

Cookbook for EAST NOBLE HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Black Bean Corn Salad

Creamy Cole Slaw

Broccoli Salad

Broccoli, Fresh

Baby Carrots, Fresh, Petite

Cucumbers, Sliced, Unpeeled

Romaine Salad, Chopped

Bell Peppers

Celery Sticks

Cherry Tomatoes

Chilled Fruit, Assorted

Fruit, Fresh, Whole

Melon

Watermelon

Grapes, Red Seedless

BBQ Ribette Sandwich on Bun

Hamburger on Bun

Cheeseburger on Bun

Breaded Chicken Sandwich

Spicy Breaded Chicken Sandwich

Pizza, Cheese

Pizza, Pepperoni

Pizza, Sausage

Beef Nachos

Chicken Nachos

Tacos

Cheese Quesadilla

Bean Burrito

Chicken Enchiladas

Chicken Drumstick, Breaded

Chicken Nuggets

General Tso Chicken

Sweet Sour Chicken

Fish Sticks

Chicken Tenders

Hot Dog on WG Bun

Corn Dog

Toasted Cheese Sandwich

Chicken Alfredo

Mostaccioli

Mexican Chicken with Rice

Fresh Fruit and Vegetable Bar

Fresh Fruit and Vegetable Bar

Vegetable Pizza

Macaroni and Cheese with Ham

Dinner Roll

Bread Stick, Herbed

Chicken Flavored Rice - Whole Grain

Seasoned Green Beans

Peas

Corn, Buttered

Cob Corn

Beans Baked

Carrots, Steamed

Orange Glazed Carrots

Cauliflower Parslied

Seasoned Broccoli

Mashed Potatoes and Chicken Gravy

Roasted Redskin Potatoes

Egg Roll, Vegetable

Peach Cobbler

Wedges Ranch Cut

Brown Rice Pilaf

Chicken Bowl

Tomato Soup

Salisbury Steak

Muffin Lunch

Refried Beans

Turkey Sub

Ham & Cheese Wrap

Cereal Bowl Lunch

Turkey Sandwich

Pancakes with Sausage

Bosco sticks and marinara sauce

Sloppy Joe on Bun

Macaroni and Cheese

Yogurt Parfait

Yogurt Cup

Uncrustable, PBJ, Grape

Uncrustable, PBJ, Strawberry

Hash Brown

Peas & Carrots ,

Buttered Peas

Roasted Fresh Vegetables

Steamed Fresh Vegetables

Fries Sweet Potato Crinkle

Gravy, Beef

Gravy, Chicken

Breakfast Gravy

Chef Salad, Turkey

Lemon Broccoli with Tomatoes

Salsa , Red Gold

Sour Cream

Shredded Cheese

Nacho Cheese

Mozzarella String Cheese

Cherry Crisp

Blueberry Crisp

Eggplant, Roasted

Chef Salad, Ham

Chef Salad, Chicken

Chicken Caesar Chef Salad

Chicken Chef Salad

Chicken Chef Salad, Popcorn

Buffalo Chicken Chef Salad

Biscuit & Sausage Gravy

Chicken Nuggets

Beef Nachos

Chicken Tenders

Tacos Beef

Baked Fish

BBQ Pulled Pork on Bun

Chicken or Turkey and Noodles

Roasted Turkey

Baked Sweet Potatoes and Apples

Pork Tenderloin Sandwich

Scalloped Potatoes & Ham

Philly Steak & Cheese

Corn Bread

Marinated Cucumbers

Buffalo Pizza

Taco Pizza

Ham Sub

Potato Salad

Cheese Quesadilla

CHICKEN Quesadilla

BBQ Pizza

BBQ Chicken

Italian Wrap

Turkey and Cheese Wrap

Chicken Ceasar Wrap

Chicken Buffalo Wrap

Green Bean Casserole

Fruited Jello

Roasted Potato Bowl- Pork

Hot Dog Chili Sauce

Mongolian Beef

Sausage and Egg Biscuit Sausage

Cinnamon Roll

Sausage or Ham Egg Bites

Breakfast Burrito

Muffin Square

Omelette, Cheese

Yogurt Parfait- K-5

Peanut Butter Sandwich

Beef Taco Meat

Orange Chicken

Sweet Potato Parfait

Manwich on Bun

Baked Fish

Ratatouille

Beef Walking Taco

Biscuit

TERIYAKII CHICKEN

Candied Carrots

Beef Spaghetti

BBQ Meatball Sub

Hummus

Pasta Salad

Cauliflower Salad

Fruit Cobbler

Polish Sausage

ENSC Salad Dressing

Philly Steak & Cheese - Elementary

Yogurt Pack

Black Bean Corn Salad

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.01
Legumes	0.18
Starch	0.36

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Creamy Cole Slaw

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

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

Calcium 0.60mg **Iron** 0.01mg

Broccoli Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.57
RedVeg	0.00
OtherVeg	0.00
Legumes	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

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.48
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

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

Baby Carrots, Fresh, Petite

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

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

Cucumbers, Sliced, Unpeeled

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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.48
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Romaine Salad, Chopped

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.48
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	9.60		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	1.92g		
Fiber	0.96g		
Sugar	0.96g		
Protein	0.96g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.36mg	Iron	0.35mg

Bell Peppers

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Calcium

3.06mg

Iron

0.16mg

Celery Sticks

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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.22
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.78mg		
Carbohydrates	0.44g		
Fiber	0.44g		
Sugar	0.44g		
Protein	0.00g		
Vitamin A	244.46IU	Vitamin C	1.69mg
Calcium	21.78mg	Iron	0.00mg

Cherry Tomatoes

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Chilled Fruit, Assorted

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	1.55
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	203.48		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	32.19mg		
Carbohydrates	48.05g		
Fiber	2.30g		
Sugar	41.73g		
Protein	0.00g		
