

Cookbook for NWES

Created by HPS Menu Planner

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Philly Steak Sandwich

Servings:	450.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11029

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	3 Package	722110
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	45 Pound	720861
MINI SUB BUN, W GRAIN	450 bun	5157

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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: 450.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	281.46		
Fat	9.60g		
SaturatedFat	3.81g		
Trans Fat	0.29g		
Cholesterol	30.36mg		
Sodium	612.64mg		
Carbohydrates	30.21g		
Fiber	3.00g		
Sugar	5.12g		
Protein	15.08g		
Vitamin A	106.67IU	Vitamin C	0.00mg
Calcium	59.46mg	Iron	0.80mg

Baked Apples

Servings:	382.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11116

Ingredients

Description	Measurement	DistPart #
APPLE SLCD RED PLD IQF 4-5 GFS	60 Pound	818895
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound	299405
SUGAR CANE GRANUL 25 GFS	8 Cup	108642
SPICE CINNAMON GRND 5 TRDE	3/4 Cup	224731

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: 382.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	58.42		
Fat	0.92g		
SaturatedFat	0.59g		
Trans Fat	0.00g		
Cholesterol	2.51mg		
Sodium	32.47mg		
Carbohydrates	13.51g		
Fiber	1.00g		
Sugar	12.01g		
Protein	0.00g		
Vitamin A	49.95IU	Vitamin C	59.94mg
Calcium	0.00mg	Iron	0.00mg

Assorted Muffins

Servings:	6.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19789

Ingredients

Description	Measurement	DistPart #
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each	279991
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	262343
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each	273681
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	188.33		
Fat	7.00g		
SaturatedFat	1.67g		
Trans Fat	0.03g		
Cholesterol	20.00mg		
Sodium	133.33mg		
Carbohydrates	29.00g		
Fiber	1.17g		
Sugar	14.67g		
Protein	2.67g		
Vitamin A	2.40IU	Vitamin C	0.01mg
Calcium	14.34mg	Iron	0.98mg

Assorted Cereal

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19791

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.33		
Fat	1.67g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	1.83g		
Vitamin A	383.33IU	Vitamin C	6.10mg
Calcium	76.67mg	Iron	4.95mg

Assorted Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19792

Ingredients

Description	Measurement	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	15.33g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	34.00mg
Calcium	0.00mg	Iron	0.00mg

Yogurt

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19793

Ingredients

Description	Measurement	DistPart #
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	551751
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	551741

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00		
Fat	1.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	70.00mg		
Carbohydrates	17.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.00mg

Variety of Pop-Tarts

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19794

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each	865131
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	695880
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	452062

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	185.00		
Fat	2.75g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	192.50mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.25g		
Protein	2.25g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Assorted Cereal Bars

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19795

Ingredients

Description	Measurement	DistPart #
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each	282431
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each	209761
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	194031
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	262103

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	152.50		
Fat	4.50g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	127.50mg		
Carbohydrates	26.25g		
Fiber	2.75g		
Sugar	10.25g		
Protein	2.00g		
Vitamin A	312.55IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	1.08mg

Cold Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19798

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving

Calories	260.66		
Fat	5.78g		
SaturatedFat	3.14g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	530.33mg		
Carbohydrates	4.28g		
Fiber	0.00g		
Sugar	2.64g		
Protein	11.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cold Turkey and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19799

Ingredients

Description	Measurement	DistPart #
TURKEY, DELI BREAST, SLICED	2 Ounce	110554
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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	260.14		
Fat	3.90g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	32.67mg		
Sodium	449.30mg		
Carbohydrates	2.40g		
Fiber	0.00g		
Sugar	1.00g		
Protein	14.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Fajita Vegetables

Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19800

Ingredients

Description	Measurement	DistPart #
VEGETABLE MIX FAJITA CUT 10 RSS	5 Pound	605565
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Tablespoon	191205

Preparation Instructions

Heat 1 TBSP of liquid butter alternative in large skillet.

Add thawed vegetables.

Add 1 tsp. vegetable seasoning and 1 tsp all purpose herb seasoning.

Saute until cooked well.

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: 80.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	26.25		
Fat	0.14g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.38mg		
Sodium	31.13mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.36mg

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19839

Ingredients

Description	Measurement	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each	786520
Aunt Millie's Sandwich Bun- Himes	1 Each	3480

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving

Calories	250.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	500.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19840

Ingredients

Description	Measurement	DistPart #
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	1 Each	570662
Aunt Millie's 1.5 Hot Dog Bun - Himes	1 Each	2918

Preparation Instructions

No Preparation Instructions available.

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	260.00		
Fat	12.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	460.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.67mg	Iron	0.88mg

Variety of Fresh Fruit

Servings:	0.00	Category:	Fruit
Serving Size:	0.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19841

Ingredients

Description	Measurement	DistPart #
Variety of Fruit	1 1/2 cup	

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: 0.00

Serving Size: 0.00 Cup

Amount Per Serving

Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	4.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

BBQ Rib Sandwich

Servings:	480.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19842

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	480 Each	451410
SAUCE BBQ SWEET 4-1GAL GCHC	1 Gallon	435170
Tap Water for Recipes	2 Cup	000001WTR
Aunt Millie's Sandwich Bun- Himes	480 Each	3480

Preparation Instructions

Place rib pattys card style into a shallow well sprayed baking pan(s).

