

Cookbook for NWES

Created by HPS Menu Planner

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Toast

Poptart Variety- 2 count

Muffin Variety

Yogurt Variety

Sausage, Egg, & Cheese Croissant

Bacon, Egg, & Cheese Croissant

Ham, Egg, & Cheese Croissant

Choice of Cereal

Muffin

100% Fruit Juice

PB & J

Turkey & Cheese Sandwich

Ham & Cheese Sandwich

Bologna & Cheese Sandwich

BLT Salad

Mandarin Orange Chicken Salad

Southwest Chicken Salad- WMS

Meat Sauce

Green Beans

California Blend

Creamed Chicken

Salad

Fresh Veggie Cup

Green Beans- Milford

Mashed Potatoes- Milford

Philly Steak Sandwich

Corn- Milford

PBJ Meal

Turkey Club Wrap with Goldfish Crackers

Breaded Chicken Caesar Salad with Garlic Breadstick

Yogurt Parfait with Pretzels

Choice of Cereal- Milford

Choice of Cereal Bar

Choice of Poptart

Hot Ham & Cheese Sandwich

Baked Beans

Chili

Chicken Salad Croissant

Fajita Chicken Wrap with Goldfish Crackers

Brussels Sprouts & Red Potatoes

Chef Salad with Garlic Breadstick

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Chicken Salad Croissant- HS 10 servings

Fruit Bowl w/ string cheese

Veggie Bowl w/ cottage cheese

Veggie Bowl w/ string cheese

Cranberry Bars

Cauliflower & Cheese

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Goulash

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Lasagna Roll-Ups

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Meatball Sub

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Meat Sauce for Spaghetti- HS

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Cheesy Ham & Potato Soup

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Sante Fe Salad

Breakfast Burrito

Scrambled Eggs with Sausage

Tater Tot Casserole

Ham & Cheese Sub

Breaded Chicken Breast

Apple Crisp

Hamburger

Asian Fried Brown Rice

Seasoned Rice

Baked Beans- Middle School

Broccoli- Middle School

Corn- Middle School

Taco Meat- Middle

Refried Beans- Middle

Oriental Vegetables- Middle School

Broccoli & Cheese- Middle School

Strawberries & Bananas

Chicken & Noodles-Middle

Ravioli with Meat Sauce

Pizza Boat

PB & J

Canadian Grilled Chicken

Salisbury Steak

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Ham, Egg, & Cheese Croissant