Vitamin A	206.93IU	Vitamin C	1.24mg
Calcium	0.57mg	Iron	0.00mg

Fruit, Fresh, Whole

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	2.75
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

Vitamin A	213.76IU	Vitamin C	70.25mg
Calcium	168.86mg	Iron	3.29mg

Melon

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.15
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Calcium 1.75mg **Iron** 0.00mg

Watermelon

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Grapes, Red Seedless

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

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

BBQ Ribette Sandwich on Bun

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Protein	19.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Hamburger on Bun

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

Protein	21.00g		
Vitamin A	28.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	2.00mg

Cheeseburger on Bun

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Breaded Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6899

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 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.	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.00mg

Spicy Breaded Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6900

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 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.	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.00mg

Pizza, Cheese

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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 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 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

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.21
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

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

Pizza, Pepperoni

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.21
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

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

Pizza, Sausage

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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 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
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

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.21
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Piece

Amount Per Serving

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

Beef Nachos

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

Meat	2.26
Grain	12.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.08
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 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

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

Meat	3.90
Grain	2.64
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Tacos

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

Meat	1.26
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		305.28	
Fat		12.59g	
SaturatedFat		5.64g	
Trans Fat		0.18g	
Cholesterol		37.08mg	
Sodium		494.16mg	
Carbohydrates		33.65g	
Fiber		3.26g	
Sugar		3.26g	
Protein		15.58g	
Vitamin A	556.94IU	Vitamin C	3.15mg
Calcium	245.87mg	Iron	2.70mg

Cheese Quesadilla

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6942

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS MOZZ WGRAIN 96- 4.4Z	96 Each	BAKE 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

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

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

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

Bean Burrito

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

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

Chicken Enchiladas

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	1.17
Grain	1.17
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

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

Chicken Drumstick, Breaded

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6957

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Each	BAKE 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. CONVECTION 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

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6962

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	4 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.	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

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

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

General Tso Chicken

Servings:	80.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.03
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 12.00 Each

Amount Per Serving

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

Sweet Sour Chicken

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 2/5 Pound	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 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

Meat	2.20
Grain	1.10
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 12.00 Each

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

Calcium 36.28mg **Iron** 2.20mg

Fish Sticks

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	3 Piece	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.	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

