COOK.

### Shelf Life

FROZEN = 270 DAYS FROM DATE OF PRODUCTION

### Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

\*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS\*\*WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED\*\* SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY\*\*SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.01
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Each

### Amount Per Serving

<b>Calories</b>	350.91
<b>Fat</b>	15.68g
<b>SaturatedFat</b>	2.73g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.82mg
<b>Sodium</b>	506.82mg
<b>Carbohydrates</b>	34.27g
<b>Fiber</b>	5.27g
<b>Sugar</b>	4.09g
<b>Protein</b>	19.27g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 36.00mg	<b>Iron</b> 2.18mg



# Tomato Soup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7091

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	6 Ounce		488232

## Preparation Instructions

Directions:

Quantity Invoiced, Last 7-Weeks:

Week of Can Case

05/13/201800

05/20/201800

05/27/201800

06/03/201800

06/10/201800

06/17/201800

06/24/201800

Item Yield

1 Case = 600 Fluid Ounces (12 x 50 Fluid Ounces per Can) of Soup, Tomato, Low-Sodium, with Tomato Pieces, Ready-to-Use, Canned

Thawing Instructions

N/A THERE ARE 600 FL.OZ PER CASE. 1 CAN MAKES 8-6Z SRV.

Shelf Life

DRY STORAGE= 730 DAYS.

Basic Preparation

READY TO HEAT & SERVE. (DO NOT ADD WATER OR MILK). WARM IN SAUCEPAN ON STOVE OR IN MICROWAVE. THIS SOUP CAN ALSO BE USED IN RECIPES FOR CASSEROLES, SAUCES OR GRAVIES.

### Meal Components (SLE)

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>	0.95
<b>OtherVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 6.00 Fluid Ounce

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**Amount Per Serving**

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<b>Calories</b>	135.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	585.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	0.60mg

# Salisbury Steak

<b>Servings:</b>	59.00	<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-7092

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB 59-2.7Z ADV	59 Each	<b>GRILL</b> Flat grill: preheat flat grill to 350 degrees f. Heat frozen product for 2-4 minutes per side or until internal temperature reaches 165 degrees f. Conventional oven: preheat oven to 375 degrees f. Heat frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	571730
MIX GRAVY BRN LO SOD 8-16Z TRIO	32 Ounce	<b>Basic Preparation</b> IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY ADD FULL 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

## Preparation Instructions

Directions:

Item Yield

1 Case = 159 Ounces (59 x 2.69 Ounces per Each) of Beef Steaks, Salisbury Ground, Char-Broiled, 2.7 Ounce, Cooked, Frozen

Thawing Instructions

KEEP FROZEN

Shelf Life

FROZEN= 365 DAYS AT 0°F OR LESS FROM PRODCUTION DATE

Basic Preparation

PREPARE FROM FROZEN STATE. CONVENTIONAL OVEN: PREHEAT OVEN TO 375°F. BAKE FOR 25-30 MINUTES. CONVECTION OVEN: PREHEAT OVEN TO 350°F. BAKE FOR 15-20 MINUTES. MICROWAVE: COOK ON HIGH FOR 2 - 4 MINUTES. FOR YOUR CUSTOMERS CONTINUED FOOD SAFETY: PRODUCT SHOULD ALWAYS BE HEATED TO AN INTERNAL TEMPERATURE OF 165°F. VERIFY WITH A MEAT THERMOMETER. COOKING TIMES WILL VARY DUE TO SIZE AND THICKNESS OF PRODUCT AND VARIATIONS OF APPLIANCES USED.

Marketing Tips

SALISBURY IS A TRADITIONAL COMFORT FOOD. THIS PORTIONED PRODUCT SAVES TIME AND LABOR, AND ENSURES A CONSISTENT QUALITY PRODUCT. \*\*DOWN HOME BEEF SALISBURY STEAK; PROFITABLE--REDUCED LABOR COSTS AND TIME REQUIREMENTS. EASY PREPARATION--COOKS FROM

A FROZEN STATE. EASY PREPARATION--PORTION-CONTROLLED, PREPARE ONLY THE AMOUNT NEEDED. VERSATILE--FIT A VARIETY OF MENU TRENDS AND ADD FLEXIBILITY TO YOUR MENU. SAFE--IQF TO SEAL IN FRESHNESS AND FLAVOR.\*\*FOODSERVICE: FULL SERVICE, FAMILY STYLE, CASUAL DINING, CATERING, BUFFETS, CAFETERIAS, HEALTHCARE AND MORE.\*\*DOWN HOME SALISBURY: GOLDEN BROWN SALISBURY STEAK, SERVED WITH A SIDE OF STEAMED VEGETABLES, MASHED POTATOES AND BROWN GRAVY. SALISBURY STEAK SANDWICH: SALISBURY STEAK WITH KETCHUP, LETTUCE, CARROT AND ONION SHREDS, SERVED ON TOASTED WHEAT BREAD.

### Meal Components (SLE)

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: 59.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	193.56		
<b>Fat</b>	13.27g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	295.93mg		
<b>Carbohydrates</b>	5.71g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Muffin Lunch

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7239

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	100 Each		262343
CHEESE STRING MOZZ LT IW 168-1Z LOL	100 Each		786801
YOGURT RASPB RNBW L/F 48-4Z TRIX	100 Each	READY_TO_EAT Ready to eat single serving	551770

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	320.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	24.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	14.41IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	350.76mg	<b>Iron</b>	1.33mg

# Refried Beans

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7241

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	26 3/4 Pound	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753

## Preparation Instructions

Directions:

Item Yield

1 Case = 547.2 Ounces (6 x 91.2 Ounces per Bag) of Beans, Refried, Dehydrated, with Whole Beans

Thawing Instructions

NONE

Shelf Life

DRY STORAGE= 270 DAYS.

Basic Preparation

STEP 1) PLACE BEANS IN A STEAM TABLE PAN. STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR. STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE19: ¾ qt of water for each 1 lb of dry beans. Add

### Meal Components (SLE)

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>	1.32
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	449.14
<b>Fat</b>	3.96g
<b>SaturatedFat</b>	1.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1611.60mg
<b>Carbohydrates</b>	79.26g
<b>Fiber</b>	26.42g
<b>Sugar</b>	0.00g
<b>Protein</b>	26.42g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.32mg
<b>Calcium</b>	134.42mg	<b>Iron</b>	6.05mg

# Turkey Sub

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7243

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD RED SOD 6-2 JENNO	19 Pound		183161
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	100 Ounce	READY_TO_EAT	100018
Aunt Millie's Whole Grain Mini Sub Buns	100 Each		5157

## Preparation Instructions

Directions:

Place 4 slices = Jennie-O Turkey slices and 2 slices of cheese on each hoagie bun

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

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

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

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.03
<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: 100.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	340.80		
<b>Fat</b>	12.51g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.33mg		
<b>Sodium</b>	854.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	23.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	10.36mg



# Ham & Cheese Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7244

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: <b>BRING TO ROOM TEMPERATURE.</b> Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING STEAM CABINET:</b> Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b> Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
HAM VIRGINIA BKD DELI SLCD 6- 2 GFS	2 Ounce		680656
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	2 Slice		722360
LETTUCE ROMAINE CHOP 6- 2 RSS	1 Cup		735787

## Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
2. Place 5 slices of turkey, 1 slice of cheese & 1 cup of Romaine into 10" tortilla
3. Wrap, label and date for 3 days.

CCP: Keep cold 41F or below.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

### Amount Per Serving

**Calories** 310.00

**Fat** 10.50g

**SaturatedFat** 5.00g

**Trans Fat** 0.00g

**Cholesterol** 35.00mg

**Sodium** 1030.00mg

**Carbohydrates** 34.00g

**Fiber** 4.00g

**Sugar** 5.00g

**Protein** 22.00g

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

**Calcium** 328.00mg      **Iron** 2.38mg

# Cereal Bowl Lunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7245

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	270401
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<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 Each

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	700.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	410.00mg	<b>Iron</b>	5.50mg

# Turkey Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7246

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD RED SOD 6-2 JENNO	19 Pound		183161
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	100 Ounce	READY_TO_EAT	100018
Aunt Millie's Wheat Sandwich Bread	200 Slice	READY_TO_EAT	466

## Preparation Instructions

Directions:

Place 4 slices = Jennie-O Turkey slices and 2 slices of cheese on each hoagie bun

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

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

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

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.03
<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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>	310.80		
<b>Fat</b>	12.01g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.33mg		
<b>Sodium</b>	764.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	22.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	8.36mg

# Pancakes with Sausage

<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-7247

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	2 Ounce		617650
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	2 Each		184970
SYRUP PANCK CUP 200-1.5Z GFS	1 Each		160090

## Preparation Instructions

- 1.) Pull Pancakes 2 days ahead
  - 2.) Shingle pancakes in a 2 inch full pan
  - 3.) Place in steamer (unwrapped) for 15-20 minutes, or until 145 degrees F.
  - 4.) Steam 1 hour before service
  - 5.) Shingle frozen sausage patties, into a 2-inch full pan, add 1 cup of water, wrap with parchment paper and then foil.
  - 6.) Bake at 350 degrees F, for an hour, Or until 165 degrees F. (Less time of sausage are thawed)
  - 7.) Hold at 145, in warmer
  - 8.) Serve immediately.
- CCP: Hold at 145 degrees F.  
Serving: 2 pancakes, 2 sausage patty.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.67
<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: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	393.33
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	2.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.67mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	58.33g
<b>Fiber</b>	2.00g
<b>Sugar</b>	22.33g
<b>Protein</b>	15.33g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.92mg

# Bosco sticks and marinara sauce

<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-7248

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	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 Sticks 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> /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <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: 1-2 minutes.</li> <li>3. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before cooking.</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> <p>/u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p>	787440
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p><b>READY_TO_EAT</b> None</p>	677721

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<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 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	260.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	362.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	226.00mg	<b>Iron</b>	2.00mg



# Sloppy Joe on Bun

<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-7249

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	3 Ounce	Heat meat to 155 degrees F. Hold for 15 seconds.	135081
SAUCE SLOPPY JOE 4-10 MANWICH	4 Ounce		860166
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

Serve using 3/8 cup using a #10 or tan scoop.

Provides 2 oz of meat/meat alternate and 1/4 cup red vegetable.

### Meal Components (SLE)

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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	442.50		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	82.50mg		
<b>Sodium</b>	1508.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	10.00g		
<b>Sugar</b>	28.00g		
<b>Protein</b>	29.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.00mg	<b>Iron</b>	4.44mg

# Macaroni and 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-7339

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	6 Ounce	Follow direction on package	609121

## Preparation Instructions

Directions:

Follow directions on package.