Philly Steak & Cheese- WMS

Peas & Carrots- Middle School

Sub Sandwich

PB & J with Cheese Stick

Field Trip Sack Lunch

Chef Salad- Middle School

Pizza Munchable

Cauliflower & Cheese

Glazed Carrots- Middle

Asparagus

Grab & Go Meal-Milford

Spaghetti with Meat Sauce

Powdered Donut

Cereal & Muffin Grab 'N Go

Assorted Muffins

Assorted Cereal

Assorted Juice

Yogurt

Variety of Pop-Tarts

Assorted Cereal Bars

Cold Ham & Cheese Sandwich

Cold Turkey and Cheese

Fajita Vegetables

Teriyaki Chicken

Asian Brown Rice

Grilled Chicken Sandwich

Hot Dog

Variety of Fresh Fruit

BBQ Rib Sandwich

Breaded Chicken Sandwich

Breaded Pork Patty Sandwich

Glazed Carrots

Lasagna Roll Ups

Sloppy Joes

Ravioli

Chicken Fajita

Sub Sandwich

Refried Beans

Seasoned Corn

Baked Beans

Broccoli w/ Cheese

Deviled Eggs

Lettuce Salad

California Blend w/ Cheese

Tater Puffs

Green Beans

Bacon Cheese Mashed Potatoes

Seasoned Mixed Vegetables

Seasoned Peas

Potato Smiles

Potato Cubes

Potato Wedges

Potato Starz

BBQ Chicken

Baked Apples

Baked Apples w/ Struesel Topping

Apple Crisp

Peach Crisp

Sloppy Joe Sandwich

Beef Taco Meat

Beef Taco Salad

Monster Cookie

Brownie Cookie

Oatmeal Dried Fruit Cookie

Chocolate Crinkle Cookie

Drop Sugar Cookie

Cut Out Sugar Cookie

Snickerdoodles

Chocolate Chip Cookie

No Bake Chocolate Cookie

Maple Brown Sugar Cookie

Oatmeal Cookie

Oatmeal Raisin Cookie

Molasses Cookie

Pumpkin Cookie

Raisin and Walnut Pumpkin Cookie

Pumpkin Bars

Baked Chips

Pancake

Pork BBQ Sandwich

Macaroni and Cheese

Sausage Sandwich

Creamed Chicken on a Biscuit

Ham, Turkey & Cheese Wrap

Chicken Taco

Egg & Sausage Patty

Egg & Sausage Link

Biscuit & Gravy

Fiesta Lime Corn

Lemon Roasted Carrots

Chicken Philly

Spaghetti w/ Meat Sauce

Ham, Egg and Cheese

Hamburger

Philly Steak & Cheese- WMS

Variety of Chips

Ham Salad on Croissant with Cheese Stick

Side Salad

Tuna Salad Croissant with Cheese Stick

Powdered Sugar Icing

Baked Chips

Winter Blend w/ Cheese Sauce

Corn w/ Black Beans

Fruit Cobbler

Thickened Strawberries and Bananas

Flour Thickner

Baked Apples

Creamed Turkey on a Biscuit

Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9378

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup	429198
TOMATO GRAPE SWT 10 MRKN	6 Each	129631
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	732486
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup	732478
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup	532312
Turkey Breast Deli	2 Ounce	100121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
DRESSING BTRMLK RNCH 60-1.5FLZ PMLL	1 Each	832181
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

Bake breadsticks.

Layer all salad ingredients in container.

Add dressing and breadsticks.

Cover.

Keep Chilled.

Meal Components (SLE)

Amount Per Serving

Meat	5.26
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.38
OtherVeg	0.50
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	924.29
Fat	62.84g
SaturatedFat	29.85g
Trans Fat	0.00g
Cholesterol	170.22mg
Sodium	1696.74mg
Carbohydrates	47.38g
Fiber	4.75g
Sugar	11.63g
Protein	49.50g
Vitamin A 1912.99IU	Vitamin C 41.29mg
Calcium 891.67mg	Iron 2.35mg

Southwest Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9380

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	150160
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
TOMATO GRAPE SWT 10 MRKN	6 Each	129631
PEPPERS COLORED MIXED ASST 12CT P/L	2 Tablespoon	491012
ONION RD SLIVERED 1/8 2-3 RSS	1/4 Cup	313157
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	163760
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	1/4 Cup	403573
PEPPERS JALAP SLCD 6-.5GAL GRSZ	5 Slice	499943
DRESSING RNCH SW 6-.5GAL PMLL	2 Fluid Ounce	266984
SPICE CHILI POWDER MILD 16Z TRDE	1/8 Teaspoon	331473
SPICE PEPR CHILE CHPTL GRND 18Z TRDE	1/8 Teaspoon	229551
SEASONING TACO 21Z TRDE	1/8 Teaspoon	413429
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

Reimbursable meal.

Must also offer 1 cup fruit, additional vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.33
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.38
OtherVeg	0.23
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	945.22
Fat	54.04g
SaturatedFat	13.77g
Trans Fat	0.00g
Cholesterol	93.33mg
Sodium	1615.66mg
Carbohydrates	86.35g
Fiber	16.43g
Sugar	22.94g
Protein	38.28g

Vitamin A	2010.62IU	Vitamin C	51.24mg
Calcium	379.61mg	Iron	5.30mg

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9381

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	129631
ONION RING RED 1/4 2-5 RSS	1/4 Cup	429198
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each	229431
BACON TOPPING 1 DCD 10 HRML	1/2 Cup	827002
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

Bake breadsticks.

Layer all salad ingredients, ending with eggs on top.

Add dressing (see separate recipe) and breadstick.

Cover.

Keep chilled.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
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	405.20		
Fat	12.70g		
SaturatedFat	4.15g		
Trans Fat	0.00g		
Cholesterol	202.00mg		
Sodium	508.80mg		
Carbohydrates	50.00g		
Fiber	9.90g		
Sugar	15.00g		
Protein	25.50g		
Vitamin A	749.70IU	Vitamin C	12.59mg

Calcium 187.99mg **Iron** 5.46mg

Greek Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9382

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	2 Cup	153121
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup	786543
ONION RD SLIVERED 1/8 2-3 RSS	1/4 Cup	313157
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup	532312
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1/4 Cup	324531
CHEESE PARM SHRD FCY 10-2 PG	2 Tablespoon	460095
TORTELLINI CHS TRI-COLOR 3-3.3 PG	5 Each	355330
DRESSING BALSM VINAG 60-1.5FLZ PMLL	1 Package	114841