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

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 3.00 Each			
Amount Per Serving			
<hr/>			
Calories	360.00		
Fat	16.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	515.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.00mg
<hr/>			

Hot Dog on WG Bun

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

Meat	2.00
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Sugar	0.04g		
Protein	6.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.95mg	Iron	0.87mg

Corn Dog

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.50mg

Toasted Cheese Sandwich

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

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	390.00mg	Iron	8.00mg

Chicken Alfredo

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	3.54
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Ounce

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

Mostaciolli

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

Meat	2.29
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.57
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Mexican Chicken with Rice

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	48 Serving	BAKE PREPARATION: 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. CONVECTION PREPARATION: 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	BAKE	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 ra
- 4: w chicken weight listed with
- 5: the description. When purchasi
- 6: ng 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

Meat	2.50
Grain	0.08
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 2.00 Each

Amount Per Serving

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

Fresh Fruit and Vegetable Bar

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Ounce

Amount Per Serving

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

Fresh Fruit and Vegetable Bar

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	65.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	13.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Vegetable Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7069

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
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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

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

Macaroni and Cheese with Ham

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

Meat	2.02
Grain	0.19
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	355.26
Fat	16.34g
SaturatedFat	9.74g
Trans Fat	0.50g
Cholesterol	76.51mg
Sodium	1138.83mg
Carbohydrates	29.28g
Fiber	2.00g
Sugar	4.64g
Protein	24.20g
Vitamin A 654.00IU	Vitamin C 0.00mg
Calcium 363.00mg	Iron 1.00mg

Dinner Roll

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

Bread Stick, Herbed

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Chicken Flavored Rice - Whole Grain

Servings:	24.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00

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

Seasoned Green Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.54
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 1/2 cup

Amount Per Serving

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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.79mg	Iron	0.43mg

Peas

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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

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

Corn, Buttered

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.15

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.12mg

Cob Corn

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Beans Baked

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

Carrots, Steamed

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	14.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	21.45mg		
Carbohydrates	3.34g		
Fiber	0.95g		
Sugar	1.91g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Orange Glazed Carrots

Servings:	32.00	Category:	Vegetable
Serving Size:	1.00 cu	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 cu

Amount Per Serving			
Calories		21.56	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		30.31mg	
Carbohydrates		5.20g	
Fiber		1.33g	
Sugar		3.10g	
Protein		0.03g	
Vitamin A	0.00IU	Vitamin C	1.88mg
Calcium	0.00mg	Iron	0.00mg

Cauliflower Parslied

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	38.09
Fat	4.19g
SaturatedFat	0.84g
Trans Fat	0.05g
Cholesterol	0.00mg
Sodium	0.63mg
Carbohydrates	0.00g

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

Seasoned Broccoli

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

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

Mashed Potatoes and Chicken Gravy

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.46

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 cup

Amount Per Serving

Calories	72.60		
Fat	0.93g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	342.54mg		
Carbohydrates	13.43g		
Fiber	0.77g		
Sugar	0.08g		
Protein	1.62g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 7.71mg **Iron** 0.23mg

Roasted Redskin Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7084

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RDSKN ROSMRY GARL RSTD 4-4	4 Ounce	BAKE 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. CONVECTION 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Egg Roll, Vegetable

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

Peach Cobbler

Servings:	60.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00
Serving Size: 4.00 Ounce

Amount Per Serving

Calories	113.01		
Fat	5.05g		
SaturatedFat	3.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	191.92mg		
Carbohydrates	14.82g		
Fiber	0.51g		
Sugar	4.21g		
Protein	1.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.76mg	Iron	0.73mg

Wedges Ranch Cut

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 cup

Amount Per Serving

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

Brown Rice Pilaf

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.32
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 50.00			
Serving Size: 0.50 cup			
Amount Per Serving			
Calories	67.31		
Fat	0.64g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	144.17mg		
Carbohydrates	13.44g		
Fiber	0.65g		
Sugar	0.96g		
Protein	1.61g		
Vitamin A	25.61IU	Vitamin C	0.40mg
Calcium	6.82mg	Iron	0.25mg

Chicken Bowl

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 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
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