CCP: Hold for hot service at 165° F or warmer.

Serving size: 6 oz Mac and Cheese.

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.96
<b>Grain</b>	0.48
<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>	294.60		
<b>Fat</b>	14.70g		
<b>SaturatedFat</b>	8.10g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	47.00mg		
<b>Sodium</b>	758.50mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	654.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	363.00mg	<b>Iron</b>	1.00mg

# Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7341

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
4-50Z-GRANOLA W/O RAISINS - 380025435	1 Cup		976193
STRAWBERRIES SLCD IQF 6-5# COMM	4 Ounce		105302

## Preparation Instructions

Method

In a 14 oz cup

Add 2 oz. of Yogurt

Then add 2 oz strawberries

Repeat.

Top with Granola

Top with lid.

Serve cold

1 Serving is 1 Parfait

CCP: Hold parfait at 40 degrees F

### Meal Components (SLE)

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 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	1791.04
<b>Fat</b>	11.94g
<b>SaturatedFat</b>	11.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.70mg
<b>Sodium</b>	955.22mg
<b>Carbohydrates</b>	370.15g
<b>Fiber</b>	0.00g
<b>Sugar</b>	262.69g

<b>Protein</b>		59.70g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2149.25mg	<b>Iron</b>	0.00mg

# Yogurt Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7342

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK KIDS 24-4Z YOPL	1 Each	READY_TO_EAT Ready to eat	411042

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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 Each

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	60.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	0.00mg

# Uncrustable, PBJ, Grape

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7343

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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 Each

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.00mg

# Uncrustable, PBJ, Strawberry

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7344

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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 Each

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	44.00mg	<b>Iron</b>	1.00mg

# Hash Brown

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7367

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY 120-2.25Z OREI	1 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

## Preparation Instructions

Prepare from frozen state.

place on sheet pan and cook in convection oven 400 degrees for 13 minutes.

Cook to 155 degrees F.

Serve hot

### Meal Components (SLE)

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>	0.25

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	135.00		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	250.00mg		
<b>Carbohydrates</b>	15.50g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.36mg



# Peas & Carrots ,

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7368

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS & CARROT 12-2.5 GFS	1/2 Cup		119458
BUTTER ALT LIQ 3-1GAL SAVORY	1 Ounce		756261

## Preparation Instructions

Directions:

Place 10.5 # of frozen peas in a 4" steam table pan

Pour 4 oz of melted Margarine over peas

Store in refrigerator till time to steam.

CCP: Heat to 145° F or higher for at least 15 Seconds

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

### Meal Components (SLE)

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>	0.37
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		37.31	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		14.93mg	
<b>Carbohydrates</b>		7.46g	
<b>Fiber</b>		2.24g	
<b>Sugar</b>		2.99g	
<b>Protein</b>		1.49g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.52mg

# Buttered Peas

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7369

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN 12-2.5 GFS	1/2 Cup		119415
BUTTER ALT LIQ 3-1GAL SAVORY	1 Ounce		756261

## Preparation Instructions

Directions:

Place 10.5 # of frozen peas in a 4" steam table pan

Pour 4 oz of melted Margarine over peas

Store in refrigerator till time to steam.

CCP: Heat to 145° F or higher for at least 15 Seconds

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

### Meal Components (SLE)

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 Cup

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

# Roasted Fresh Vegetables

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7370

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI & CAULIF COMBO 12-12Z	1 Pound		234413
SQUASH BABY SUMMER GREEN 5 SPECLTY	10 Each		107882
SQUASH BABY GREEN ZUCCHINI 5	10 Each		220190
CARROT BABY WHL PETITE 12-2 GCHC	1 Pound		599921
GARLIC CHPD 2-4 GARLKNQ	2 Teaspoon		624962
BUTTER ALT LIQ PREPOIL 3-1GAL WHIRL	1/2 Cup		425532
SPICE BLND ORIG 3-21Z MDASH	1/2 Teaspoon		265103

## Preparation Instructions

### Directions:

Select a colorful assortment of 4 or more vegetables from the 3 vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.)

Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in step 4. Clean, slice and cut vegetables into bite-size pieces.

Combine water, soy sauce, and granulated garlic. Set aside for step 6.

Heat oil in a large, heavy skillet or pan.

Add pepper to oil and stir.

Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.

Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

Cover, reduce heat, and steam for 2-3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steamtable.

Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.

CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

### Notes:

1: Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, and

2: onion are used in the nutrient calculation.

## Meal Components (SLE)

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: 50.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	21.05		
<b>Fat</b>	2.26g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.09mg		
<b>Carbohydrates</b>	0.42g		
<b>Fiber</b>	0.17g		
<b>Sugar</b>	0.24g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.85mg	<b>Iron</b>	0.02mg

# Steamed Fresh Vegetables

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7371

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI & CAULIF COMBO 12-12Z	1 Pound		234413
SQUASH BABY SUMMER GREEN 5 SPECLTY	10 Each		107882
SQUASH BABY GREEN ZUCCHINI 5	10 Each		220190
CARROT BABY WHL PETITE 12-2 GCHC	1 Pound		599921
GARLIC CHPD 2-4 GARLKNG	2 Teaspoon		624962
BUTTER ALT LIQ PREPOIL 3-1GAL WHIRL	1/2 Cup		425532
SPICE BLND ORIG 3-21Z MDASH	1/2 Teaspoon		265103

## Preparation Instructions

### Directions:

Select a colorful assortment of 4 or more vegetables from the 3 vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.)

Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in step 4. Clean, slice and cut vegetables into bite-size pieces.

Combine water, soy sauce, and granulated garlic. Set aside for step 6.

Heat oil in a large, heavy skillet or pan.

Add pepper to oil and stir.

Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.

Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

Cover, reduce heat, and steam for 2-3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steamtable.

Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.

CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

### Notes:

1: Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, and

2: onion are used in the nutrient calculation.

## Meal Components (SLE)

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: 50.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	21.05		
<b>Fat</b>	2.26g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.09mg		
<b>Carbohydrates</b>	0.42g		
<b>Fiber</b>	0.17g		
<b>Sugar</b>	0.24g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.85mg	<b>Iron</b>	0.02mg

# Fries Sweet Potato Crinkle

<b>Servings:</b>	100.00	<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-7372

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	19 3/4 Pound	DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	628100

## Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

### Meal Components (SLE)

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>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	119.62		
<b>Fat</b>	4.49g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	179.43mg		
<b>Carbohydrates</b>	16.95g		
<b>Fiber</b>	2.99g		
<b>Sugar</b>	4.98g		
<b>Protein</b>	1.99g		
<b>Vitamin A</b>	3488.96IU	<b>Vitamin C</b>	2.39mg
<b>Calcium</b>	19.94mg	<b>Iron</b>	0.36mg

# Gravy, Beef

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7373

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BF IW 8-12.16Z LEGO	10 Gram		157291

## Preparation Instructions

Directions:

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

Bring 1 gallon water to a boil and slowly add gravy mix stirring briskly with a wisk.

CCP: Hold at 135° F or higher.

Wisk gravy until all clumps are gone. Place on line for serving. portion with a 2 oz spoodle.

Notes:

### Meal Components (SLE)

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: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	600.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10800.00mg		
<b>Carbohydrates</b>	120.00g		
<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



# Gravy, Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7374

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY CHIX W/MEAT 12-5 LEGO	1 Cup		270261

## Preparation Instructions

Directions:

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

Bring 1 gallon water to a boil and slowly add gravy mix stirring briskly with a wisk.

CCP: Hold at 135° F or higher.

Wisk gravy until all clumps are gone. Place on line for serving. portion with a 2 oz spoodle.

Notes:

### Meal Components (SLE)

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: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	1320.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Breakfast Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7375

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY SAUSAGE WHT FZ 5-6# BE	1		547330

## Preparation Instructions

Directions:

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

Bring 1 gallon water to a boil and slowly add gravy mix stirring briskly with a wisk.

CCP: Hold at 135° F or higher.

Wisk gravy until all clumps are gone. Place on line for serving. portion with a 2 oz spoodle.

Notes:

### Meal Components (SLE)

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: 2.00 Ounce

#### 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

# Chef Salad, Turkey

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7376

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	#20scoop	150250
TURKEY BRST DCD 2-5	2 Ounce		451300
TOMATO CHERRY 11 MRKN	4 Each		569551

## Preparation Instructions

1. Cut romaine
2. Place 1 cup romaine, 1 cup spinach in clam shell
3. Top with cherry tomatoes, turkey, croutons & cheese
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.56
<b>RedVeg</b>	0.48
<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 salad

#### Amount Per Serving

<b>Calories</b>	124.90
<b>Fat</b>	5.02g
<b>SaturatedFat</b>	3.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	34.81mg
<b>Sodium</b>	399.67mg
<b>Carbohydrates</b>	7.50g
<b>Fiber</b>	2.18g
<b>Sugar</b>	3.40g
<b>Protein</b>	14.44g
<b>Vitamin A</b> 863.71IU	<b>Vitamin C</b> 11.84mg

**Calcium** 123.91mg **Iron** 0.90mg

# Lemon Broccoli with Tomatoes

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7377

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS 12-2.5 GFS	50 Cup		119245
Grape Tomatoes	5 Pound		749041
LEMON JUICE 100 12-32FLZ GCHC	2 Cup		311227
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup		265103
BUTTER ALT LIQ 3-1GAL SAVORY	1 Cup		756261

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook Broccoli in steamer for 10-15 minutes (5-6 psi) or 4-8 minutes (12-15 psi) or until just tender.
- 3.) Add tomatoes, and rest of ingredients, ,mix well. Serve in a Solid 2-inch full pan.