Mix water with BBQ sauce and pour over ribs in pan.

Cover and heat until 165 degrees.

Cook in combi oven set at 350 degrees 40-45 minutes. (If frozen it will take more time to heat through).

Keep warm in heated cabinets set at 185 degrees.

Note: They cook well from the frozen state, but cook even better if partially thawed before cooking.

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: 480.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	379.66		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	942.59mg		
Carbohydrates	47.33g		
Fiber	4.11g		
Sugar	19.06g		
Protein	20.05g		
Vitamin A	437.97IU	Vitamin C	1.48mg
Calcium	40.30mg	Iron	1.83mg

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19843

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
Aunt Millie's Sandwich Bun- Himes	1 Each	3480

Preparation Instructions

No Preparation Instructions available.

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: 1.00

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	44.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.00mg

Breaded Pork Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19844

Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	661950
Aunt Millie's Sandwich Bun- Himes	1 Each	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.00		
Fat	19.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	520.00mg		
Carbohydrates	40.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.62mg

Glazed Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19872

Ingredients

Description	Measurement	DistPart #
Carrots fzn	20 Pound	100352
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Pound	191205
SUGAR BROWN MED 25 GFS	3 Cup	108626

Preparation Instructions

Place carrots into a well sprayed pan (s).

Heat till al'dente or at least 165 degrees

For glaze melt butter and then add brown sugar by stirring until dissolved.

Drain of any liquid off cooked carrots. Then add glaze (melted butter and brown sugar).

Keep hot in a 180 degree heated cabinet.

Can also use 3 #10 cans of canned carrots.

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: 0.50 Cup

Amount Per Serving			
Calories	81.07		
Fat	4.57g		
SaturatedFat	2.27g		
Trans Fat	0.00g		
Cholesterol	33.74mg		
Sodium	72.22mg		
Carbohydrates	11.76g		
Fiber	2.00g		
Sugar	8.76g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Lasagna Roll Ups

Servings:	477.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19873

Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	477 Each	234041
SAUCE SPAGHETTI FCY 6-10 REDPK	6 #10 CAN	852759
Tap Water for Recipes	18 Cup	000001WTR

Preparation Instructions

Spray baking sheets with Vegeline. Cover baking sheets with foli. Spray again. Place 1 case of Roll Ups on prepared pans. Mix sauce with water and use to cover roll ups on pans. Use approximately 10 cups per pan. Be sure all roll ups are covered well with sauce. Cover tightly with foil. Place in the ovens until inside reaches 165 degrees. Pace in a heated pass thru to keep hot.

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: 477.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	255.56		
Fat	6.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	537.84mg		
Carbohydrates	32.33g		
Fiber	3.11g		
Sugar	7.22g		
Protein	16.11g		
Vitamin A	617.87IU	Vitamin C	8.22mg
Calcium	306.67mg	Iron	1.08mg

Sloppy Joes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19874

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 63/100 Ounce	564790
Aunt Millie's Sandwich Bun- Himes	1 Each	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	305.00		
Fat	8.00g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	607.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	12.00g		
Protein	19.00g		
Vitamin A	459.00IU	Vitamin C	6.00mg
Calcium	34.00mg	Iron	2.00mg

Ravioli

Servings:	400.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19875

Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	30 Pound	100158
RAVIOLI BEEF MT SCE MINI 6-10 CHBOY	20 #10 CAN	195219
SALT IODIZED 25 CARG	1/2 Cup	108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Cup	225061

Preparation Instructions

Heat ground beef. Drain if needed. Add salt and pepper. Place cans of Ravioli on top of meat. DO NOT STIR. Heat until bubbly. Then gently stir meat into ravioli. Heat to at least 180 degrees. Keep watch on it after stirring together, as it will stick. Place into well greased pans. Keep hot in pass thru at 185 degrees. Serve.

Alternate Method:

Place cooked ground beef into 8 well sprayed medium pans. (approx 3 # per pan). Add Ravioli on top (approx 2 1/2 cans per). Cover with a well sprayed lid (foil will leave marks on ravioli). Heat in steamer or Combi until internal temperature is 180 degrees. Stir well and place covered in heating cabinet at 180 degrees. Serve.

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: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	240.67		
Fat	11.73g		
SaturatedFat	4.34g		
Trans Fat	1.20g		
Cholesterol	37.67mg		
Sodium	656.43mg		
Carbohydrates	21.34g		
Fiber	2.59g		
Sugar	3.88g		
Protein	12.93g		
Vitamin A	129.33IU	Vitamin C	0.00mg
Calcium	13.24mg	Iron	1.16mg

Chicken Fajita

Servings:	426.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19877

Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	80 Pound	100117
SEASONING FAJITA MIX 6-8.9Z LAWR	2 Cup	518298
Tap Water for Recipes	1 Cup	000001WTR

Preparation Instructions

Heat meat until it reaches 180 degrees. Season and place into pans.