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 12.00 Each

Amount Per Serving

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

Tomato Soup

Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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 ofCanCase

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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.95
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 6.00 Fluid Ounce			
Amount Per Serving			
<hr/>			
Calories	135.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	585.00mg		
Carbohydrates	27.00g		
Fiber	1.50g		
Sugar	15.00g		
Protein	3.00g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	15.00mg	Iron	0.60mg
<hr/>			

Salisbury Steak

Servings:	59.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7092

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB 59-2.7Z ADV	59 Each	GRILL 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	Basic Preparation 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

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

Nutrition Facts

Servings Per Recipe: 59.00

Serving Size: 1.00 Each

Amount Per Serving

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

Muffin Lunch

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Refried Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	1.32
Starch	0.50

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Vitamin A	0.00IU	Vitamin C	2.32mg
Calcium	134.42mg	Iron	6.05mg

Turkey Sub

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	3.03
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving

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

Ham & Cheese Wrap

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 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).	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

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 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

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Turkey Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	3.03
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

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

Pancakes with Sausage

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

Meat	2.00
Grain	0.67
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.92mg

Bosco sticks and marinara sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7248

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! /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>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> 1. Preheat oil to 350° F. 2. THAWED: 1-2 minutes. 3. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! /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>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before cooking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <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>READY_TO_EAT None</p>	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Sloppy Joe on Bun

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Macaroni and Cheese

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

Meat	0.96
Grain	0.48
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	294.60		
Fat	14.70g		
SaturatedFat	8.10g		
Trans Fat	0.50g		
Cholesterol	47.00mg		
Sodium	758.50mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	16.00g		
Vitamin A	654.00IU	Vitamin C	0.00mg
Calcium	363.00mg	Iron	1.00mg

Yogurt Parfait

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Protein		59.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2149.25mg	Iron	0.00mg

Yogurt Cup

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.00mg

Uncrustable, PBJ, Grape

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Uncrustable, PBJ, Strawberry

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Hash Brown

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Peas & Carrots ,

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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.37
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

Buttered Peas

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

Roasted Fresh Vegetables

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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

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

Steamed Fresh Vegetables

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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

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

Fries Sweet Potato Crinkle

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Gravy, Beef

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	600.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10800.00mg		
Carbohydrates	120.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Gravy, Chicken

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

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

Breakfast Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

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

Chef Salad, Turkey

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

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.56
RedVeg	0.48
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

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

Calcium 123.91mg **Iron** 0.90mg

Lemon Broccoli with Tomatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.00
Legumes	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

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Sour Cream

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Shredded Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

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

Nacho Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

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

Mozzarella String Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Cherry Crisp

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

Meat	0.00
-------------	------

Grain	0.18
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Cup

Amount Per Serving

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

Vitamin A	107.52IU	Vitamin C	1.59mg
Calcium	2.80mg	Iron	0.40mg

Blueberry Crisp

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
-------------	------

Grain	0.18
--------------	------

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

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.25		
Fat	0.42g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.05mg		
Carbohydrates	14.01g		
Fiber	3.56g		
Sugar	5.35g		
Protein	0.71g		
Vitamin A	0.00IU	Vitamin C	0.30mg
Calcium	2.80mg	Iron	0.21mg

Eggplant, Roasted

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

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Cup

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

Protein	8.80g
Vitamin A 18.86IU	Vitamin C 1.80mg
Calcium 199.38mg	Iron 0.19mg

Chef Salad, Ham

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

Meat	5.64
Grain	0.00
Fruit	0.00
GreenVeg	0.56
RedVeg	0.33
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

Chef Salad, Chicken

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

Meat	0.48
Grain	0.00
Fruit	0.00
GreenVeg	0.56
RedVeg	0.67
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

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

Chicken Caesar Chef Salad

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

Meat	1.83
Grain	0.00
Fruit	0.00
GreenVeg	0.56
RedVeg	0.48
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

Chicken Chef Salad

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

Meat	1.81
Grain	0.00
Fruit	0.00
GreenVeg	0.56
RedVeg	0.67
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