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

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

4. Serve using a 4z spoodle or menued portion.

Notes:

### Meal Components (SLE)

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>	0.40
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

**Calories** 0.96

**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** 1.15mg

**Calcium** 0.00mg **Iron** 0.00mg

# Salsa , Red Gold

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7378

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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>	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 Each

Amount Per Serving			
<b>Calories</b>	30.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	200.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	346.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	0.00mg

# Sour Cream

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7379

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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 Each

#### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	30.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.00mg



# Shredded Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7380

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER SHRD R/F 4-5 LOL	1 Ounce		861950

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.50
<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 Ounce

#### Amount Per Serving

<b>Calories</b>	35.00		
<b>Fat</b>	2.25g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.50mg		
<b>Sodium</b>	235.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	3.50g		
<b>Vitamin A</b>	44.50IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	97.00mg	<b>Iron</b>	0.00mg

# Nacho Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7381

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	3 Ounce		135271

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<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: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	150.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	6.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	630.00mg
<b>Carbohydrates</b>	4.50g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	7.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 313.50mg	<b>Iron</b> 0.00mg

# Mozzarella String Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7382

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<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 Each

Amount Per Serving	
<b>Calories</b>	60.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	198.00mg
<b>Iron</b>	0.00mg

# Cherry Crisp

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7383

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS OLD FASHIONED 12-42Z QUAK	3 1/2 Cup	BOIL Boil	304096
brown sugar	2 Cup		
cinnamon	1/2 Teaspoon	READY_TO_EAT	
BUTTER ALT LIQ 3-1GAL SAVORY	2 Cup		756261
CHERRY RED PITTED TART 5+1 30 GFS	5 7/8 Pound		119709
100% Orange Juice	1 Cup		

## Preparation Instructions

Directions:

Topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, salt, and margarine or butter. Mix until crumbly. Set aside for step 8.

Filling: Drain cherries, reserving juice. For 25 servings, reserve 1/2 cup juice. For 50 servings, reserve 1 cup juice. Set juice aside for step 4.

Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 2 lb (1 qt 2 Tbsp) cherries. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Combine reserved cherry juice with sugar and orange juice concentrate. Heat juice mixture over medium heat for 2 minutes.

Combine cornstarch and water. Stir until smooth.

Add cornstarch and water to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.

Into each pan, pour 1 cup juice mixture over cherries.

For each pan, sprinkle 1 lb 10 3/4 oz (1 qt 1 1/3 cups) topping evenly over cherries.

Bake until topping is browned: Conventional oven: 425° F for 40 minutes Convection oven: 350° F for 25-35 minutes Cool. Cut each pan 5 x 5 (25 pieces). No CCP necessary.

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
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<b>Grain</b>	0.18
<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

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**Amount Per Serving**

<b>Calories</b>	80.39
<b>Fat</b>	0.42g
<b>SaturatedFat</b>	0.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	8.11mg
<b>Carbohydrates</b>	19.06g
<b>Fiber</b>	1.10g
<b>Sugar</b>	13.25g
<b>Protein</b>	1.24g

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<b>Vitamin A</b>	107.52IU	<b>Vitamin C</b>	1.59mg
<b>Calcium</b>	2.80mg	<b>Iron</b>	0.40mg

# Blueberry Crisp

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7384

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS OLD FASHIONED 12-42Z QUAK	3 1/2 Cup	BOIL Boil	304096
brown sugar	2 Cup	READY_TO_EAT	
cinnamon	1/2 Teaspoon	READY_TO_EAT	
BUTTER ALT LIQ 3-1GAL SAVORY	2 Cup		756261
100% Orange Juice	1 Cup		
BLUEBERRIES FZ WILD IQF 30 COMM	25 Cup		764740

## Preparation Instructions

Directions:

Topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, salt, and margarine or butter. Mix until crumbly. Set aside for step 8.

Filling: Blueberries, reserving juice. For 25 servings, reserve 1/2 cup juice. For 50 servings, reserve 1 cup juice. Set juice aside for step 4.

Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 2 lb (1 qt 2 Tbsp) cherries. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Mix with sugar and orange juice concentrate. Heat juice mixture over medium heat for 2 minutes.

Combine cornstarch and water. Stir until smooth.

Add cornstarch and water to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.

Into each pan, pour 1 cup juice mixture over berries.

For each pan, sprinkle 1 lb 10 3/4 oz (1 qt 1 1/3 cups) topping evenly over berries.

Bake until topping is browned: Conventional oven: 425° F for 40 minutes Convection oven: 350° F for 25-35 minutes

Cool. Cut each pan 5 x 5 (25 pieces). No CCP necessary.

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
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<b>Grain</b>	0.18
--------------	------

<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: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	61.25
<b>Fat</b>	0.42g
<b>SaturatedFat</b>	0.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.05mg
<b>Carbohydrates</b>	14.01g
<b>Fiber</b>	3.56g
<b>Sugar</b>	5.35g
<b>Protein</b>	0.71g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.30mg
<b>Calcium</b>	2.80mg	<b>Iron</b>	0.21mg

# Eggplant, Roasted

<b>Servings:</b>	4.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7385

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGGPLANT 6CT P/L	4 Each		597104
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup		265103
CHEESE PARM GRTD 12-1 PG	1 Cup		164259

## Preparation Instructions

- On a clean cutting board
- Wearing a cutting glove
- Slice eggplant into 1 inch slices
- Place on sheet pan, sprinkle with salt
- Wait 10 minutes, wash off salt.
- Lightly oil eggplant, season with Dash
- Roast on 400 degrees F. for 10-15 minutes, until tender
- Place in serving pan.
- Sprinkle with Parmesan
- Serve at 140 degrees F.
- Serve immediately

### Meal Components (SLE)

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: 4.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	370.50
<b>Fat</b>	36.10g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	261.60mg
<b>Carbohydrates</b>	5.00g
<b>Fiber</b>	2.50g
<b>Sugar</b>	3.00g



<b>Protein</b>	8.80g		
<b>Vitamin A</b>	18.86IU	<b>Vitamin C</b>	1.80mg
<b>Calcium</b>	199.38mg	<b>Iron</b>	0.19mg

# Chef Salad, Ham

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7386

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
Ham, Cubed Frozen	2 Ounce		100188-H

## Preparation Instructions

2. Place 1 cup romaine, 1 cup spinach in clam shell
3. Top with cherry tomatoes, turkey, croutons & cheese
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.64
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.56
<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: 1.00 salad

#### Amount Per Serving

<b>Calories</b>	522.08
<b>Fat</b>	37.77g
<b>SaturatedFat</b>	25.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	149.51mg
<b>Sodium</b>	1146.45mg
<b>Carbohydrates</b>	11.74g
<b>Fiber</b>	1.86g
<b>Sugar</b>	4.31g
<b>Protein</b>	37.86g
<b>Vitamin A</b> 1699.80IU	<b>Vitamin C</b> 8.22mg
<b>Calcium</b> 821.75mg	<b>Iron</b> 0.65mg

# Chef Salad, Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7387

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
Grape Tomatoes	4 Each		749041
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	#20scoop	150250

## Preparation Instructions

- Place 1 cup romaine, 1 cup spinach in clam shell
- Top with cherry tomatoes, bacon, croutons & cheese
- Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.48
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.56
<b>RedVeg</b>	0.67
<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 salad

Amount Per Serving	
<b>Calories</b>	63.43
<b>Fat</b>	4.32g
<b>SaturatedFat</b>	2.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.40mg
<b>Sodium</b>	94.33mg
<b>Carbohydrates</b>	2.61g
<b>Fiber</b>	1.13g
<b>Sugar</b>	1.00g
<b>Protein</b>	4.49g
<b>Vitamin A</b> 144.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 115.27mg	<b>Iron</b> 0.49mg

# Chicken Caesar Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7388

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVENTIONAL OVEN: 25-30 MINUTES AT 350°F FROM FROZEN., CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM ,FROZEN. BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
TOMATO CHERRY 11 MRKN	4 Each		569551
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce		645170
DRESSING CAESAR 4- 1GAL PMLL	1 Fluid Ounce		705051

## Preparation Instructions

2. Place 1 cup romaine, 1 cup spinach in clam shell
3. Top with cherry tomatoes, bacon, croutons & cheese
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.56
<b>RedVeg</b>	0.48
<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 salad

<b>Amount Per Serving</b>			
<b>Calories</b>	267.84		
<b>Fat</b>	18.86g		
<b>SaturatedFat</b>	5.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.83mg		
<b>Sodium</b>	587.45mg		
<b>Carbohydrates</b>	9.32g		
<b>Fiber</b>	2.18g		
<b>Sugar</b>	4.90g		
<b>Protein</b>	17.06g		
<b>Vitamin A</b>	719.71IU	<b>Vitamin C</b>	11.84mg
<b>Calcium</b>	177.89mg	<b>Iron</b>	0.72mg

# Chicken Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7389

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Chicken Fajita Breast Strips	2 Ounce	BAKE	15632
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
Grape Tomatoes	4 Each		749041
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	#20scoop	150250

## Preparation Instructions

2. Place 1 cup romaine, 1 cup spinach in clam shell
3. Top with cherry tomatoes, bacon, croutons & cheese
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.81
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.56
<b>RedVeg</b>	0.67
<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 salad

Amount Per Serving			
<b>Calories</b>	136.76		
<b>Fat</b>	14.32g		
<b>SaturatedFat</b>	2.88g		
<b>Trans Fat</b>	1.33g		
<b>Cholesterol</b>	47.73mg		
<b>Sodium</b>	414.33mg		
<b>Carbohydrates</b>	3.94g		
<b>Fiber</b>	1.13g		
<b>Sugar</b>	1.67g		
<b>Protein</b>	17.15g		
<b>Vitamin A</b>	144.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	117.94mg	<b>Iron</b>	3.15mg

# Chicken Chef Salad, Popcorn

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7390

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
Grape Tomatoes	4 Each		749041
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	#20scoop	150250
CHIX POPCORN BRD CKD WGRAIN 20	2 Ounce	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528840

## Preparation Instructions

2. Place 1 cup romaine, 1 cup spinach in clam shell
3. Top with cherry tomatoes, bacon, croutons & cheese , add cooked, cooled chicken
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.77
<b>Grain</b>	0.14
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.56
<b>RedVeg</b>	0.67
<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 salad

#### Amount Per Serving

<b>Calories</b>	88.14
<b>Fat</b>	5.52g
<b>SaturatedFat</b>	3.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.97mg
<b>Sodium</b>	144.18mg
<b>Carbohydrates</b>	4.03g
<b>Fiber</b>	1.27g
<b>Sugar</b>	1.00g

<b>Protein</b>	6.59g		
<b>Vitamin A</b>	159.43IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	117.84mg	<b>Iron</b>	0.63mg



# Buffalo Chicken Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7391

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
SPINACH BABY CLND 2-2 RSS	1 Ounce		560545
Grape Tomatoes	4 Each		749041
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	#20scoop	150250
CHIX POPCORN BRD CKD WGRAIN 20	2 Ounce	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528840
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	3 Teaspoon		282944
BUTTER ALT LIQ 3-1GAL SAVORY	1 Teaspoon		756261

## Preparation Instructions

1. Mix 2:1 ratio of Red Hot and Butter, mix with chicken. Top salad
2. Place 1 cup romaine, 1 cup spinach in clam shell
3. Top with cherry tomatoes, bacon, croutons & cheese , add cooked, cooled chicken
4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.77
<b>Grain</b>	0.14
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.56
<b>RedVeg</b>	0.67

<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 salad

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**Amount Per Serving**

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<b>Calories</b>	88.14
<b>Fat</b>	5.52g
<b>SaturatedFat</b>	3.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.97mg
<b>Sodium</b>	714.18mg
<b>Carbohydrates</b>	4.03g
<b>Fiber</b>	1.27g
<b>Sugar</b>	1.00g
<b>Protein</b>	6.59g

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<b>Vitamin A</b>	759.43IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	117.84mg	<b>Iron</b>	0.63mg

# Biscuit & Sausage 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-7392

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	<b>BAKE</b> 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
GRAVY SAUSAGE CONC FRZN 6-2 JIMMY	3 Ounce		251050

## Preparation Instructions

Heat ingredients as instructed on package.