Preparation Instructions

Mix all together except lettuce and dressing. Put over lettuce. Add dressing packet. Cover. Chill. Serve.
Must offer with at least 1 cup fruit, 2 oz. eq. whole grain, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.53
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	519.25
Fat	38.82g
SaturatedFat	13.95g
Trans Fat	0.00g
Cholesterol	61.20mg
Sodium	1341.37mg
Carbohydrates	24.09g
Fiber	4.33g
Sugar	6.95g
Protein	21.90g
Vitamin A	13.65IU
Vitamin C	0.37mg

Calcium 570.83mg **Iron** 3.36mg

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9383

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	2 Cup	153121
ONION RD SLIVERED 1/8 2-3 RSS	1/8 Cup	313157
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	491012
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup	786543
EGG HARD CKD PLD BIB 4-2.5 GFS	1/2 Each	229431
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup	532312
CHIX BRST STRP GRLLD CKD NAE 2-5	2 Ounce	863710

Preparation Instructions

Layer all ending with chicken strips. Cover. Chill. Serve.

Must offer with at least 1 cup fruit, 2 oz. eq. whole grain, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.88
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.52
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	152.61		
Fat	4.24g		
SaturatedFat	1.08g		
Trans Fat	0.00g		
Cholesterol	132.50mg		
Sodium	245.53mg		
Carbohydrates	8.53g		
Fiber	1.84g		
Sugar	4.49g		
Protein	19.40g		
Vitamin A	1013.59IU	Vitamin C	58.51mg
Calcium	51.33mg	Iron	1.66mg

Mandarin Orange Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9387

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup	429198
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup	532312
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	491012
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup	117897
CHIX BRST STRP GRLLD CKD NAE 2-5	2 Ounce	863710
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	1/2 Cup	124516
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

Package all ingredients together.

Is a reimbursable meal by itself.

Must still offer additional fruit, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	557.45
Fat	10.74g
SaturatedFat	3.33g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	664.28mg
Carbohydrates	87.17g
Fiber	11.28g
Sugar	32.25g
Protein	32.44g

Vitamin A	1413.59IU	Vitamin C	76.51mg
Calcium	190.47mg	Iron	6.86mg

Seven Layer Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9389

Ingredients

Description	Measurement	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each	229431
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup	429198
PEPPERS COLORED MIXED ASST 12CT P/L	1/8 Cup	491012
PEAS GREEN 6-4 GFS	1/4 Cup	610802
BACON TOPPING 3/8 DCD 2-5 HRML	1/4 Cup	104396
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
DRESSING SALAD 4-1GAL MIR WHIP	1/4 Cup	251066
SUGAR BEET GRANUL 25 GFS	1/8 Teaspoon	108588
SALT IODIZED 24-26Z GFS	1/8 Teaspoon	108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1/8 Teaspoon	225045
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

Layer all ingredients, ending with cheese and bacon. Cover. Serve. May serve dressing on the side.

Counts as reimbursable meal by itself.

Must still offer with at least 1 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.38

Legumes	0.00
Starch	0.25

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	729.01		
Fat	46.03g		
SaturatedFat	16.50g		
Trans Fat	0.00g		
Cholesterol	285.00mg		
Sodium	1832.45mg		
Carbohydrates	49.80g		
Fiber	4.50g		
Sugar	13.29g		
Protein	32.42g		
Vitamin A	969.22IU	Vitamin C	32.47mg
Calcium	281.83mg	Iron	3.35mg

Spinach Berry Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9391

Ingredients

Description	Measurement	DistPart #
SPINACH BABY CLND 2-2 RSS	2 Cup	560545
BLUEBERRIES 12-1/2PT P/L	1/2 Cup	212555
STRAWBERRY 8 MRKN	1/2 Cup	212768
WALNUT PCS MED 30 GFS	1/4 Cup	585041
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup	786543
CUCUMBER SDLSS 12-1CT P/L	1/8 Cup	532312
APPLE GALA 138CT MRKN	1/4 Cup	569392

Preparation Instructions

Layer all ingredients is appropriate container. Cover. Chill. Serve.