Chicken Chef Salad, Popcorn

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

- Place 1 cup romaine, 1 cup spinach in clam shell
- Top with cherry tomatoes, bacon, croutons & cheese , add cooked, cooled chicken
- 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

Meat	0.77
Grain	0.14
Fruit	0.00
GreenVeg	0.56
RedVeg	0.67
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

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

Protein	6.59g		
Vitamin A	159.43IU	Vitamin C	0.00mg
Calcium	117.84mg	Iron	0.63mg

Buffalo Chicken Chef Salad

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

Meat	0.77
Grain	0.14
Fruit	0.00
GreenVeg	0.56
RedVeg	0.67

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 salad

Amount Per Serving

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

Vitamin A	759.43IU	Vitamin C	0.00mg
Calcium	117.84mg	Iron	0.63mg

Biscuit & Sausage Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7392

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00
Fat	9.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	410.00mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	2.00g

Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	1.08mg

Chicken Nuggets

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	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.	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

Meat	0.03
Grain	0.03
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 5.00 Each			
Amount Per Serving			
<hr/>			
Calories	362.50		
Fat	16.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	525.00mg		
Carbohydrates	35.25g		
Fiber	4.50g		
Sugar	4.25g		
Protein	20.25g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.50mg	Iron	2.50mg
<hr/>			

Beef Nachos

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

Meat	2.26
Grain	1.09
Fruit	0.00
GreenVeg	0.00
RedVeg	1.08
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 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

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8558

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	4 Piece	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.	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

Meat	2.67
Grain	2.58
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 4.00 Each			
Amount Per Serving			
<hr/>			
Calories	446.67		
Fat	21.50g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	33.33mg		
Sodium	645.00mg		
Carbohydrates	40.33g		
Fiber	6.00g		
Sugar	4.33g		
Protein	24.00g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.00mg	Iron	2.67mg
<hr/>			

Tacos Beef

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

Meat	2.26
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.08

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

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

Vitamin A	1402.94IU	Vitamin C	11.15mg
Calcium	398.87mg	Iron	2.70mg

Baked Fish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8560

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	<p>BAKE</p> <p>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.</p>	327162

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

BBQ Pulled Pork on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8878

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork Bar-B-Q with vinegar sauce	3 Ounce	STEAM 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

Meat	2.26
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Chicken or Turkey and Noodles

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

Meat	0.01
Grain	0.40
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories	537.50		
Fat	9.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	131.25mg		
Sodium	357.50mg		
Carbohydrates	81.50g		
Fiber	4.00g		
Sugar	4.00g		
Protein	28.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	4.07mg

Roasted Turkey

Servings:	107.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat	2.01
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 107.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Baked Sweet Potatoes and Apples

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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	1.09		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	0.33g		
Fiber	0.02g		
Sugar	0.21g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Pork Tenderloin Sandwich

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

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

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

Scalloped Potatoes & Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SCALLOPED CLSC R/SOD 6-2.25	4 Ounce	BAKE 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

Meat	0.03
-------------	------

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	460.66
Fat	5.28g
SaturatedFat	1.64g
Trans Fat	0.00g
Cholesterol	29.51mg
Sodium	1180.33mg
Carbohydrates	90.55g
Fiber	3.64g
Sugar	16.18g
Protein	15.47g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	145.45mg	Iron	1.09mg

Philly Steak & Cheese

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

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.22
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	398.89		
Fat	16.07g		
SaturatedFat	6.40g		
Trans Fat	0.52g		
Cholesterol	52.50mg		
Sodium	946.91mg		
Carbohydrates	38.26g		
Fiber	4.34g		
Sugar	9.63g		
Protein	22.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	111.92mg	Iron	11.75mg

Corn Bread

Servings:	1.00	Category:	Grain
Serving Size:	2.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.50 Ounce

Amount Per Serving

Calories	210.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.24g		
Cholesterol	40.00mg		
Sodium	260.00mg		
Carbohydrates	25.00g		
Fiber	0.40g		
Sugar	11.00g		
Protein	3.00g		
Vitamin A	71.47IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Marinated Cucumbers