Microwaving works bests

Use 3 oz. portion ladle

Use #846891 is Jimmy Dean unavailable

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

### Meal Components (SLE)

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>	200.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	410.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g

<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	1.08mg

# Chicken Nuggets

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8556

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
WG Dinner Roll Aunt Millie's	1 1 roll		4375

## Preparation Instructions

Directions:

Item Yield

1 Case = 512 Ounces (4 x 128 Ounces per Bag) of Chicken Nuggets, Crispy, Whole Grain, Breaded, Cooked, Frozen

Thawing Instructions

COOK FROM FROZEN

Shelf Life

FROZEN = 270 DAYS

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

\*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS\*\*WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED\*\* SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY\*\*SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.03
<b>Grain</b>	0.03
<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: 5.00 Each			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	362.50		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	525.00mg		
<b>Carbohydrates</b>	35.25g		
<b>Fiber</b>	4.50g		
<b>Sugar</b>	4.25g		
<b>Protein</b>	20.25g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.50mg	<b>Iron</b>	2.50mg
<hr/>			

# Beef Nachos

<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-8557

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
CHIP TORTL RND YEL 5-1.5 KE	22 Each		163020
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250

## Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

1.) Using a one time use glove, place 12 chips in a #3 paper Tray

2.) Place 2oz. Taco Meat on Chips

\* Portion with No. 16 scoop (¼ cup)

3.) Top with 1 oz Shredded Cheese

\* If student does not want Meat, then substitute with 3 oz. of Shredded Cheese

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.26
<b>Grain</b>	1.09
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.08
<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** 1770.28

**Fat** 66.09g

**SaturatedFat** 13.14g

**Trans Fat** 0.18g

**Cholesterol** 52.08mg

**Sodium** 1774.16mg

**Carbohydrates** 248.15g

**Fiber** 25.26g

**Sugar** 5.26g

**Protein** 39.08g

**Vitamin A** 1052.94IU **Vitamin C** 11.15mg

**Calcium** 718.87mg **Iron** 5.58mg



# Chicken Tenders

<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-8558

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	4 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
WG Dinner Roll Aunt Millie's	1 1 roll		4375

## Preparation Instructions

Directions:

Item Yield

1 Case = 450 Average Count (4 x 112.5 Average Count per Bag) Chicken Tenders, Crispy, Whole Grain, Breaded, CN Labeled, Cooked, Frozen

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

FROZEN = 270 DAYS AT 0\* OR LESS FROM DATE OF PRODUCTION.

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

\*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS\*\*WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED\*\* SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY\*\*SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.67
<b>Grain</b>	2.58
<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: 4.00 Each			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	446.67		
<b>Fat</b>	21.50g		
<b>SaturatedFat</b>	3.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.33mg		
<b>Sodium</b>	645.00mg		
<b>Carbohydrates</b>	40.33g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	4.33g		
<b>Protein</b>	24.00g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.00mg	<b>Iron</b>	2.67mg
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# Tacos Beef

<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-8559

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Ounce		191043
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

## Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

- 1.) Using a one time use glove, place 2 tortilla shells in a #2 paper Tray
- 2.) Place 2oz. Taco Meat on Tortilla Shells \* Portion with No. 16 scoop (¼ cup)
- 3.) Ladle 2 oz Jalapeno Cheese

\* If student does not want Meat, then substitute with 1 oz. of Shredded Cheese

\* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.26
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.08

<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

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**Amount Per Serving**

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<b>Calories</b>	495.28
<b>Fat</b>	26.59g
<b>SaturatedFat</b>	15.64g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	87.08mg
<b>Sodium</b>	844.16mg
<b>Carbohydrates</b>	40.65g
<b>Fiber</b>	5.26g
<b>Sugar</b>	8.26g
<b>Protein</b>	22.58g

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<b>Vitamin A</b>	1402.94IU	<b>Vitamin C</b>	11.15mg
<b>Calcium</b>	398.87mg	<b>Iron</b>	2.70mg

# Baked Fish

<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-8560

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	<b>BAKE</b> COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u2013BONELESS/u2013 PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.	327162

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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 Each

Amount Per Serving			
<b>Calories</b>	200.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	1.00mg

# BBQ Pulled Pork on Bun

<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-8878

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork Bar-B-Q with vinegar sauce	3 Ounce	<b>STEAM</b> Remove the Bar-B-Q from the box and place in a steam pan. Cook in the steamer for about 30 min. Remove and check the temperature before placing on the serving line. CCP: Heat to 145 degrees or higher for at least 15 seconds. CCP: Hold for hot service at 140 degrees or higher	
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

Cook as directed. Cook to 165 degrees F., Hold at 140 degrees F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.26
<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>	306.62		
<b>Fat</b>	8.54g		
<b>SaturatedFat</b>	2.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.86mg		
<b>Sodium</b>	582.48mg		
<b>Carbohydrates</b>	2.14g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	25.85g		
<b>Vitamin A</b>	0.47IU	<b>Vitamin C</b>	0.32mg
<b>Calcium</b>	0.16mg	<b>Iron</b>	12.97mg

# Chicken or Turkey and Noodles

<b>Servings:</b>	1.00	<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-8879

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PARSLEY CURLY 1-60CT	1 Ounce		150871
TURKEY & GRAVY 4-7	3 Ounce		722460
PASTA NOODL KLUSKI 1/8 2-5 GCHC	4 Ounce		270385

## Preparation Instructions

Directions:

Heat chicken as directed on package

Cook Pasta, using 2:1 water to pasta ratio. until Al Dente

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK OR DRAIN.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1cup)

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.01
<b>Grain</b>	0.40
<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 Cup

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**Amount Per Serving**

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<b>Calories</b>	537.50		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	131.25mg		
<b>Sodium</b>	357.50mg		
<b>Carbohydrates</b>	81.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	28.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	4.07mg



# Roasted Turkey

<b>Servings:</b>	107.00	<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-8881

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	28 Pound	4 oz by weight	653171
Whole Grain Dinner Roll	1 bun	READY_TO_EAT	1591

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<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>	0.00

### Nutrition Facts

Servings Per Recipe: 107.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	121.52		
<b>Fat</b>	4.54g		
<b>SaturatedFat</b>	1.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.29mg		
<b>Sodium</b>	524.67mg		
<b>Carbohydrates</b>	2.14g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	18.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

# Baked Sweet Potatoes and Apples

<b>Servings:</b>	100.00	<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-8882

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sweet Potatoes, Extra Light Syrup, canned	1 1/16 Gallon	BAKE Open cans, drain and bake	100317
APPLE DELICIOUS GOLDEN SLCD 40#	1 Gallon		884770
brown sugar	1 1/2 Cup	READY_TO_EAT	
cinnamon	2 Teaspoon	READY_TO_EAT	
SPICE NUTMEG GRND 16Z TRDE	2 Teaspoon		224944
BUTTER ALT LIQ 3-1GAL SAVORY	2/3 Cup		756261

## Preparation Instructions

### Directions:

Place 3 lb 13 oz (2 qt  $\frac{3}{4}$  cup) sweet potatoes into each steamtable pan (12" x 20" x 2  $\frac{1}{2}$ ") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Place 3 lb 11 oz (2 qt  $\frac{1}{2}$  cup) apples over sweet potatoes in each pan.

Combine brown sugar, cinnamon, and nutmeg (optional).

Sprinkle  $\frac{3}{4}$  cup sugar mixture over apples in each pan.

Dot each pan with cup margarine, and sprinkle remaining sugar.

Add  $\frac{3}{4}$  cup water to each pan.

Bake: Conventional oven: 350° F for 25-30 minutes. Convection oven: 300° F for 15-20 minutes. CCP: Heat to 140° For higher.

CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop ( $\frac{1}{4}$  cup).

### Notes:

1: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

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>	0.01

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
<b>Amount Per Serving</b>			
<b>Calories</b>	1.09		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.33mg		
<b>Carbohydrates</b>	0.33g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.21g		
<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

# Pork Tenderloin 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-8883

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK CHOP CENTRY FRD CN 100-3.1Z PIER	1 Each	conventional oven: from the frozen state, bake at 350 degrees f in conventional oven for 14 minutes. Convection oven: from thefrozen state, bake at 350 degrees f in convection oven for 10 minutes. Microwave: on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	849014
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

WASH HANDS.

1. Cook pork tenderloin as directed on package.
2. Layer cooked tenderloin on bottom of roll. Top with remaining half of roll. 3. Serve.

1 tenderloin provides: 2 oz. eq meat/meat alternate & 2.5 oz. eq. grain

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.75
<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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	430.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Scalloped Potatoes & Ham

<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-8884

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SCALLOPED CLSC R/SOD 6-2.25	4 Ounce	<b>BAKE</b> 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	118567
Ham, Cubed Frozen	2 Ounce		100188-H

## Preparation Instructions

### Directions:

Rehydrate potatoes according to package instructions or cover potatoes with boiling water. Let stand for 5 minutes. Drain well.

Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 1 lb 5 oz (1 qt 2 cups) potatoes. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

In a pot melt margarine or butter. Add onions and cook over medium heat for 5-10 minutes.

Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.

Slowly stir in milk, salt, pepper, and parsley (optional). Blend well. Cook over medium heat. Stirring frequently until slightly thickened, 10-15 minutes.

Pour 1 qt 2 cups liquid mixture over potatoes in each pan. Stir to combine.

Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 4 oz (¾ cup) per pan.

Product should be evenly golden brown on top: Conventional oven: 350° F for 45-60 minutes Convection oven: 300° F for 35-45 minutes CCP not needed..