Must offer with 2 oz. eq. whole grain and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	1.45
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	365.28
Fat	20.82g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	54.60mg
Carbohydrates	45.51g
Fiber	11.53g
Sugar	27.03g
Protein	8.95g
Vitamin A 129.96IU	Vitamin C 80.77mg
Calcium 125.57mg	Iron 3.80mg

Beef Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9393

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup	429198
TOMATO GRAPE SWT 10 MRKN	6 Each	129631
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	491012
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1/4 Cup	324531
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce	722330
TORTILLA BOWL EDIBOWL 6.25 12-12CT	1 Each	549096

Preparation Instructions

Layer all ingredients with the meat on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.75
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	437.50		
Fat	22.06g		
SaturatedFat	8.46g		
Trans Fat	0.23g		
Cholesterol	57.60mg		
Sodium	1060.28mg		
Carbohydrates	39.57g		
Fiber	7.60g		
Sugar	8.45g		
Protein	23.39g		
Vitamin A	2370.89IU	Vitamin C	71.33mg
Calcium	281.14mg	Iron	6.38mg

Chicken Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9395

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	2 Cup	153121
ONION RED JUMBO 10 MRKN	1/8 Cup	596973
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup	786543
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	491012
CHEESE CHED MLD SHRD 4-5 LOL	3/8 Cup	150250
TORTILLA BOWL EDIBOWL 6.25 12-12CT	1 Each	549096
CHIX TACO FILLING CKD 4-5.03 TYS	2 1/2 Ounce	200511

Preparation Instructions

Layer all ingredients with the meat on the side.

Meal Components (SLE)

Amount Per Serving

Meat	3.18
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.33
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	467.97		
Fat	24.01g		
SaturatedFat	11.00g		
Trans Fat	0.00g		
Cholesterol	126.85mg		
Sodium	940.45mg		
Carbohydrates	34.45g		
Fiber	4.27g		
Sugar	6.06g		
Protein	31.88g		
Vitamin A	1456.54IU	Vitamin C	60.35mg
Calcium	331.83mg	Iron	3.40mg

Egg Salad

Servings:	8.00	Category:	Entree
Serving Size:	1.00 #8 Scoop	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9396

Ingredients

Description	Measurement	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GFS	8 Each	229431
DRESSING SALAD 4-1GAL MIR WHIP	1/2 Cup	251066
MUSTARD PKT 500-5.5GM GFS	1 Each	700051
ONION GREEN DCD 1/4 2-3 P/L	1/4 Cup	319228
SALT IODIZED 24-26Z GFS	1/4 Teaspoon	108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1/8 Teaspoon	225045
SPICE PAPRIKA 16Z TRDE	1/4 Teaspoon	518331

Preparation Instructions

Mix all ingredients together. Spread on bread or crackers.

Really great when served on rye bread.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.03
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 #8 Scoop

Amount Per Serving

Calories	131.57		
Fat	10.04g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	190.00mg		
Sodium	249.69mg		
Carbohydrates	3.27g		
Fiber	0.15g		
Sugar	2.07g		
Protein	6.10g		
Vitamin A	79.15IU	Vitamin C	0.74mg
Calcium	28.54mg	Iron	1.08mg

Macaroni Salad

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9403

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	6 Gallon	000001WTR
PASTA ELBOW MACAR 2-10 KE	5 1/4 Pound	654550
MAYONNAISE LT 4-1GAL GFS	1 1/2 Quart	429406
CELERY DCD 1/2 2-5 RSS	1 Quart	503924
ONION DCD 1/4 2-5 RSS	8 Ounce	198307
RELISH SWT PICKLE 4-1GAL GFS	1 Cup	517186
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Teaspoon	225037
SPICE MUSTARD DRY 1 COLMANS	1 Ounce	400018
SALT IODIZED 24-26Z GFS	2 Teaspoon	108308

Preparation Instructions

Directions:

Heat water to rolling boil. Add salt.

Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Rinse under cold water.

Add mayonnaise. Mix

Add celery, onions, pickle relish, pepper, dry mustard, and salt. Toss lightly. Spread 3 lb 13 ½ oz (approximately 3 qt ½ 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: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.

Portion with No. 8 scoop (½ cup).

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.42
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories	111.18		
Fat	1.39g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	9.60mg		
Sodium	120.44mg		
Carbohydrates	22.28g		
Fiber	0.92g		
Sugar	2.28g		
Protein	2.98g		
Vitamin A	22.27IU	Vitamin C	0.15mg
Calcium	7.18mg	Iron	0.85mg

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9429

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup	429198
TOMATO GRAPE SWT 10 MRKN	6 Each	129631
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	732486
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup	732478
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup	532312
Ham, Cubed Frozen	2 Ounce	100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
DRESSING BTRMLK RNCH 60-1.5FLZ PMLL	1 Each	832181
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

Bake breadsticks.

Layer all salad ingredients in container.

Add dressing and breadstick.

Cover.

Keep Chilled.