Servings:	48.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	31.95
Fat	0.03g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	49.09mg
Carbohydrates	8.50g
Fiber	0.08g
Sugar	8.25g

Protein		0.08g	
Vitamin A	13.65IU	Vitamin C	0.37mg
Calcium	2.12mg	Iron	0.04mg

Buffalo Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	399.00
Fat	18.70g
SaturatedFat	8.30g
Trans Fat	0.00g
Cholesterol	80.50mg
Sodium	1066.45mg
Carbohydrates	31.50g
Fiber	1.45g
Sugar	2.50g
Protein	27.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 336.62mg	Iron 1.98mg

Taco Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	1.50
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	1.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	460.31		
Fat	21.75g		
SaturatedFat	11.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	931.44mg		
Carbohydrates	48.06g		
Fiber	2.51g		
Sugar	6.04g		
Protein	18.01g		
Vitamin A	796.00IU	Vitamin C	8.00mg
Calcium	347.50mg	Iron	1.80mg

Ham Sub

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	3.62
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	377.05		
Fat	16.75g		
SaturatedFat	8.12g		
Trans Fat	0.00g		
Cholesterol	72.21mg		
Sodium	1158.52mg		
Carbohydrates	35.25g		
Fiber	3.00g		
Sugar	7.62g		
Protein	24.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	10.00mg

Potato Salad

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	200.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	490.00mg
Carbohydrates	30.00g
Fiber	1.00g
Sugar	13.00g
Protein	3.00g
Vitamin A 400.00IU	Vitamin C 18.00mg
Calcium 20.00mg	Iron 1.08mg

Cheese Quesadilla

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	3.33		
Fat	0.13g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.10mg		
Sodium	7.40mg		
Carbohydrates	0.41g		
Fiber	0.04g		
Sugar	0.03g		
Protein	0.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.03mg

CHICKEN Quesadilla

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	3.13		
Fat	0.10g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.16mg		
Sodium	7.29mg		
Carbohydrates	0.39g		
Fiber	0.04g		
Sugar	0.02g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.88mg	Iron	0.03mg

BBQ Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10418

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
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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories	447.20		
Fat	14.70g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	58.50mg		
Sodium	1562.40mg		
Carbohydrates	58.50g		
Fiber	1.60g		
Sugar	19.50g		
Protein	21.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

BBQ Chicken

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	29.05		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	222.35mg		
Carbohydrates	7.00g		
Fiber	0.15g		
Sugar	4.00g		
Protein	0.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

Italian Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 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).	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

Meat	2.64
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 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

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

Meat	2.26
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	320.44
Fat	11.52g
SaturatedFat	5.76g
Trans Fat	0.00g
Cholesterol	50.22mg
Sodium	968.36mg
Carbohydrates	32.26g
Fiber	3.00g
Sugar	3.00g

Protein	23.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 312.00mg	Iron 1.62mg

Chicken Ceasar Wrap

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

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

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

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories 322.00

Fat 14.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 47.00mg

Sodium 906.00mg

Carbohydrates 31.00g

Fiber 3.00g

Sugar 3.00g

Protein 18.00g

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

Calcium 140.00mg **Iron** 1.62mg

Green Bean Casserole

Servings:	30.00	Category:	Vegetable
Serving Size:	0.50 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.02
Grain	0.17
Fruit	0.08
GreenVeg	0.00

RedVeg	0.42
OtherVeg	0.55
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 30.00
Serving Size: 0.50 1/2 cup

Amount Per Serving

Calories	119.88	
Fat	6.49g	
SaturatedFat	0.24g	
Trans Fat	0.00g	
Cholesterol	2.43mg	
Sodium	408.44mg	
Carbohydrates	12.68g	
Fiber	2.61g	
Sugar	3.32g	
Protein	2.21g	
Vitamin A	0.83IU	Vitamin C 0.17mg
Calcium	34.50mg	Iron 0.43mg

Fruited Jello

Servings:	20.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.65
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	81.85		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.43mg		
Carbohydrates	19.13g		
Fiber	1.29g		
Sugar	15.05g		
Protein	0.05g		
Vitamin A	258.67IU	Vitamin C	1.93mg
Calcium	0.03mg	Iron	0.00mg