Continue to bake at 190° F for 30 minutes. CCP: Hold at 140° F or warmer.

Portion with 3/4 cup).

### Notes:

1: \* See Marketing Guide

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.03
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<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>	0.04

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	460.66
<b>Fat</b>	5.28g
<b>SaturatedFat</b>	1.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	29.51mg
<b>Sodium</b>	1180.33mg
<b>Carbohydrates</b>	90.55g
<b>Fiber</b>	3.64g
<b>Sugar</b>	16.18g
<b>Protein</b>	15.47g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	145.45mg	<b>Iron</b>	1.09mg

# Philly Steak & Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8885

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Mini Sub Buns	1 Each		5157
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each		720861
PEPPERS & ONION FLME RSTD 6-2.5	2 1/4 Ounce		847208
CHEESE SWS 160CT SLCD PROC 4-5 GCHC	1 Slice		164348

## Preparation Instructions

1. Cook philly meat according to directions, CCP: Hot hold at 135F or higher
2. Cook peppers & onions according to directions, CCP: Hot hold at 135F or higher
3. Place 3oz philly meat, 1 slice of cheese & mixed peppers & onions into an 8" sub bun

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.22
<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>	398.89		
<b>Fat</b>	16.07g		
<b>SaturatedFat</b>	6.40g		
<b>Trans Fat</b>	0.52g		
<b>Cholesterol</b>	52.50mg		
<b>Sodium</b>	946.91mg		
<b>Carbohydrates</b>	38.26g		
<b>Fiber</b>	4.34g		
<b>Sugar</b>	9.63g		
<b>Protein</b>	22.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	111.92mg	<b>Iron</b>	11.75mg

# Corn Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	2.50 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8886

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD PRE-CUT 4-30CT CP	1 Piece		579785

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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: 2.50 Ounce

Amount Per Serving			
<b>Calories</b>	210.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.24g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	71.47IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg



# Marinated Cucumbers

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8925

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER 1-24CT P/L	12 Each	Washed, Sliced, unpeeled, #15 double slicer.	238653
SUGAR CANISTER 24-20Z GCHC	2 Cup		449237
VINEGAR WHT DISTILLED 4 4-1GAL	1 Cup		517582
SPICE CELERY SEED GRND 16Z TRDE	1 Tablespoon		513679
SALT IODIZED 24-26Z GFS	1 Teaspoon		108308

## Preparation Instructions

In a clean mixing bowl

Add all ingredients

Wrap, label and date

Store for 2 days in a cooler at 135-141 degrees F.

Serve chilled.

Serving size : 1/2 cup

For K-2 place in 5.5 souffle cups

For 3-12, place in pan, with 4 oz Spoodle

### Meal Components (SLE)

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>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	31.95
<b>Fat</b>	0.03g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	49.09mg
<b>Carbohydrates</b>	8.50g
<b>Fiber</b>	0.08g
<b>Sugar</b>	8.25g

<b>Protein</b>		0.08g	
<b>Vitamin A</b>	13.65IU	<b>Vitamin C</b>	0.37mg
<b>Calcium</b>	2.12mg	<b>Iron</b>	0.04mg

# Buffalo Pizza

<b>Servings:</b>	8.00	<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-8986

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
Chicken, diced, cooked, frozen	1 Pound		100101
SAUCE BUFF WNG REDHOT 4- 1GAL FRNKS	1/2 Cup		704229
DRESSING RANCH LT 4- 1GAL KENS	1/2 Cup		834941
CHEESE BLND MOZZ/PROV DCD 4-5 PG	3 Cup		529249

## Preparation Instructions

### Directions:

Combine Redhot and cooked chicken. Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of ranch dressing onto each pizza crust.

Top with 1 ound of chicken mixture

Sprinkle (3 cups) shredded cheese evenly over each pizza pan.

Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.50
<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: 8.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	399.00		
<b>Fat</b>	18.70g		
<b>SaturatedFat</b>	8.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.50mg		
<b>Sodium</b>	1066.45mg		
<b>Carbohydrates</b>	31.50g		
<b>Fiber</b>	1.45g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	27.95g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	336.62mg	<b>Iron</b>	1.98mg

# Taco Pizza

<b>Servings:</b>	8.00	<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-8990

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
Beef Taco Meat	1 Pound		682160
SALSA CUP 84-3Z REDG	8 Each	READY_TO_EAT None	677802
CHEESE CHED MLD SHRD 4-5 LOL	3 Cup		150250
CHIP TORTILLA TRIANGL YLW 6-2 MISSFD - Mission Foods - M	6 Ounce		853300
Lettuce 1/8 Shredded 5#	1 Cup		2793
Diced Tomatoes cnd	1/20 Cup	BAKE	100329

## Preparation Instructions

Directions:

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of salsa onto each pizza crust.

Sprinkle (3 cups) shredded cheese evenly over each pizza pan.

Top with 1 pound of taco meat

Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes

CCP: Hold at 135° F or higher.

Top with Shredded Lettuce, Crushed Chips and diced tomatoes

Cut each pizza pan into (1/8 slices)

Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

### Amount Per Serving

<b>Calories</b>	460.31		
<b>Fat</b>	21.75g		
<b>SaturatedFat</b>	11.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	931.44mg		
<b>Carbohydrates</b>	48.06g		
<b>Fiber</b>	2.51g		
<b>Sugar</b>	6.04g		
<b>Protein</b>	18.01g		
<b>Vitamin A</b>	796.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	347.50mg	<b>Iron</b>	1.80mg

# Ham Sub

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9010

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	20 Pound		100187
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	100 Ounce	READY_TO_EAT	100018
Aunt Millie's Whole Grain Mini Sub Buns	100 Each		5157

## Preparation Instructions

Directions:

Place 4 slices = Jennie-O Turkey slices and 2 slices of cheese on each hoagie bun

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

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

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

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.62
<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: 100.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	377.05		
<b>Fat</b>	16.75g		
<b>SaturatedFat</b>	8.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.21mg		
<b>Sodium</b>	1158.52mg		
<b>Carbohydrates</b>	35.25g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	7.62g		
<b>Protein</b>	24.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	10.00mg

# Potato Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9300

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD POT AMISH RECIPE 2-5 SANDR	1/2 Cup		524387

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	490.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	18.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg



# Cheese Quesadilla

<b>Servings:</b>	96.00	<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-10365

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each		231771

## Preparation Instructions

Directions:

Item Yield

1 Case = 96 Quesadilla, Cheese, Whole Grain, 100% Mozzarella, Frozen, 4.4 Ounce

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 365 DAYS FROM DATE OF PRODUCTION

Basic Preparation

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. PLACE 1 FROZEN SHEET (8 SERVINGS) INTO PREPARED PAN. PREHEAT OVEN. CONVECTION OVEN: 450 DEGREES F FOR 14-15 MINUTES. COOKING TIME MAY VARY.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.02
<b>Grain</b>	0.02
<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: 96.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	3.33		
<b>Fat</b>	0.13g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.10mg		
<b>Sodium</b>	7.40mg		
<b>Carbohydrates</b>	0.41g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.03g		
<b>Protein</b>	0.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.50mg	<b>Iron</b>	0.03mg

# CHICKEN Quesadilla

<b>Servings:</b>	96.00	<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-10366

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN 96-5Z MAX	1 Each		231750

## Preparation Instructions

Directions:

Item Yield

1 Case = 96 Quesadilla, Cheese, Whole Grain, 100% Mozzarella, Frozen, 4.4 Ounce

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 365 DAYS FROM DATE OF PRODUCTION

Basic Preparation

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. PLACE 1 FROZEN SHEET (8 SERVINGS) INTO PREPARED PAN. PREHEAT OVEN. CONVECTION OVEN: 450 DEGREES F FOR 14-15 MINUTES. COOKING TIME MAY VARY.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.02
<b>Grain</b>	0.02
<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: 96.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	3.13		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.16mg		
<b>Sodium</b>	7.29mg		
<b>Carbohydrates</b>	0.39g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.88mg	<b>Iron</b>	0.03mg

# BBQ Pizza

<b>Servings:</b>	8.00	<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-10418

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	<b>BAKE</b> STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
Cheese, Mozzarella, Part Skim, Shredded	3 Cup	50/50 Blend of Commodity Mozzarella and LOL Mozzarella	100021
Chicken, diced, cooked, frozen	8 Ounce		100101
SAUCE BBQ 4- 1GAL GCHC	2 Cup		734136

## Preparation Instructions

### Directions:

Combine BBQ and cooked chicken. Blend in a bowl. Reserve  
Spray each pan with Pan Coat. Place frozen Dough on top.  
Spread BBQ onto each pizza crust.  
Top with 8 oz. of chicken mixture  
Sprinkle (3 cups) shredded cheese evenly over each pizza pan.  
Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes  
CCP: Hold at 135° F or higher.  
Cut each pizza pan into (1/8 slices)

### Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<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: 8.00

Serving Size: 1.00 Slice

<b>Amount Per Serving</b>			
<b>Calories</b>	447.20		
<b>Fat</b>	14.70g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	58.50mg		
<b>Sodium</b>	1562.40mg		
<b>Carbohydrates</b>	58.50g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	19.50g		
<b>Protein</b>	21.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

# BBQ Chicken

<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-10419

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRUMSTICK IF 12-2.5# TYS	1/100		558811
SAUCE BBQ 4-1GAL GCHC	1 Tablespoon		734136

## Preparation Instructions

Directions:

Item Yield

1 Case = 473.6 Ounces (4 x 118.4 Ounces per Bag) of Chicken Drumsticks, Breaded, Whole Grain, Cooked, Frozen

Thawing Instructions

Prepare from frozen state.

Shelf Life

Frozen = 365 days from date of production

Basic Preparation

Conventional Oven: Preheat oven to 350 degrees F. Place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140 degrees F in a dry heat environment. Appliances vary, adjust accordingly.

CCP: Hold for hot service at 140° F or warmer.

### Meal Components (SLE)

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 Each

#### Amount Per Serving

<b>Calories</b>	29.05		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	222.35mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	0.15g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.00mg

# Italian Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10452

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: <b>BRING TO ROOM TEMPERATURE.</b> Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING STEAM CABINET:</b> Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b> Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
HAM VIRGINIA BKD DELI SLCD 6- 2 GFS	2 Ounce		680656
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	2 Slice		722360
Sliced Turkey Pepperoni	1 Ounce		136851

## Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
2. Place 5 slices of turkey, 1 slice of cheese & pepperoni into 10" tortilla
3. Wrap, label and date for 3 days.