Meal Components (SLE)

Amount Per Serving

Meat	5.64
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.38
OtherVeg	0.50
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	914.51
Fat	61.96g
SaturatedFat	30.23g
Trans Fat	0.00g
Cholesterol	164.51mg
Sodium	1738.70mg
Carbohydrates	49.40g
Fiber	4.75g
Sugar	13.26g
Protein	46.37g
Vitamin A 1912.99IU	Vitamin C 41.29mg
Calcium 891.67mg	Iron 2.35mg

Dressing for BLT Salad

Servings:	10.00	Category:	Condiments or Other
Serving Size:	1.00 1/4 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9431

Ingredients

Description	Measurement	DistPart #
DRESSING SALAD 4-1GAL MIR WHIP	2 1/2 Cup	251066
SUGAR BEET GRANUL 25 GFS	2 1/2 Teaspoon	108588
SALT IODIZED 24-26Z GFS	1 1/4 Teaspoon	108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1 1/4 Teaspoon	225045
LEMON JUICE 100 12-32FLZ GCHC	1/4 Teaspoon	311227

Preparation Instructions

Mix all ingredients together. Portion in 2 oz. cups and serve in container with BLT Salad.

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: 10.00

Serving Size: 1.00 1/4 cup

Amount Per Serving

Calories	203.78		
Fat	20.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	713.05mg		
Carbohydrates	9.00g		
Fiber	0.00g		
Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.03mg
Calcium	0.23mg	Iron	0.00mg

Turkey & American on Whole Wheat

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9979

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 1/2 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
380 - Aunt Millie's WG Honey White Bread	2 Each	380
Variety of Fruit	1 Cup	

Preparation Instructions

Layer turkey and cheese on sandwich.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
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	468.05		
Fat	7.64g		
SaturatedFat	3.07g		
Trans Fat	0.00g		
Cholesterol	51.53mg		
Sodium	912.96mg		
Carbohydrates	76.57g		
Fiber	12.00g		
Sugar	37.00g		
Protein	23.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

Ham & American on Whole Wheat

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9980

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
380 - Aunt Millie's WG Honey White Bread	2 Each	380
Variety of Fruit	1 Cup	

Preparation Instructions

Layer ham and cheese on sandwich.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
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	440.66		
Fat	7.78g		
SaturatedFat	3.14g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	870.33mg		
Carbohydrates	78.28g		
Fiber	12.00g		
Sugar	38.64g		
Protein	17.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

Club Sandwich on Pretzel Hoagie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9981

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	1 Ounce	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	100187
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SAUS PRTZL 2.6Z 12-6CT PRETZILLA	1 Each	606662
Variety of Fruit	1 Cup	

Preparation Instructions

Layer meat and cheese on bread.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.31
Grain	0.00
Fruit	1.00
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	505.55		
Fat	12.40g		
SaturatedFat	2.95g		
Trans Fat	0.00g		
Cholesterol	49.86mg		
Sodium	959.35mg		
Carbohydrates	80.27g		
Fiber	9.00g		
Sugar	34.82g		
Protein	21.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	2.00mg

Bacon Club Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9982

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	1 Ounce	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	100187
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
Variety of Fruit	1 Cup	

Preparation Instructions

Layer meat and cheese on tortilla.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.31
Grain	2.00
Fruit	1.00
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	485.55		
Fat	13.40g		
SaturatedFat	4.95g		
Trans Fat	0.00g		
Cholesterol	49.86mg		
Sodium	959.35mg		
Carbohydrates	72.27g		
Fiber	11.00g		
Sugar	33.82g		
Protein	21.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.62mg

Chicken Salad Croissant

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9984

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	2 Quart	100101
EGG HARD CKD PLD BIB 4-2.5 GFS	2 1/2 Cup	229431
RELISH SWT PICKLE 4-1GAL GFS	1 1/2 Cup	517186
SUGAR BEET GRANUL 25 GFS	11 Tablespoon	108588
SPICE ONION POWDER 19Z TRDE	1 Teaspoon	126993
SPICE ONION POWDER 19Z TRDE	1 Teaspoon	126993
SPICE CELERY SEED GRND 16Z TRDE	1 Teaspoon	513679
SPICE CELERY SEED GRND 16Z TRDE	1 Teaspoon	513679
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/2 Teaspoon	224847
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/2 Teaspoon	224847
SEASONING POULTRY 10Z TRDE	1 Teaspoon	273996
SEASONING POULTRY 10Z TRDE	1 Teaspoon	273996
DRESSING SALAD 4-1GAL MIR WHIP	1 1/2 Cup	251066
DRESSING SALAD 4-1GAL MIR WHIP	1 1/2 Cup	251066
CELERY STIX 4-3 RSS	1/2 Cup	781592
CELERY STIX 4-3 RSS	1/2 Cup	781592
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon	225045
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon	225045
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	20 Each	172172
Variety of Fruit	20 Cup	