Cover and keep hot in heated cabinet set at 180 degrees.

Note-Water is as needed to keep moist.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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: 426.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	110.07		
Fat	3.53g		
SaturatedFat	1.77g		
Trans Fat	0.00g		
Cholesterol	65.40mg		
Sodium	609.92mg		
Carbohydrates	2.44g		
Fiber	0.00g		
Sugar	1.77g		
Protein	15.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sub Sandwich

Servings:	492.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19880

Ingredients

Description	Measurement	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	492 bun	2918
MEAT COMBO PK SLCD 12-1 JENNO	60 Pound	236012
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	15 Pound	100018

Preparation Instructions

Place 4 slices of meat per bun.

Alternate the 4th slice w/ 3 variety of meats

Example:

1. Bologna, salami, ham, bologna
2. Bologna, salami, ham, salami
3. Bologna, salami, ham, ham

Add 1 slice of cheese that has been cut in half per sandwich.

Place into a medium pan. Refrigerate until serving.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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: 492.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	251.03		
Fat	11.57g		
SaturatedFat	4.04g		
Trans Fat	0.00g		
Cholesterol	53.69mg		
Sodium	714.86mg		
Carbohydrates	22.70g		
Fiber	2.00g		
Sugar	2.49g		
Protein	14.96g		
Vitamin A	24.27IU	Vitamin C	1.16mg
Calcium	42.83mg	Iron	10.87mg

Refried Beans

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19882

Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	4 #10 CAN	100362
Salsa, Low-Sodium, Canned	3 Cup	100330
Cheese, Cheddar Reduced fat, Shredded	6 Cup	100012
ONION RED JUMBO 25 MRKN	3 Cup	198722
CELERY STIX 4-3 RSS	1 1/2 Cup	781592

Preparation Instructions

Divide the ingredients equally into 2 well greased medium aluminum pans.

Add two cans of beans to each pan and stir well. Cover with foil loosely

Place into a 325 degree oven for at least 1 hour. Stir occasionally

When temperature reaches 180 degrees. Move to heating cabinet set at 180 degrees.

Stir before serving.

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	142.93		
Fat	1.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	210.45mg		
Carbohydrates	22.76g		
Fiber	5.75g		
Sugar	1.55g		
Protein	9.35g		
Vitamin A	17.49IU	Vitamin C	0.47mg
Calcium	2.63mg	Iron	0.01mg

Seasoned Corn

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19888

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, No Salt Added, Frozen	30 Pound	100348
BUTTER SUB 24-4Z BTRBUDS	1 Package	209810
No Salt	1 Teaspoon	NS-360034
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon	225061

Preparation Instructions

Heat corn in steamer until internal temperature is 165 degrees.

Add seasonings. Stir well

Keep hot in heated cabinet at 180 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	0.50

Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	67.37		
Fat	0.99g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.84mg		
Carbohydrates	16.12g		
Fiber	1.99g		
Sugar	2.98g		
Protein	1.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Baked Beans

Servings:	160.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19895

Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	6 #10 CAN	570710
SUGAR BROWN MED 25 GFS	3 Cup	108626
KETCHUP CAN 29 XTHK 6-10 GFS	1/2 #10 CAN	152056
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup	860221
MOLASSES 4-1GAL P/L	2 Cup	234303
SPICE ONION POWDER 19Z TRDE	1/4 Cup	126993

Preparation Instructions

Drain the vegetarian beans well. Spray 3 medium pans well. Place 2 cans for of beans per pan.

Divide remaining ingredients and add to beans. Stir well.

Bake in a 350 degree preheated oven for at least 90 minutes or until hot and bubbly throughout.

May need to be stirred after the first hour.

Keep hot in a heated cabinet with a temperature at least 175 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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	163.28		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	639.96mg		
Carbohydrates	37.95g		
Fiber	4.85g		
Sugar	18.64g		
Protein	6.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 46.80mg **Iron** 1.96mg

Broccoli w/ Cheese

Servings:	175.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19903

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	36 Pound	110473
SAUCE MIX CHS INST 8-32Z TRIO	1 Package	290319
Tap Water for Recipes	1 Gallon	000001WTR
SALT SEA 36Z TRDE	3 Tablespoon	748590
SPICE PEPR BLK REST GRIND 16Z TRDE	3 Teaspoon	225061

Preparation Instructions

Place 12# of broccoli into each of 3 well sprayed pans.

Steam for 15 minutes or until done but still firm.

Drain if necessary.

Mix 1 gallon boiling water with 1 package cheese sauce. Stir well. Add salt and pepper. Stir well again.

Pour cheese sauce mixture over broccoli immediately after draining the broccoli. Stir lightly.