CCP: Keep cold 41F or below.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.64
<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 Wrap

### Amount Per Serving

**Calories** 300.00

**Fat** 10.50g

**SaturatedFat** 5.00g

**Trans Fat** 0.00g

**Cholesterol** 35.00mg

**Sodium** 1030.00mg

**Carbohydrates** 32.00g

**Fiber** 3.00g

**Sugar** 4.00g

**Protein** 21.00g

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

**Calcium** 312.00mg      **Iron** 2.02mg



# Turkey and Cheese Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10453

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 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).	690141
Turkey Breast Deli	2 Ounce		100121
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	2 Slice		722360

## Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
2. Place 5 slices of turkey, 1 slice of cheese & into 10" tortilla
3. Wrap, label and date for 3 days.

CCP: Keep cold 41F or below.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.26
<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 Wrap

<b>Amount Per Serving</b>	
<b>Calories</b>	320.44
<b>Fat</b>	11.52g
<b>SaturatedFat</b>	5.76g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.22mg
<b>Sodium</b>	968.36mg
<b>Carbohydrates</b>	32.26g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g

<b>Protein</b>		23.32g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	312.00mg	<b>Iron</b>	1.62mg

# Chicken Ceasar Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10454

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 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).	690141
Diced Chicken	2 Ounce		
DRESSING CAESAR 4-1GAL PMLL	2 Tablespoon		705051
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1 Cup		15D44

## Preparation Instructions

1. Thaw chicken according to directions. CCP: Keep cold 41F or below.
  2. mix chicken, romaine and dressing, place into 10" tortilla
  3. Wrap, label and date for 3 days.
- CCP: Keep cold 41F or below.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<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 Wrap

### Amount Per Serving

**Calories** 362.00

**Fat** 18.00g

**SaturatedFat** 4.00g

**Trans Fat** 0.00g

**Cholesterol** 52.00mg

**Sodium** 536.00mg

**Carbohydrates** 31.00g

**Fiber** 3.00g

**Sugar** 3.00g

**Protein** 18.00g

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

**Calcium** 161.00mg **Iron** 1.62mg

# Chicken Buffalo Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10455

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 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).	690141
Diced Chicken	2 Ounce		
SAUCE BUFF WNG REDHOT 4- 1GAL FRNKS	2 Tablespoon		704229
DRESSING RANCH LT 4- 1GAL KENS	2 Tablespoon		834941

## Preparation Instructions

1. Thaw chicken according to directions. CCP: Keep cold 41F or below.
2. mix chicken, romaine and dressing, place into 10" tortilla
3. Wrap, label and date for 3 days.

CCP: Keep cold 41F or below.

### Meal Components (SLE)

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

### Amount Per Serving

<b>Calories</b>	322.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.00mg
<b>Sodium</b>	906.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 140.00mg	<b>Iron</b> 1.62mg

# Green Bean Casserole

<b>Servings:</b>	30.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1/2 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10724

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	1 Gallon	Drain liquid from 3 cans and place in full size steam table. The 4th can can be placed in the steam table liquid and beans.	118737
SOUP CRM OF MUSHRM 12-5 CAMP	1 #5 CAN	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
SAUCE SOY 4-1GAL GCHC	1 Tablespoon		124524
1 % White Milk	2 1/2 Cup		
SEASONING ORIG 500CT MDASH - Mrs. Dash - M	2 Tablespoon		825221
ONION FREN FRIED 6- 24Z GFS	5 Cup		403592

## Preparation Instructions

Preparation Instructions

WASH HANDS.

1. Stir the soup, milk, soy sauce, Mrs. Dash, and beans, and 2/3rds fried onions in a 1.5 quart casserole dish.
2. Baked at 350 degrees F. for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture
3. Add remaining onions. (optional)
4. Baked for an additional 5 minutes or until onions are golden brown

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

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.02
<b>Grain</b>	0.17
<b>Fruit</b>	0.08
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.42
<b>OtherVeg</b>	0.55
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 30.00  
Serving Size: 0.50 1/2 cup

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**Amount Per Serving**

<b>Calories</b>	119.88
<b>Fat</b>	6.49g
<b>SaturatedFat</b>	0.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.43mg
<b>Sodium</b>	408.44mg
<b>Carbohydrates</b>	12.68g
<b>Fiber</b>	2.61g
<b>Sugar</b>	3.32g
<b>Protein</b>	2.21g

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<b>Vitamin A</b>	0.83IU	<b>Vitamin C</b>	0.17mg
<b>Calcium</b>	34.50mg	<b>Iron</b>	0.43mg



# Fruited Jello

<b>Servings:</b>	20.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10725

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX ASST RED 12-24Z GCHC	1 Package	Follow package instructions. Reduce liquid by 2 cups	500135
FRUIT COCKTAIL IN JCE 6-10 GFS	1 #10 CAN	Well drained	610232
MARSHMALLOW 12-1 GCHC	2 Cup	Just for garnish	112771

## Preparation Instructions

This is an no cook recipe

- 1.) Prepare Jell-O as directed on package
- 2.) Add drained fruit or fresh fruit.
- 3.) Stir gently, place in cooler unwrapped for an hour.
- 4.) top with marshmallows and plastic wrap until needed.

CCP:Keep product at 35 degrees F. at after prepared.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.65
<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 Cup

Amount Per Serving			
<b>Calories</b>	81.85		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.43mg		
<b>Carbohydrates</b>	19.13g		
<b>Fiber</b>	1.29g		
<b>Sugar</b>	15.05g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	258.67IU	<b>Vitamin C</b>	1.93mg
<b>Calcium</b>	0.03mg	<b>Iron</b>	0.00mg

# Roasted Potato Bowl- Pork

<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-10846

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SEAS DELI ROASTERS 6-5 MCC	4 Ounce	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN ROASTER IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 8 TO 12 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 375° F. SPREAD FROZEN ROASTERS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	726590
PORK SHRDD BBQ 6-5 JTM	2 Ounce		366320
Shredded Cheddar Cheese	1 Ounce		100003

## Preparation Instructions

1. Prepare potatoes as instructed on package
2. Heat Taco Meat or Pork as instructed on package
3. Prepare cheese as instructed on package
4. in a #2 paper tray, place 4oz. of potatoes into container.
5. Top with 2 oz. Meat
- 6 Top with 1 oz cheese

CCP Cook all foods to 165 F degrees

CCP Hold at 135 F degrees

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.10
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.65

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	339.72
<b>Fat</b>	14.71g
<b>SaturatedFat</b>	7.05g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	52.00mg
<b>Sodium</b>	460.28mg
<b>Carbohydrates</b>	33.84g
<b>Fiber</b>	3.31g
<b>Sugar</b>	8.00g
<b>Protein</b>	18.32g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 6.27mg
<b>Calcium</b> 15.00mg	<b>Iron</b> 0.94mg

# Hot Dog Chili Sauce

<b>Servings:</b>	6.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10847

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	1 Pound		100158
SAUCE TOMATO 6-10 REDPK	1/2 Cup	READY_TO_EAT None	235102
KETCHUP BOTTLE 24-14Z HNZ	1/2 Cup		100153
SPICE CHILI POWDER HOT 17Z TRDE	2 1/2 Teaspoon		224707
Black Pepper	1/2 Teaspoon	BAKE	24108
SPICE ONION POWDER 14Z BADIA	1/2 Teaspoon		430888
SAUCE WORCESTERSHIRE 24-5FLZ L&P	1 Teaspoon		109835

## Preparation Instructions

Place ground beef in a large saucepan with water and mash the beef with a potato masher to break apart. Stir in tomato sauce, ketchup, chili powder, salt, black pepper, sugar, onion powder, and Worcestershire sauce. Bring to a boil and cook over medium heat until the chili has thickened slightly and the beef is fully cooked, about 20 minutes. Cook to 160 degrees F. or until ground beef is cooked.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.67
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.02
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	246.93		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	5.33g		
<b>Trans Fat</b>	2.67g		
<b>Cholesterol</b>	69.33mg		
<b>Sodium</b>	326.67mg		
<b>Carbohydrates</b>	6.97g		
<b>Fiber</b>	0.07g		
<b>Sugar</b>	5.57g		
<b>Protein</b>	18.67g		
<b>Vitamin A</b>	141.32IU	<b>Vitamin C</b>	1.67mg

**Calcium**

0.28mg

**Iron**

0.00mg

# Mongolian Beef

<b>Servings:</b>	160.00	<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-10849

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	160 Each		720861
4-5-SAUCE GENERAL TSOS - 73050	4 Gallon		943415

## Preparation Instructions

Mix together, cover with parchment and foil and steam until 165 degrees F.

Serve with Rice

Hold at 140 degrees F.

### Meal Components (SLE)

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: 160.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	143.10		
<b>Fat</b>	8.40g		
<b>SaturatedFat</b>	3.40g		
<b>Trans Fat</b>	0.52g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	388.50mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	12.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.44mg

# Sausage and Egg Biscuit Sausage

<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>	Breakfast	<b>Recipe ID:</b>	R-10951

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	<b>BAKE</b> 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
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	<b>BAKE</b> Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	1 Each		785880
Sliced American Cheese	1 Ounce		100018

## Preparation Instructions

Turn oven to 350 degrees F. Prepare sandwiches.

Place Biscuit, then egg, then sausage, then cheese, top with biscuit. Wrap in sandwich paper , and heat in oven until 165 degrees F.

Bake on low heat. Serve immediately.

For Turkey sausage use #227241

### Meal Components (SLE)

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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	481.00	
<b>Fat</b>	31.50g	
<b>SaturatedFat</b>	16.70g	
<b>Trans Fat</b>	0.00g	
<b>Cholesterol</b>	151.00mg	
<b>Sodium</b>	702.00mg	
<b>Carbohydrates</b>	31.00g	
<b>Fiber</b>	2.00g	
<b>Sugar</b>	3.00g	
<b>Protein</b>	18.00g	
<b>Vitamin A</b>	156.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b>	186.00mg	<b>Iron</b> 1.44mg



# Cinnamon 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>	Breakfast	<b>Recipe ID:</b>	R-10952

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WGRAIN 240-1.25Z	1 Each		230312

## Preparation Instructions

Read instruction on box.

For better quality, Thaw onto sheet pan, day before, place on rack at room temp. Then bake for 8 minutes at 300 degrees F.

For even better results, place in a hot box, after its been turned off for 30 minutes. Then bake.

Drizzle with glaze before serving.