Preparation Instructions

Mix all ingredients together.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.63
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	640.11
Fat	25.26g
SaturatedFat	6.65g
Trans Fat	0.15g
Cholesterol	146.46mg
Sodium	1145.28mg
Carbohydrates	85.40g
Fiber	10.10g
Sugar	47.00g
Protein	19.56g
Vitamin A 55.68IU	Vitamin C 0.52mg
Calcium 42.60mg	Iron 2.30mg

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9985

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup	541966
Variety of Fruit	1 Cup	
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/2 Cup	711664

Preparation Instructions

Layer yogurt, fruit, and granola in container.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
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		526.67	
Fat		9.00g	
SaturatedFat		2.67g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		286.67mg	
Carbohydrates		99.33g	
Fiber		10.00g	
Sugar		73.00g	
Protein		12.67g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	350.00mg	Iron	0.72mg

Grab & Go Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9986

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	3 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
CRACKER RITZ 300-2CT NAB	2 Package	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	112186
SAUCE TZATZIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	242742
Variety of Fruit	1 Cup	

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.89
Grain	2.00
Fruit	1.00
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	710.66		
Fat	24.77g		
SaturatedFat	10.39g		
Trans Fat	0.00g		
Cholesterol	67.83mg		
Sodium	1487.55mg		
Carbohydrates	91.89g		
Fiber	11.00g		
Sugar	37.00g		
Protein	32.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 57.72mg **Iron** 2.48mg

Fruit Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9987

Ingredients

Description	Measurement	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	4 Ounce	329487
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
CRACKER RITZ 300-2CT NAB	2 Package	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	112186
SAUCE TZATZIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	242742
Variety of Fruit	1 Cup	

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
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	615.00
Fat	17.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	1110.00mg
Carbohydrates	93.00g
Fiber	11.00g
Sugar	39.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 157.72mg	Iron 2.48mg

Broccoli & Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10013

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	30 Pound	110473
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package	135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	82.30		
Fat	4.14g		
SaturatedFat	2.66g		
Trans Fat	0.00g		
Cholesterol	11.82mg		
Sodium	256.03mg		
Carbohydrates	6.23g		
Fiber	2.68g		
Sugar	0.89g		
Protein	5.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	123.52mg	Iron	0.00mg

Roasted Butternut Squash

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10014

Ingredients

Description	Measurement	DistPart #
SQUASH BTRNUT DCD 1 4-4 P/L	40 Pound	668831
SPICE CINNAMON GRND 5 TRDE	4 Teaspoon	224731
SALT IODIZED 25 CARG	4 Tablespoon	108286
SPICE PEPR BLK REST GRIND 16Z TRDE	4 Teaspoon	225061
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	2 Cup	645182

Preparation Instructions

Preheat oven to 350 degrees.

Toss all ingredients together until well coated.

Place squash on full sheet pans. Be sure to not overcrowd pans or squash will steam instead of roasting. (Will probably need about 5 pans for 40 lbs. squash.)

Bake for 30-40 minutes until tender.

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	110.40		
Fat	4.48g		
SaturatedFat	0.32g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	282.82mg		
Carbohydrates	19.20g		
Fiber	3.20g		
Sugar	3.20g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	77.41mg	Iron	1.12mg

BBQ Rib on Hoagie Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10015

Ingredients

Description	Measurement	DistPart #
PORK RIB-Q CN 160-2.4Z COMM	1 Each	108980
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	5113

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	290.00		
Fat	9.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	630.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	19.00g		
Vitamin A	300.00IU	Vitamin C	1.20mg
Calcium	20.00mg	Iron	1.08mg

Roasted Brussels Sprouts & Red Potatoes

Servings:	175.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10016

Ingredients

Description	Measurement	DistPart #
SPROUT BRUSSEL MED 12-2 GCHC	24 Pound	426288
POTATO RED A SZ 50 MRKN	10 Pound	530018
ONION RING RED 1/4 2-5 RSS	2 Pound	429198
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Pound	191205
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	4 Cup	645182
GARLIC MINCED IN WTR 6-32Z ITALR	32 Ounce	874910
SPICE PAPRIKA 16Z TRDE	1/4 Cup	518331
SPICE GARLIC SALT NO MSG 37Z TRDE	1/2 Cup	224847
SPICE GARLIC GRANULATED 24Z TRDE	1/4 Cup	513881
SEASONING VEGETABLE NO SALT 21Z TRDE	1/2 Cup	647230
SPICE THYME LEAF 6Z TRDE	1/4 Cup	513814
SPICE PARSLEY FLAKES 11Z TRDE	1/4 Cup	513989
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup	225061