Cover pans and keep warm in 185 degree cabinet. Stir before serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 175.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	45.81		
Fat	0.43g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	265.04mg		
Carbohydrates	8.96g		
Fiber	3.04g		
Sugar	1.88g		
Protein	3.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

Deviled Eggs

Servings:	448.00	Category:	Condiments or Other
Serving Size:	0.50 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19906

Ingredients

Description	Measurement	DistPart #
EGG HARD CKD PLD 20 DEB EL	224 Each	557550
SALT SEA 36Z TRDE	2 Tablespoon	748590
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon	225061
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup	860221
SUGAR CANE GRANUL 25 GFS	3/4 Cup	108642
DRESSING SALAD 4-1GAL MIR WHIP	6 Cup	251066

Preparation Instructions

Rinse hard boiled eggs after taking from bag.

Cut eggs in half lengthwise. Scoop out yolk. Put yolks into bowl and mash. Add all other ingredients and whip with mixed until smooth, fluffy, and well combined.

Put mixture into a pastry bag and fill each egg half.

Refrigerate until serving time to at least 40 degrees.

Note: If using fresh eggs. Hard cook until center is set. Cool in cold water to stop cooking process. Peel. Rinse and proceed as above.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
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: 448.00

Serving Size: 0.50 Each

Amount Per Serving	
Calories	46.92
Fat	3.07g
SaturatedFat	0.96g
Trans Fat	0.00g
Cholesterol	96.07mg
Sodium	86.25mg
Carbohydrates	0.75g
Fiber	0.00g
Sugar	0.54g
Protein	0.00g

Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.36mg

Lettuce Salad

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19909

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	20 Pound	600504
Cheese, Cheddar Reduced fat, Shredded	2 Pound	100012
DRESSING RNCH 4-1GAL HVALL	12 Cup	759082

Preparation Instructions

In each Cambro mix 1 bag lettuce (5 lbs) with 1 cup of shredded cheese.

At serving time, mix 3 cups of ranch dressing to coat the lettuce.

Serve.

Keep cold below 45 degrees in the pass through refrigerator.

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	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	104.53		
Fat	9.60g		
SaturatedFat	2.13g		
Trans Fat	0.00g		
Cholesterol	10.67mg		
Sodium	209.78mg		
Carbohydrates	3.63g		
Fiber	0.71g		
Sugar	1.35g		
Protein	2.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.19mg	Iron	0.75mg

California Blend w/ Cheese

Servings:	190.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19914

Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF 30 KE	36 Pound	283780
SAUCE MIX CHS LO SOD 6-32Z HHL	1 Package	476595
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

Steam vegetable blend until al'dente. 10-12 minutes and until internal temperature reaches 160 degrees. Add cheese sauce and stir gently.

Keep warm in a 180 degree cabinet.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 190.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	30.73		
Fat	0.25g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	50.35mg		
Carbohydrates	5.81g		
Fiber	2.12g		
Sugar	2.29g		
Protein	1.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.59mg	Iron	0.00mg

Tater Puffs

Servings:	400.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19915

Ingredients

Description	Measurement	DistPart #
POTATO TATER TOTS 6-5 LMBSUPR	63 Pound	233404
No Salt	2 Tablespoon	NS-360034

Preparation Instructions

Place potatoes in a single layer on a baking pan. 1 bag per pan.

Heat in 350 degree oven until potatoes are hot and dry to the touch.

Internal temperature should be 180 or higher.

Sprinkle each pan lightly with No Salt.

Keep hot in heated cabinet at 180 degrees.

Note= 8 tots equals about 1/2 cup portion.

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: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	140.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	1.00mg

Green Beans

Servings:	158.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19916

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	7 #10 CAN	100307
BUTTER SUB 24-4Z BTRBUDS	1 Package	209810
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon	225061

Preparation Instructions

Divide drained green beans into 2 well sprayed medium pans.

Heat through to at least 180 degrees

Drain again if necessary after heating.

Add seasonings and stir gently.

Cover. Keep hot in a 180 degree cabinet.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 158.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.17		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	167.59mg		
Carbohydrates	3.68g		
Fiber	2.29g		
Sugar	1.15g		
Protein	1.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bacon Cheese Mashed Potatoes

Servings:	425.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19917

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	11 Package	613738
Cheddar Buds	2 Pound	49002
BACON TOPPING 3/8 DCD 2-5 HRML	1 Pound	104396
Tap Water for Recipes	12 Gallon	000001WTR

Preparation Instructions

Mix cheese sauce with 1 gallon of boiling water. Stir well

Thaw bacon. You may heat until it's crispy if time allows

In each of 5 well sprayed medium pans, you will need:

Put 2 bags of potato pearls, 2 gallons of water and 3 cups of cheese sauce, and 1 cup of bacon crumbles.

Stir well, until all is combined.

You will have 1 bag of potatoes to mix with 1 gallon of boiling water, mix with remaining cup of cheese sauce mix divide among 5 pans. Stir well to combine.