Roasted Potato Bowl- Pork

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

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
OtherVeg	0.00
Legumes	0.00

Starch

0.65

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	339.72
Fat	14.71g
SaturatedFat	7.05g
Trans Fat	0.02g
Cholesterol	52.00mg
Sodium	460.28mg
Carbohydrates	33.84g
Fiber	3.31g
Sugar	8.00g
Protein	18.32g
Vitamin A 0.00IU	Vitamin C 6.27mg
Calcium 15.00mg	Iron 0.94mg

Hot Dog Chili Sauce

Servings:	6.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	2.67
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	246.93		
Fat	16.00g		
SaturatedFat	5.33g		
Trans Fat	2.67g		
Cholesterol	69.33mg		
Sodium	326.67mg		
Carbohydrates	6.97g		
Fiber	0.07g		
Sugar	5.57g		
Protein	18.67g		
Vitamin A	141.32IU	Vitamin C	1.67mg

Calcium 0.28mg **Iron** 0.00mg

Mongolian Beef

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	143.10		
Fat	8.40g		
SaturatedFat	3.40g		
Trans Fat	0.52g		
Cholesterol	40.00mg		
Sodium	388.50mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	12.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.44mg

Sausage and Egg Biscuit Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10951

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE 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

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	481.00		
Fat	31.50g		
SaturatedFat	16.70g		
Trans Fat	0.00g		
Cholesterol	151.00mg		
Sodium	702.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	18.00g		
Vitamin A	156.00IU	Vitamin C	0.00mg
Calcium	186.00mg	Iron	1.44mg

Cinnamon Roll

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	70.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	2.00g		
Vitamin A	134.88IU	Vitamin C	0.22mg
Calcium	12.39mg	Iron	0.87mg

Sausage or Ham Egg Bites

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

Meat	2.71
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	170.83		
Fat	7.67g		
SaturatedFat	6.33g		
Trans Fat	0.00g		
Cholesterol	120.00mg		
Sodium	533.33mg		
Carbohydrates	3.17g		
Fiber	0.00g		
Sugar	1.33g		
Protein	15.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Breakfast Burrito

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving			
Calories	210.00		
Fat	7.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	340.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	1.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Muffin Square

Servings:	72.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	56.82		
Fat	0.57g		
SaturatedFat	0.38g		
Trans Fat	0.00g		
Cholesterol	1.89mg		
Sodium	102.27mg		
Carbohydrates	11.74g		
Fiber	0.00g		
Sugar	6.06g		
Protein	0.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.58mg	Iron	0.27mg

Omelette, Cheese

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 225-2.1Z SNYFR	1 Each	BAKE 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

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	1.53		
Fat	0.11g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	2.71mg		
Sodium	2.92mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.11g		
Vitamin A	5.56IU	Vitamin C	0.00mg
Calcium	1.11mg	Iron	0.01mg

Yogurt Parfait- K-5

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	999.72
Fat	7.97g
SaturatedFat	6.47g
Trans Fat	0.00g
Cholesterol	29.85mg
Sodium	616.51mg
Carbohydrates	205.07g
Fiber	2.80g
Sugar	132.34g

Protein		33.45g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1174.63mg	Iron	8.10mg

Peanut Butter Sandwich

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	780.00		
Fat	50.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	800.00mg		
Carbohydrates	58.00g		
Fiber	10.00g		
Sugar	15.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

Beef Taco Meat

Servings:	53.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.24
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	304.31		
Fat	21.14g		
SaturatedFat	7.55g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	150.36mg		
Carbohydrates	4.77g		
Fiber	2.03g		
Sugar	2.01g		
Protein	19.69g		
Vitamin A	9.45IU	Vitamin C	0.01mg

Calcium 1.07mg **Iron** 0.19mg

Orange Chicken

Servings:	80.00	Category:	Entree
Serving Size:	12.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11201

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 2/5 Pound	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 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

Meat	2.20
Grain	1.10
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 12.00 Piece