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	0.38

Legumes	0.00
Starch	0.13

Nutrition Facts			
Servings Per Recipe: 175.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	114.15		
Fat	7.41g		
SaturatedFat	1.65g		
Trans Fat	0.00g		
Cholesterol	5.49mg		
Sodium	326.40mg		
Carbohydrates	11.00g		
Fiber	3.13g		
Sugar	0.50g		
Protein	2.89g		
Vitamin A	91.06IU	Vitamin C	5.15mg
Calcium	20.93mg	Iron	0.88mg

Candied Carrots

Servings:	93.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10017

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL 30 KE	15 Pound	360240
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/4 Cup	191205
SUGAR BROWN MED 25 GFS	3/4 Cup	108626

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.50		
Fat	0.47g		
SaturatedFat	0.30g		
Trans Fat	0.00g		
Cholesterol	1.29mg		
Sodium	5.63mg		
Carbohydrates	7.71g		
Fiber	1.76g		
Sugar	5.07g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Beef & Noodles

Servings:	410.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10019

Ingredients

Description	Measurement	DistPart #
BEEF CUBED W/BROTH 6-48Z HRTHSTN	14 #5 CAN	749640
ONION DEHY SUPER TOPPER 6-2 P/L	1 Pound	223255
SEASONING LIQ 12-1QT KITCHEN BOUQUET	2 Cup	442704
SAUCE WORCESTERSHIRE 4-1GAL FRENC	2 1/2 Cup	109843
BASE BEEF NO MSG LO SOD 6-1 MINR	6 Pound	580562
SPICE CELERY SALT 32Z TRDE	3/4 Cup	231517
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup	225061
SPICE OREGANO LEAF 5Z TRDE	1/4 Cup	513733
PASTA NOODL KLUSKI AMISH 10 INN MAID	38 Pound	456632

Preparation Instructions

Must be served with additional meat/meat alternate such as cheese stick additional grain.

Combine all ingredients except noodles. Heat to 165 degrees.

Add noodles and set timer to be stirred every 10 minutes.

Cook until noodles are tender. Remove from heat and dip into pans.

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: 410.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	268.73
Fat	7.34g
SaturatedFat	3.29g
Trans Fat	0.00g
Cholesterol	127.91mg
Sodium	290.58mg
Carbohydrates	31.53g
Fiber	0.86g

Sugar			0.55g
Protein			19.38g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.17mg	Iron	2.53mg

Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10021

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
SAUCE SPAGHETTI 6-10 P/L	1 Tablespoon	744520
PEPPERONI SLCD 14-16/Z 2-5 GFS	3 Each	729981
CHEESE MOZZ SHRD 4-5 LOL	1 1/2 Tablespoon	645170
4 inch whole grain hamburger buns - 30 ct	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.38
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.16
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	375.50
Fat	16.81g
SaturatedFat	5.66g
Trans Fat	0.60g
Cholesterol	50.25mg
Sodium	630.25mg
Carbohydrates	3.88g
Fiber	3.25g
Sugar	5.38g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.13mg	Iron 2.19mg

Chicken Alfredo

Servings:	36.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10022

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	72 Ounce	000001WTR
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	155661
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Pound	100117
CHEESE MOZZ SHRD 4-5 LOL	10 Ounce	645170
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	3 Pound	229951

Preparation Instructions

Preheat convection oven to 300°F.

Lightly spray bottom and sides of SS 4 inch deep hotel pan with oil or non-stick cooking spray.

To assemble dish:

Cut open bag of thawed JTM Alfredo Sauce and place in the center of pan.

Add hot water to pan and blend using wire whisk.

Add dry pasta to mixture and blend using a rubber spatula.

Cover pan with foil and transfer to preheated oven.

Remove from oven after 30 minutes and blend in chicken fajita and mozzarella cheese.