Alternate method:

In well sprayed tilt skillet place 1 lb. bacon heat until crisp. Add 12 gallons of water bring to a boil. Add cheese sauce mix and stir well. Turn off heat add potatoes and stir until combined. Place into well sprayed pans. Place into heated cabinet and hold at 185 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	0.50

Nutrition Facts

Servings Per Recipe: 425.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	90.83
Fat	1.41g
SaturatedFat	0.15g
Trans Fat	0.00g
Cholesterol	2.85mg
Sodium	445.80mg
Carbohydrates	16.39g
Fiber	0.87g
Sugar	0.39g

Protein		2.12g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.45mg	Iron	0.26mg

Seasoned Mixed Vegetables

Servings:	86.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19918

Ingredients

Description	Measurement	DistPart #
VEG MIXED 30 GFS	15 Pound	285690
BUTTER SUB 24-4Z BTRBUDS	1 Package	209810
No Salt	1 Teaspoon	NS-360034
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon	225061

Preparation Instructions

Place vegetables in 2 well sprayed medium pans. Steam 10-12 minutes or until internal temperature of 165 degrees. Drain if needed. Add seasonings. Stir gently.

Keep hot in heated cabinet at 180 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 86.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	54.28		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.72mg		
Carbohydrates	10.99g		
Fiber	2.64g		
Sugar	3.52g		
Protein	1.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.53mg

Seasoned Peas

Servings:	95.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19919

Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	20 Pound	100350
BUTTER SUB 24-4Z BTRBUDS	1 Package	209810
No Salt	1 Teaspoon	NS-360034
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon	225061
SUGAR CANE GRANUL 25 GFS	1 Tablespoon	108642

Preparation Instructions

Put peas into a well sprayed medium steam table pan.
Steam for 10-12 minutes or until internal temperature is 165 degrees.
Drain off any liquid and add seasonings. Stir gently.
Keep hot in heated cabinet at 180 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	0.50

Nutrition Facts

Servings Per Recipe: 95.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	75.86		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	81.11mg		
Carbohydrates	13.65g		
Fiber	4.77g		
Sugar	4.90g		
Protein	4.77g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Potato Smiles

Servings:	400.00	Category:	Vegetable
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19949

Ingredients

Description	Measurement	DistPart #
POTATO SMILES 26/ 6-4 OREI	60 1/4 Pound	228818
No Salt	2 Tablespoon	NS-360034

Preparation Instructions

Place smiles on a parchment lined baking pan. Keep them in a single layer.

Heat in a 350 degree oven until internal temperature is at least 165 and they are slightly browned.

Sprinkle with No Salt and keep hot in a 180 degree heated cabinet.

Note-2.41 oz equals 1/2 cup starchy vegetable serving. 2.41 oz is about 4 potato smiles.

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: 400.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	130.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	0.00mg	Iron	0.36mg

Potato Cubes

Servings:	400.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19950

Ingredients

Description	Measurement	DistPart #
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	72 Pound	504122
No Salt	2 Tablespoon	NS-360034

Preparation Instructions

Place potatoes in a single layer on a baking pan. 1 bag per pan.

Heat in 350 degree oven until potatoes are hot and dry to the touch.

Internal temperature should be 180 or higher.

Sprinkle each pan lightly with No Salt.

Keep hot in heated cabinet at 180 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	0.50

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	128.66		
Fat	5.94g		
SaturatedFat	1.48g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	267.22mg		
Carbohydrates	17.81g		
Fiber	1.98g		
Sugar	0.99g		
Protein	1.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.89mg	Iron	0.99mg

Potato Wedges

Servings:	400.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19951

Ingredients

Description	Measurement	DistPart #
FRIES WEDGE SEAS 6-5 LAMB	72 Pound	457558
No Salt	2 Tablespoon	NS-360034

Preparation Instructions

Place potatoes in a single layer on a baking pan. 1 bag per pan.
Heat in 350 degree oven until potatoes are hot and dry to the touch.
Internal temperature should be 180 or higher.
Sprinkle each pan lightly with No Salt.
Keep hot in heated cabinet at 180 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	0.50

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	130.45		
Fat	6.02g		
SaturatedFat	1.51g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.94mg		
Carbohydrates	17.06g		
Fiber	2.01g		
Sugar	0.00g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.06mg	Iron	1.00mg

Potato Starz

Servings:	400.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19952

Ingredients

Description	Measurement	DistPart #
HASHBROWN STARZ .36Z 6-5 LAMB	72 Pound	233101
No Salt	2 Tablespoon	NS-360034

Preparation Instructions

Place potatoes in a single layer on a baking pan. 1 bag per pan.

Heat in 350 degree oven until potatoes are hot and dry to the touch.

Internal temperature should be 180 or higher.

Sprinkle each pan lightly with No Salt.

Keep hot in heated cabinet at 180 degrees.

Note: 2.52 oz equals 1/2 cup starchy vegetable. 2.52 oz equals 7 pieces.

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: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	171.43		
Fat	9.14g		
SaturatedFat	1.14g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	19.43g		
Fiber	2.29g		
Sugar	0.00g		
Protein	2.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.14mg	Iron	1.14mg

BBQ Chicken

Servings:	320.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19953

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	40 Pound	100101
SAUCE BBQ SWEET 4-1GAL GCHC	1 Gallon	435170

Preparation Instructions

No Preparation Instructions available.