Amount Per Serving

Calories	396.74
Fat	14.29g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	21.99mg
Sodium	696.52mg
Carbohydrates	53.76g
Fiber	3.30g
Sugar	34.67g
Protein	15.39g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.28mg	Iron	2.20mg

Sweet Potato Parfait

Servings:	23.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	1.04
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	1010.74
Fat	13.88g
SaturatedFat	11.10g
Trans Fat	0.00g
Cholesterol	52.02mg
Sodium	500.40mg
Carbohydrates	195.27g
Fiber	0.13g
Sugar	138.49g

Protein		31.15g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1121.35mg	Iron	0.00mg

Manwich on Bun

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Baked Fish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11800

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD PRTNS W/SOY 4Z O/R 10	1 Each	BAKE 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

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	770.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.80mg

Ratatouille

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	63.04		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	392.19mg		
Carbohydrates	13.92g		
Fiber	2.21g		
Sugar	11.05g		
Protein	2.21g		
Vitamin A	107.32IU	Vitamin C	1.15mg

Calcium 44.78mg **Iron** 0.24mg

Beef Walking Taco

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

Meat	2.89
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.12
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

Preparation Instructions

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00		
Fat	9.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	410.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 150.00mg **Iron** 1.08mg

TERIYAKII CHICKEN

Servings:	80.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.04
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 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

Servings:	32.00	Category:	Vegetable
Serving Size:	1.00 cu	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 32.00
Serving Size: 1.00 cu

Amount Per Serving

Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	4.79g		
Fiber	1.33g		
Sugar	2.79g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Beef Spaghetti

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

Meat	2.29
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.57
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

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

BBQ Meatball Sub

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

Meat	3.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	397.41		
Fat	16.00g		
SaturatedFat	5.75g		
Trans Fat	0.90g		
Cholesterol	54.00mg		
Sodium	610.95mg		
Carbohydrates	35.72g		
Fiber	4.50g		
Sugar	7.13g		
Protein	24.00g		
Vitamin A	7.50IU	Vitamin C	1.50mg

Calcium 102.00mg **Iron** 13.00mg

Hummus

Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Servings:	200.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	1.28
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
OtherVeg	0.00
Legumes	0.00
Starch	0.20

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	125.60		
Fat	5.76g		
SaturatedFat	3.84g		
Trans Fat	0.00g		
Cholesterol	19.20mg		
Sodium	164.80mg		
Carbohydrates	6.88g		
Fiber	1.80g		
Sugar	2.40g		
Protein	6.28g		
Vitamin A	150.00IU	Vitamin C	5.40mg
Calcium	0.00mg	Iron	0.07mg

Cauliflower Salad

Servings:	60.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.45
Legumes	0.00
Starch	0.13

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	107.07		
Fat	8.09g		
SaturatedFat	1.29g		
Trans Fat	0.00g		
Cholesterol	8.00mg		
Sodium	242.91mg		
Carbohydrates	5.55g		
Fiber	1.98g		
Sugar	2.78g		
Protein	2.78g		
Vitamin A	0.00IU	Vitamin C	21.91mg
Calcium	19.36mg	Iron	0.23mg

Fruit Cobbler

Servings:	75.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.78
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	96.64		
Fat	0.36g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	47.64mg		
Carbohydrates	22.49g		
Fiber	3.13g		
Sugar	16.32g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.21mg	Iron	0.09mg

Polish Sausage

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00		
Fat	11.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	1220.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	84.00mg	Iron	11.44mg

ENSC Salad Dressing

Servings:	25.00	Category:	Condiments or Other
Serving Size:	2.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving			
Calories	28.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.64mg		
Carbohydrates	8.16g		
Fiber	0.00g		
Sugar	7.68g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Philly Steak & Cheese - Elementary

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

Meat	2.50
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	368.10		
Fat	15.40g		
SaturatedFat	6.40g		
Trans Fat	0.52g		
Cholesterol	52.50mg		
Sodium	803.50mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	6.50g		
Protein	21.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	11.44mg

Yogurt Pack

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	260.00		
Fat	6.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	165.00mg		
Carbohydrates	44.00g		
Fiber	3.00g		
Sugar	22.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	0.36mg