Serve immediately

### Meal Components (SLE)

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 Each

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	70.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	134.88IU	<b>Vitamin C</b>	0.22mg
<b>Calcium</b>	12.39mg	<b>Iron</b>	0.87mg

# Sausage or Ham Egg Bites

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10953

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	1 Ounce		533034
HAM FZ W/A 4-10 COMM	1 Ounce		110600
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012

## Preparation Instructions

Turn oven on to 350 degrees F.

Using a muffin Pan, place muffin liners in muffin pan.

Place 1 ounce of eggs, abd sausage and/ or Ham

Bake until 165 degrees F.

Top with Cheddar Cheese

Place on a 2 inch fullpan, place in warmer until service

Keep warm to 140 degrees F.

\* You can substitue liquid eggs for pork substitute.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.71
<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: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>	170.83		
<b>Fat</b>	7.67g		
<b>SaturatedFat</b>	6.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	120.00mg		
<b>Sodium</b>	533.33mg		
<b>Carbohydrates</b>	3.17g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	15.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Breakfast Burrito

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10954

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BN/EGG/CHS WGRAIN CN 90-3.5Z	1 Each		497601

## Preparation Instructions

See instructions on package.

Cook to 165 degrees F.

Keep warm to 140 degrees F.

### Meal Components (SLE)

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: 3.00

Amount Per Serving			
<b>Calories</b>	210.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	340.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.80mg

# Muffin Square

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10955

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN MIX BASIC L/F 6-4.5 KRUST	1 Package		526045

## Preparation Instructions

See instructions on package.

Add Frozen Blueberries, and Strawberries, Oatmeal and Raisins, Also Chocolate Chips

Keep warm to 140 degrees F.

### Meal Components (SLE)

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: 72.00

Serving Size: 2.00 Ounce

Amount Per Serving			
<b>Calories</b>	56.82		
<b>Fat</b>	0.57g		
<b>SaturatedFat</b>	0.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.89mg		
<b>Sodium</b>	102.27mg		
<b>Carbohydrates</b>	11.74g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	6.06g		
<b>Protein</b>	0.76g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.58mg	<b>Iron</b>	0.27mg

# Omelette, Cheese

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10956

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 225-2.1Z SNYFR	1 Each	<b>BAKE</b> Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	554470

## Preparation Instructions

See instructions on package.

Cook to 165 degrees F.

Keep warm to 140 degrees F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.03
<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: 72.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	1.53		
<b>Fat</b>	0.11g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.71mg		
<b>Sodium</b>	2.92mg		
<b>Carbohydrates</b>	0.01g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.11g		
<b>Vitamin A</b>	5.56IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.11mg	<b>Iron</b>	0.01mg

# Yogurt Parfait- K-5

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10957

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRIES SLCD IQF 6-5# COMM	4 Ounce		105302
CEREAL CHEERIOS BULK 4-29Z GENM	1 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	455873

## Preparation Instructions

### Method

In a clear 14 oz cup ( no need for lid)

Add 2 oz. of Yogurt

Then add 2 oz strawberries or fruit

Repeat.

Top with Cheerios

Serve cold 41 degrees F or below

1 Serving is 1 Parfait

CCP: Hold parfait at 40 degrees F

### Meal Components (SLE)

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 Each

#### Amount Per Serving

<b>Calories</b>	999.72
<b>Fat</b>	7.97g
<b>SaturatedFat</b>	6.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	29.85mg
<b>Sodium</b>	616.51mg
<b>Carbohydrates</b>	205.07g
<b>Fiber</b>	2.80g
<b>Sugar</b>	132.34g

<b>Protein</b>		33.45g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1174.63mg	<b>Iron</b>	8.10mg

# Peanut Butter 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>	Breakfast	<b>Recipe ID:</b>	R-10961

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
PEANUT BUTTER SMOOTH 6-5 COMM	3 Ounce		110780
JAM & JELLY ASST 200-.5Z SMUCK	2 Each		637753

## Preparation Instructions

Make sandwich on clean counter

change gloves

Bag individually and store at 41 degrees F or below

### Meal Components (SLE)

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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	780.00		
<b>Fat</b>	50.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	800.00mg		
<b>Carbohydrates</b>	58.00g		
<b>Fiber</b>	10.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	12.00mg



# Beef Taco Meat

<b>Servings:</b>	53.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11126

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF, GROUND 81/19 FINE RAW REF CHUB	10 Pound		6567077
Salsa, Low-Sodium, Canned	1 #10 CAN	READY_TO_EAT	100330
Taco Seasoning	4 Tablespoon	UNPREPARED	16423
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE CUMIN GRND 15Z TRDE	2 Tablespoon		273945
ONION DEHY CHPD 15 P/L	2/3 Cup		263036
SPICE CHILI POWDER HOT 17Z TRDE	1 Tablespoon		224707

## Preparation Instructions

Blend all ingredients together and store at 41 degrees or below.

Label and date

### Meal Components (SLE)

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>	0.24
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	304.31		
<b>Fat</b>	21.14g		
<b>SaturatedFat</b>	7.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.00mg		
<b>Sodium</b>	150.36mg		
<b>Carbohydrates</b>	4.77g		
<b>Fiber</b>	2.03g		
<b>Sugar</b>	2.01g		
<b>Protein</b>	19.69g		
<b>Vitamin A</b>	9.45IU	<b>Vitamin C</b>	0.01mg

**Calcium** 1.07mg **Iron** 0.19mg

# Orange Chicken

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11201

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 2/5 Pound	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	1 1/2 Gallon		802860

## Preparation Instructions

Directions:

Place chicken on a sheet pan. Bake to 165 degrees F.

Pour baked chicken into a 4inch full pan.

Add Sauce and blend AS NEEDED.

Paper and foil, Bake for an 15 at 350 degrees F. Serve

CCP: Bake to 165° F or higher.

CCP: Hold for hot service at 145° F or warmer. Portion with 1/2 cup serving

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.20
<b>Grain</b>	1.10
<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: 80.00

Serving Size: 12.00 Piece

#### Amount Per Serving

<b>Calories</b>	396.74
<b>Fat</b>	14.29g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.99mg
<b>Sodium</b>	696.52mg
<b>Carbohydrates</b>	53.76g
<b>Fiber</b>	3.30g
<b>Sugar</b>	34.67g
<b>Protein</b>	15.39g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.28mg	<b>Iron</b>	2.20mg

# Sweet Potato Parfait

<b>Servings:</b>	23.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11223

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sweet Potatoes, Extra Light Syrup, canned	1 1/2 Pound	BAKE Open cans, drain and bake	100317
YOGURT VAN L/F PARFPR 6-4 YOPL	6 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811500
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Tablespoon	on each parfait	565911
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup	Melted	299405

## Preparation Instructions

Method

In a 14 oz cup

Blend , canned sweet potatoes, in a bowl, Add melted butter and 1 T of cinnamon sprinkle, blend

Place 1/2 cup of Swt Potatoes, in Parfait Cup, then add 1/3 cup of yogurt.

Spinnkle with cinnamon

1 Serving is 1 Parfait

CCP: Hold parfait at 40 degrees F

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.04
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.07
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	1010.74
<b>Fat</b>	13.88g
<b>SaturatedFat</b>	11.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.02mg
<b>Sodium</b>	500.40mg
<b>Carbohydrates</b>	195.27g
<b>Fiber</b>	0.13g
<b>Sugar</b>	138.49g

<b>Protein</b>		31.15g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1121.35mg	<b>Iron</b>	0.00mg

# Manwich on Bun

<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-11252

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND CKD 6-5 COMM	3 Ounce	Heat meat to 155 degrees F. Hold for 15 seconds.	135081
SAUCE SLOPPY JOE 4-10 MANWICH	4 Ounce		860166
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

Serve using 3/8 cup using a #10 or tan scoop.

Provides 2 oz of meat/meat alternate and 1/4 cup red vegetable.

### Meal Components (SLE)

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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	442.50		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	82.50mg		
<b>Sodium</b>	1508.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	10.00g		
<b>Sugar</b>	28.00g		
<b>Protein</b>	29.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.00mg	<b>Iron</b>	4.44mg

# Baked Fish

<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-11800

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD PRTNS W/SOY 4Z O/R 10	1 Each	<b>BAKE</b> COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Placefrozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	537411

## Preparation Instructions

Follow instructions on package

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<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 Each

#### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	770.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.80mg



# Ratatouille

<b>Servings:</b>	100.00	<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-12276

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO & ZUCCHINI 6-10 P/L	6 #10 CAN	BAKE Heat via Stove Top, Oven, Steaming, Microwave, or Boiling	219169
SQUASH ZUCC SLC IQF 12-2AVG SIMPL	12 Pound		448892
SQUASH SLCD YEL IQF GRD A 12- 2 SIMPL	12 Pound		229592
SEASONING A/P HERB NO SALT 13Z TRDE	1 Cup		647240

## Preparation Instructions

In a roasting pan, add canned zucchini and tomatoes  
Top with sliced squash  
Top with seasonings  
Roast for 30-45 minutes.  
Serve at 135 Degrees F.

### Meal Components (SLE)

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>	0.33
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	63.04		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	392.19mg		
<b>Carbohydrates</b>	13.92g		
<b>Fiber</b>	2.21g		
<b>Sugar</b>	11.05g		
<b>Protein</b>	2.21g		
<b>Vitamin A</b>	107.32IU	<b>Vitamin C</b>	1.15mg

**Calcium** 44.78mg **Iron** 0.24mg

# Beef Walking Taco

<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-12277

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
CHIP TORTL TOP N GO WGRAIN 21-1.4Z	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	865622
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250

## Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

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

Serve immediately

Self Serve

serving size. 1 package, 3 oz Beef

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.89
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.12
<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** 435.43

**Fat** 20.64g

**SaturatedFat** 8.70g

**Trans Fat** 0.27g

**Cholesterol** 63.12mg

**Sodium** 826.25mg

**Carbohydrates** 37.73g

**Fiber** 4.89g

**Sugar** 5.89g

**Protein** 22.11g

**Vitamin A** 1256.41IU **Vitamin C** 12.73mg

**Calcium** 291.80mg **Iron** 2.49mg

# 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>	Lunch	<b>Recipe ID:</b>	R-12479

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	<b>BAKE</b> 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

Heat ingredients as instructed on package.

Microwaving works bests

Use 3 oz. portion ladle

Use #846891 is Jimmy Dean unavailable

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

### Meal Components (SLE)

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>	200.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	410.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 150.00mg **Iron** 1.08mg

# TERIYAKII CHICKEN

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12722

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 2/5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
SAUCE GEN TSO 4-.5GAL ASIAN	1/2 Gallon		802850
SAUCE TERIYAKI GLAZE 6-80Z KIKKOMAN	1 Gallon		311502

## Preparation Instructions

Directions:

Place chicken in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. .