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: 320.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	101.49		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	179.88mg		
Carbohydrates	7.99g		
Fiber	0.16g		
Sugar	7.59g		
Protein	12.08g		
Vitamin A	56.96IU	Vitamin C	0.42mg
Calcium	0.46mg	Iron	0.04mg

Apple Crisp

Servings:	300.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19966

Ingredients

Description	Measurement	DistPart #
Apple Slices, Canned, Unsweetened	9 #10 CAN	100206
FLOUR ULTRAGRAIN 50 HLCHC	9 1/2 Cup	515002
SUGAR BROWN MED 25 GFS	9 1/2 Cup	108626
SUGAR BEET GRANUL 50 BIG CHIEF	9 1/2 Cup	589225
OATS QUICK HOT CEREAL 12-42Z QUAK	6 Cup	467251
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/2 Pound	191205
SPICE CINNAMON GRND 15Z TRDE	3 Tablespoon	224723

Preparation Instructions

Mix fruit, 6 cups flour, 3 cups brown sugar, and 3 cups white sugar ingredients. Place into 6 pans shallow pans. Approximately 10 cups per pan.

Sprinkle topping ingredients (6 cups oatmeal, 3 cups butter, 3 Tablespoons Cinnamon, 6 1/2 cups brown sugar, 6 1/2 cups white sugar, and 3 1/2 cups flour), which is about approximately 4 cups per pan. Press down lightly.

Bake at 350 degrees until hot and bubbly. Keep warm for service.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.25
Fruit	0.39
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	119.90
Fat	1.98g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	4.87mg
Sodium	22.45mg
Carbohydrates	25.34g
Fiber	1.98g
Sugar	19.19g
Protein	0.69g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.89mg	Iron	0.22mg

Peach Crisp

Servings:	300.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19967

Ingredients

Description	Measurement	DistPart #
Sliced Peaches 6-10	9 #10 CAN	100219
FLOUR ULTRAGRAIN 50 HLCHC	9 1/2 Cup	515002
SUGAR BROWN MED 25 GFS	9 1/2 Cup	108626
SUGAR BEET GRANUL 50 BIG CHIEF	9 1/2 Cup	589225
OATS QUICK HOT CEREAL 12-42Z QUAK	6 Cup	467251
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/2 Pound	191205
SPICE CINNAMON GRND 15Z TRDE	3 Tablespoon	224723

Preparation Instructions

Mix fruit, 6 cups flour, 3 cups brown sugar, and 3 cups white sugar ingredients. Place into 6 pans shallow pans. Approximately 10 cups per pan.

Sprinkle topping ingredients (6 cups oatmeal, 3 cups butter, 3 Tablespoons Cinnamon, 6 1/2 cups brown sugar, 6 1/2 cups white sugar, and 3 1/2 cups flour), which is about approximately 4 cups per pan. Press down lightly.

Bake at 350 degrees until hot and bubbly. Keep warm for service.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.25
Fruit	0.39
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	127.66
Fat	1.98g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	4.87mg
Sodium	22.45mg
Carbohydrates	26.89g
Fiber	0.43g
Sugar	20.74g
Protein	0.69g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.89mg	Iron	0.22mg

Beef Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19987

Ingredients

Description	Measurement	DistPart #
Beef Taco Meat-North Webster Elem	2 Ounce	R-19978
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon	100012
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Ounce	600504
Beans, Refried, Low sodium, canned	1/2 Cup	100362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	337.11		
Fat	14.46g		
SaturatedFat	5.82g		
Trans Fat	1.91g		
Cholesterol	59.67mg		
Sodium	557.88mg		
Carbohydrates	26.80g		
Fiber	6.43g		
Sugar	3.65g		
Protein	25.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.73mg	Iron	1.38mg

Chocolate Chip Cookie

Servings:	450.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20009

Ingredients

Description	Measurement	DistPart #
SHORTENING SLD 6-6 CRISC	6 Cup	430814
BUTTER PRINT SLTD GRD AA 36-1 GFS	12 Pound	191205
SUGAR BEET GRANUL 50 BIG CHIEF	12 Cup	589225
SUGAR BROWN MED 25 GFS	12 Cup	108626
SALT IODIZED 25 CARG	4 Tablespoon	108286
BAKING SODA 36Z GCHC	5 Tablespoon	513849
FLAVORING VANILLA IMIT 1-QT KE	3/4 Cup	110736
EGG SHL LRG A GRD 6-30CT GCHC	28 Each	206539
FLOUR ULTRAGRAIN 50 HLCHC	56 Cup	515002
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	12 Cup	283610

Preparation Instructions

Cream shortening and butter and sugars until fluffy. Whip 3 minutes.

Add eggs, soda, salt, and vanilla. Whip again until fluffy.

Add flour. Blend only until moistened. Add chips and blend again only until blended.

Using a #30 scoop dip dough on to a lined baking sheet.

Bake at 325 degrees for 10 to 12 minutes. DO NOT OVERBAKE.