Bake until lightly browned. Conventional oven: 425° F for 30 minutes. Convection oven: 375° F for 30 minutes.

In a sauce pan, bottled sauce. Simmer for 15 minutes.

Place cooked chicken into a 4-inch full pan

Pour BOTH sauces over chicken.

Bake until golden brown: Convection oven: 325° F for 30 minutes. Baste every 15 minutes for a glazed appearance.

CCP: Heat to 165° F or higher.

CCP: Hold for hot service at 140° F or warmer. Portion with No. 10 scoop ( cup).

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.04
<b>Grain</b>	0.02
<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: 80.00

Serving Size: 12.00 Each

### Amount Per Serving

**Calories** 60.68

**Fat** 0.24g

**SaturatedFat** 0.05g

**Trans Fat** 0.00g

**Cholesterol** 0.37mg

**Sodium** 287.49mg

**Carbohydrates** 13.15g

**Fiber** 0.06g

**Sugar** 11.30g

**Protein** 0.27g

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

**Calcium** 0.62mg **Iron** 0.04mg



# Candied Carrots

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 cu	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12916

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL MED 12-2 GFS	1 Gallon		273902
BUTTER ALT LIQ 3-1GAL SAVORY	1 Cup		756261
brown sugar	1 Cup	READY_TO_EAT	
cinnamon	2 Tablespoon	READY_TO_EAT	

## Preparation Instructions

### Directions:

Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves.

Add orange juice concentrate, water, vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring occasionally.

Fold in carrots and craisins. Bring to a boil for 3-4 minutes.

Add cornstarch. Reduce heat to low. Cook uncovered for 2 minutes.

Critical Control Point: Heat to 140 °F or higher.

Place 2 qt 2 cups (about 4 lb 7 oz) glazed carrots in a steam table pan (12 x 20 x 2 ½).

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Hold for hot service at 140 °F or higher.

Portion with No. 12 scoop (1/3 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup red/orange vegetable and 1/4 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup vegetable and 1/4 cup fruit.

## Meal Components (SLE)

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: 32.00  
Serving Size: 1.00 cu

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**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>	30.00mg		
<b>Carbohydrates</b>	4.79g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	2.79g		
<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

# Beef Spaghetti

<b>Servings:</b>	1.00	<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-13117

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Ounce		573201
PASTA SPAGHETTI 2-10# BARIL	4 Ounce	BOIL Cooking Time: 9 Minutes Pre-cooking time: 6 Minutes	504260

## Preparation Instructions

Directions:

Follow instruction on package.

CCP: Heat to 165° F or higher.

Stir cooked macaroni, noodles, or spaghetti into meat sauce. Spread mixture into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

CCP: Hold at 140° F or warmer. Portion with No. 10 scoop ( cup).

Notes:

1: \* See Marketing Guide

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.29
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.57
<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 Cup

Amount Per Serving

<b>Calories</b>	459.64		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	19.64mg		
<b>Sodium</b>	103.57mg		
<b>Carbohydrates</b>	87.21g		
<b>Fiber</b>	4.71g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	19.36g		
<b>Vitamin A</b>	231.07IU	<b>Vitamin C</b>	6.79mg
<b>Calcium</b>	15.71mg	<b>Iron</b>	4.31mg

# BBQ Meatball Sub

<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-13118

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	6 Each		785860
Aunt Millie's Whole Grain Mini Sub Buns	1 Each		5157
SAUCE BBQ 6-.5GAL GCHC	1/2 cup		734152

## Preparation Instructions

Directions:

Bake BBQ Pork in 4 in. serving pans, shingle them in pan

Add BBQ sauce and water.

Wrap with parchment paper and foil,

Bake until temperature reaches 165 or higher.

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

Remove from oven, put on line and hold.

CCP: Hold at 135° F or higher.

Assemble sandwich at time of service. 1 bun and 4 oz BBQ pork.

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<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 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	397.41
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	5.75g
<b>Trans Fat</b>	0.90g
<b>Cholesterol</b>	54.00mg
<b>Sodium</b>	610.95mg
<b>Carbohydrates</b>	35.72g
<b>Fiber</b>	4.50g
<b>Sugar</b>	7.13g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 7.50IU	<b>Vitamin C</b> 1.50mg

**Calcium** 102.00mg **Iron** 13.00mg

# Hummus

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14793

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GCHC	1 #10 CAN		118753
LEMON JUICE 100 12-30FLZ MINMD	1 Cup		270989
Extra Virgin Olive Oil 12/16.9oz	1 Cup		131221
GARLIC PLD FRESH 5 RSS	1/2 Cup		428353
SPICE PEPPER SHAKER 48-1.5Z	2 Tablespoon		225201

## Preparation Instructions

Directions:

Combine all ingredients in a food processor and puree to a smooth consistency.

Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service.

Portion with No. 8 scoop (½ cup).

Notes:

1: Comments:

2: \*See Marketing Guide.

3: Special Tip:

4: Serve with pita bread;

5: warning for service - contains peanut butter.

### Meal Components (SLE)

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>	0.26

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

### Amount Per Serving

**Calories** 57.71

**Fat** 1.03g

**SaturatedFat** 0.26g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 155.20mg

**Carbohydrates** 9.47g

**Fiber** 2.59g

**Sugar** 1.55g

**Protein** 3.10g

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

**Calcium** 31.04mg **Iron** 0.37mg

# Pasta Salad

<b>Servings:</b>	200.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14873

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI PLUS 2-10 BARILLA	80 Pound		830770
Grape Tomatoes-pint	20 Pound	READY_TO_EAT	4281
RED ONION	16 Each	Clean and dice	15N63
PEAS 6-10 COMM	40 Pound		150550
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	8 Pound	UNPREPARED	100012
Cheese, Mozzarella light, Shred FRZ	8 Pound		100034
DRESSING ITALIAN CREAMY	6 Gallon		272963

## Preparation Instructions

Use 1 gallon of Dressing when mixing. Try to make a day ahead. Add 1/2 gallon the next day.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.28
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.10
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.20

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	125.60		
<b>Fat</b>	5.76g		
<b>SaturatedFat</b>	3.84g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	19.20mg		
<b>Sodium</b>	164.80mg		
<b>Carbohydrates</b>	6.88g		
<b>Fiber</b>	1.80g		
<b>Sugar</b>	2.40g		
<b>Protein</b>	6.28g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	5.40mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.07mg



# Cauliflower Salad

<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14884

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE 2-3 RSS	6 Pound		732486
PEAS 6-10 COMM	8 cup		150550
RED ONION	1 Each		15N63
Mild Cheddar Shredded RF	4 Cup		652742
DRESSING RNCH 6-32Z HVALL - Hidden Valley - M	1 1/2 Quart		282041

## Preparation Instructions

Prepare all ingredients, blend well. Serve at 41 degrees

### Meal Components (SLE)

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>	0.45
<b>Legumes</b>	0.00
<b>Starch</b>	0.13

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	107.07		
<b>Fat</b>	8.09g		
<b>SaturatedFat</b>	1.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	8.00mg		
<b>Sodium</b>	242.91mg		
<b>Carbohydrates</b>	5.55g		
<b>Fiber</b>	1.98g		
<b>Sugar</b>	2.78g		
<b>Protein</b>	2.78g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	21.91mg
<b>Calcium</b>	19.36mg	<b>Iron</b>	0.23mg

# Fruit Cobbler

<b>Servings:</b>	75.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15000

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GFS	4 1/2 #10 CAN		117773
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
cinnamon	4 1/2 Tablespoon	READY_TO_EAT	
BISCUIT MIX BTRMLK 6-5 KRUST - Krusteaz - M	1 1/2 Package		359800

## Preparation Instructions

Mix all ingredients

Cook for at 300 degrees F. for 1 hour.

Serve at 145 degrees

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.78
<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: 75.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	96.64		
<b>Fat</b>	0.36g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	47.64mg		
<b>Carbohydrates</b>	22.49g		
<b>Fiber</b>	3.13g		
<b>Sugar</b>	16.32g		
<b>Protein</b>	0.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.21mg	<b>Iron</b>	0.09mg

# Polish Sausage

<b>Servings:</b>	60.00	<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-16139

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	60 bun	READY_TO_EAT	2918
SAUSAGE POLISH TURKEY 5/ 12 PERD	60 Each		217239

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.50
<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: 60.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	1220.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	84.00mg	<b>Iron</b>	11.44mg

# ENSC Salad Dressing

<b>Servings:</b>	25.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17141

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GFS	1 Cup		108642
Mustard	1 Tablespoon		320220
SPICE CELERY SEED GRND 16Z TRDE	3 Teaspoon		513679
SPICE ONION POWDER 19Z TRDE	3 Teaspoon		126993
VINEGAR WHT DISTILLED 4 4-1GAL	1 Cup		517582
OIL CANOLA 9-48FLZ P/L	3 1/2 Cup		330252

## Preparation Instructions

Mix all ingredients, except oil. Mix well. Then drizzle oil into mixture slowly. Serve Same Day.

Keep at 35 F degrees

### Meal Components (SLE)

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: 25.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving			
<b>Calories</b>	28.80		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.64mg		
<b>Carbohydrates</b>	8.16g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	7.68g		
<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

# Philly Steak & Cheese - Elementary

<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-19993

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Whole Grain Mini Sub Buns	1 Each		5157
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each		720861
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

## Preparation Instructions

1. Cook Philly meat according to directions, CCP: Hot hold at 165F or higher
2. Place 1 each, Philly meat, 1 slice of cheese on an 8" sub bun
3. serve immediately

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<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 Each

Amount Per Serving			
<b>Calories</b>	368.10		
<b>Fat</b>	15.40g		
<b>SaturatedFat</b>	6.40g		
<b>Trans Fat</b>	0.52g		
<b>Cholesterol</b>	52.50mg		
<b>Sodium</b>	803.50mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	21.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.00mg	<b>Iron</b>	11.44mg

# Yogurt Pack

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19996

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK KIDS 24-4Z YOPL	1 Each	READY_TO_EAT Ready to eat	411042
Mozz String Cheese	1 stick		347211
CRACKER GRHM HNY CHOC BUNNY 100-1.25Z	1 Package		643012

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

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 Each

Amount Per Serving			
<b>Calories</b>	260.00		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	165.00mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	22.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	300.00mg	<b>Iron</b>	0.36mg