Note: Alternative may use butterscotch chips.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 450.00			
Serving Size: 2.00 Tablespoon			
Amount Per Serving			
Calories	234.44		
Fat	14.41g		
SaturatedFat	7.81g		
Trans Fat	0.00g		
Cholesterol	39.04mg		
Sodium	215.44mg		
Carbohydrates	25.46g		
Fiber	1.47g		
Sugar	13.65g		
Protein	2.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.68mg	Iron	1.08mg

Baked Chips

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20022

Ingredients

Description	Measurement	DistPart #
CHIP POT BKD 64-LSSV LAYS	1 Package	712560
CHIP POT BBQ BKD 64-LSSV LAYS	1 Package	712550

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.00		
Fat	3.75g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.30mg

Pancake

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20053

Ingredients

Description	Measurement	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	3 Each	617650
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package	284841
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package	642230
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package	269230

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	6.40g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	6.00mg		
Sodium	232.00mg		
Carbohydrates	37.40g		
Fiber	2.20g		
Sugar	8.20g		
Protein	4.20g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.40mg

Pork BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20057

Ingredients

Description	Measurement	DistPart #
PORK SHRDD BBQ 6-5 JTM	4 Ounce	366320
Aunt Millie's Sandwich Bun- Himes	1 Each	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	358.00		
Fat	8.20g		
SaturatedFat	2.10g		
Trans Fat	0.04g		
Cholesterol	44.00mg		
Sodium	429.90mg		
Carbohydrates	47.00g		
Fiber	3.40g		
Sugar	20.00g		
Protein	22.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

Macaroni and Cheese

Servings:	480.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20058

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	2 Pound	191205
GRAVY MIX BISC 6-1.5 PION	8 Gallon	281719
BASE CHIX 25 KE	1 Cup	160821
Tap Water for Recipes	4 Cup	000001WTR
COLORING FOOD RED 1QT GCHC	1/2 Teaspoon	110949
COLORING FOOD EGG YEL 1QT GCHC	6 Tablespoon	111023
SALT IODIZED 25 CARG	3/4 Cup	108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup	225061
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	20 Pound	100018
PASTA ELBOW MACAR 4-5 GCHC	18 Pound	413320

Preparation Instructions

Melt butter in tilt skillet.

Add salt and pepper.

Add chicken base in water.

Add 8 gallons of mix and water. Stir well.

Stir while heating on 250 degrees until thick and just bubbly. WILL NEED LOTS OF STIRRING.

Turn heat to 200 degrees and add cheese. Stir to melt cheese.

Add macaroni (make sure that macaroni that has been cooked al dente). Stir just to coat macaroni.

Heat to 170-180 degrees.

Put into well sprayed pans, cover and place into heated cabinet set at 185 degrees.

Stir slightly before serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 480.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	194.92
Fat	9.92g
SaturatedFat	5.35g
Trans Fat	0.00g
Cholesterol	20.73mg
Sodium	626.77mg
Carbohydrates	20.34g
Fiber	0.60g
Sugar	2.33g
Protein	5.43g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.38mg	Iron	0.54mg

Sausage Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20059

Ingredients

Description	Measurement	DistPart #
SAUSAGE SMKD 6/ 2-5 GFS	1 Each	170704
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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	330.00		
Fat	21.50g		
SaturatedFat	7.00g		
Trans Fat	0.50g		
Cholesterol	50.00mg		
Sodium	900.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	14.00g		
Vitamin A	23.49IU	Vitamin C	0.00mg
Calcium	7.89mg	Iron	10.74mg

Creamed Chicken on a Biscuit

Servings:	450.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20061

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	40 Pound	100101
Tap Water for Recipes	12 Gallon	000001WTR
BASE CHIX 25 KE	3 Cup	160821
GRAVY MIX BISC 6-1.5 PION	9 Package	281719
VEG MIXED 30 GFS	30 Pound	285690
DOUGH BISC CNTRY STYL 240-2.5Z RICH	450 Each	609293

Preparation Instructions

Boil 3 gallons water in tilt skillet. Add chicken base.

Meanwhile add gravy mix to 9 gallons cold water. Mix with whisk until no lumps

Gradually add this mixture to boiling water. Stir constantly.

When mixture comes to a full boil reduce heat and add chicken and mixed vegetables.

Bring creamed chicken up to 185 degrees temperature. Place into prepared pans.

Watch this carefully stirring very often as it will stick and scorch easily

Note: If mixture seems a bit too thick you may need to add a bit more water.

Meal Components (SLE)

Amount Per Serving

Meat	1.42
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.23
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 450.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	349.06
Fat	14.99g
SaturatedFat	7.28g
Trans Fat	0.00g
Cholesterol	29.87mg
Sodium	1098.68mg
Carbohydrates	37.73g
Fiber	2.01g
Sugar	4.62g

Protein	13.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.64mg

Ham, Turkey & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20064

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	100187
TURKEY, DELI BREAST, SLICED	1 Ounce	110554
Cheese, Processed, Sliced Yellow	1 Slice	100018
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700

Preparation Instructions

No Preparation Instructions available.

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	225.40		
Fat	9.84g		
SaturatedFat	4.82g		
Trans Fat	0.00g		
Cholesterol	39.84mg		
Sodium	569.81mg		
Carbohydrates	22.34g		
Fiber	2.00g		
Sugar	2.32g		
Protein	15.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Chicken Taco

Servings:	329.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20065

Ingredients

Description	Measurement	DistPart #
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	70 Pound	100117
SEASONING FAJITA MIX 6-8.9Z LAWR	2 Cup	518298
TORTILLA FLOUR ULTRGR 8 18-12CT	329 Each	882700

Preparation Instructions

Either 70 lbs of Diced Chicken or 70 lbs Fajita Chicken. Heat chicken until hot to 180 degrees. If using diced chicken add seasoning. May need to add a bit of water to keep chicken moist. Place into prepared pans. Cover and keep hot in cabinet at 185 degrees.

Note: For diced chicken you serve 2 oz (by weight) and recipe will make 560 servings.

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: 329.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	235.07		
Fat	7.01g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	74.09mg		
Sodium	798.07mg		
Carbohydrates	21.88g		
Fiber	2.00g		
Sugar	3.00g		
Protein	21.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Egg & Sausage Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20067

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	785880
EGG SCRMBD CKD FZ 4-5 GFS	1/4 Cup	584584

Preparation Instructions

No Preparation Instructions available.

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	174.03		
Fat	13.03g		
SaturatedFat	4.46g		
Trans Fat	0.00g		
Cholesterol	120.70mg		
Sodium	338.67mg		
Carbohydrates	1.76g		
Fiber	0.00g		
Sugar	0.76g		
Protein	10.55g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	44.79mg	Iron	0.76mg

Egg & Sausage Link

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20068

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	1/4 Cup	584584
SAUSAGE LNK SMOKEY CKD 16/ 4-3 GFS	2 Each	720038

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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	223.03		
Fat	18.03g		
SaturatedFat	5.76g		
Trans Fat	0.00g		
Cholesterol	134.70mg		
Sodium	706.67mg		
Carbohydrates	1.76g		
Fiber	0.00g		
Sugar	1.76g		
Protein	11.55g		
Vitamin A	1.48IU	Vitamin C	0.00mg
Calcium	31.91mg	Iron	1.36mg

Biscuit & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20071

Ingredients

Description	Measurement	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	631902
GRAVY SAUSAGE FZ ORIG 10-2 BOBEV	1/2 Cup	511773

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving

Calories	360.00		
Fat	21.00g		
SaturatedFat	11.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	1000.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	170.00mg	Iron	1.44mg

Spaghetti w/ Meat Sauce

Servings:	375.00	Category:	Entree
Serving Size:	0.38 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20289

Ingredients

Description	Measurement	DistPart #
85/15 Ground Beef, Frozen	50 Pound	
SALT IODIZED 25 CARG	1/2 Cup	108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup	225061
Tap Water for Recipes	7 Gallon	000001WTR
SAUCE SPAGHETTI FCY 6-10 REDPK	12 #10 CAN	852759
Tomato Sauce cnd	4 #10 CAN	100334
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Cup	413453
PASTA SPAG 51 WGRAIN 2-10	28 Pound	221460

Preparation Instructions

Brown Ground Beef and drain.

Add 4 #10 cans of purchased Spaghetti Sauce and 4 #10 cans of tomato sauce. Also add salt, pepper, and Italian seasoning, and 1 gallon of water.

When sauce reaches 180 degrees you can put it in medium pans and cover it and place pans into a heated cabinet.

Steam spaghetti. (Place 3.5 pounds of spaghetti and 1 can of sauce and 3 quarts of hot water into each well sprayed pan. Stir and making sure it is very wet and spaghetti is blended.) Heat until 165 degrees. Add more hot water if needed.

Cover pans and place into a heated cabinet. Set cabinet to 185 degrees.

Serve 1/2 cup (4 oz spoodle) of pasta and 3/8 cup (3 oz spoodle) of Meat Sauce

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.75
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 375.00

Serving Size: 0.38 Cup

Amount Per Serving

Calories	305.50
Fat	10.45g
SaturatedFat	3.18g
Trans Fat	1.59g
Cholesterol	41.39mg
Sodium	722.53mg
Carbohydrates	35.29g
Fiber	5.77g
Sugar	7.95g
Protein	18.43g
Vitamin A 554.26IU	Vitamin C 5.66mg
Calcium 29.24mg	Iron 1.21mg

Ham, Egg and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20290

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	1/4 Cup	584584
Ham, Cubed Frozen	1 11/50 Ounce	100188-H
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.03		
Fat	10.03g		
SaturatedFat	5.76g		
Trans Fat	0.00g		
Cholesterol	132.70mg		
Sodium	598.67mg		
Carbohydrates	3.76g		
Fiber	0.00g		
Sugar	1.76g		
Protein	16.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.79mg	Iron	0.76mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20296

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
Aunt Millie's Sandwich Bun- Himes	1 Each	3480

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving

Calories	308.00		
Fat	12.00g		
SaturatedFat	3.60g		
Trans Fat	0.60g		
Cholesterol	39.00mg		
Sodium	459.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	2.00mg