Cover and place back into oven for an additional 10 to 15 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	330.23
Fat	10.58g
SaturatedFat	5.53g
Trans Fat	0.00g
Cholesterol	61.12mg
Sodium	781.91mg
Carbohydrates	34.60g
Fiber	2.67g
Sugar	6.17g

Protein	22.14g		
Vitamin A	268.66IU	Vitamin C	0.00mg
Calcium	302.47mg	Iron	1.20mg

Roasted Baby Carrots

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10023

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	5 Pound	768146
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1/3 Cup	645182
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon	224839
SALT IODIZED 25 CARG	1/2 Teaspoon	108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon	225061

Preparation Instructions

Toss together until well coated. Put on full sheet pan and bake at 350 degrees for 20-30 minutes or until mostly tender.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	4.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	79.46		
Fat	3.70g		
SaturatedFat	0.26g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	137.44mg		
Carbohydrates	11.27g		
Fiber	3.62g		
Sugar	5.33g		
Protein	0.95g		
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	36.06mg	Iron	0.03mg

Refried Beans with Cheese

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10024

Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	2 #10 CAN	293962
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.34
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	188.17		
Fat	5.21g		
SaturatedFat	2.57g		
Trans Fat	0.00g		
Cholesterol	10.17mg		
Sodium	635.61mg		
Carbohydrates	25.13g		
Fiber	6.47g		
Sugar	1.08g		
Protein	10.99g		
Vitamin A	101.67IU	Vitamin C	0.00mg
Calcium	115.94mg	Iron	2.16mg

Peanut Butter Sandwich with Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10025

Ingredients

Description	Measurement	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each	380
PEANUT BUTTER SMOOTH 6-5 GFS	2 Tablespoon	183245
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each	786510

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	460.00		
Fat	23.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	650.00mg		
Carbohydrates	42.00g		
Fiber	6.00g		
Sugar	8.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	198.00mg	Iron	12.72mg

Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10027

Ingredients

Description	Measurement	DistPart #
380 - Aunt Millie's WG Honey White Bread	1 Each	380
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Teaspoon	191205

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	123.33		
Fat	4.67g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	190.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

Poptart Variety- 2 count

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10028

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	452082
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	123081
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	123031
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.38
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 Package

Amount Per Serving

Calories	365.00		
Fat	5.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	380.00mg		
Carbohydrates	76.00g		
Fiber	6.00g		
Sugar	30.25g		
Protein	4.50g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Muffin Variety

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10029

Ingredients

Description	Measurement	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each	279991
MUFFIN BAN WGRAIN IW 60-1.94Z GCHC	1 Each	280030
MUFFIN BLUEB WGRAIN IW 60-1.94Z GCHC	1 Each	280021
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	1 Each	280001
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	557991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	184.29		
Fat	7.71g		
SaturatedFat	1.79g		
Trans Fat	0.01g		
Cholesterol	27.14mg		
Sodium	180.00mg		
Carbohydrates	26.57g		
Fiber	0.86g		
Sugar	13.71g		
Protein	3.00g		
Vitamin A	23.81IU	Vitamin C	0.16mg
Calcium	16.50mg	Iron	1.03mg

Yogurt Variety

Servings:	17.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10030

Ingredients

Description	Measurement	DistPart #
YOGURT RASPB N/F LT 12-6Z YOPL	1 Each	465658
YOGURT STRAWB BAN L/F 12-6Z YOPL	1 Each	307742
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	551751
YOGURT RASPB L/F FOTB 12-5.3Z DANN	1 Each	827542
YOGURT STRAWB BAN L/F FOTB 12-5.3Z	1 Each	827531
YOGURT STRAWB L/F FOTB 12-5.3Z DANN	1 Each	827402
YOGURT CHERRY L/F 12-6Z YOPL	1 Each	222054
YOGURT BLUEB L/F FOTB 12-5.3Z DANN	1 Each	827431
YOGURT RASPB L/F 12-6Z YOPL	1 Each	222038
YOGURT CHRY L/F FOTB 12-5.3Z DANN	1 Each	827461
YOGURT BRY MXD L/F FOTB 12-5.3Z DANN	1 Each	827481
YOGURT VAN L/F 12-5.3Z DANN	1 Each	827611
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
YOGURT BLUEB L/F 12-6Z YOPL	1 Each	222046
YOGURT PCH L/F FOTB 12-5.3Z DANN	1 Each	827471
YOGURT PCH N/F 12-5.3Z LTN FIT	1 Each	719301
YOGURT STRAWB L/F 12-6Z YOPL	1 Each	222097

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.66
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: 17.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	125.88		
Fat	1.47g		
SaturatedFat	0.82g		
Trans Fat	0.00g		
Cholesterol	6.76mg		
Sodium	86.76mg		
Carbohydrates	23.24g		
Fiber	0.00g		
Sugar	18.24g		
Protein	5.29g		
Vitamin A	132.35IU	Vitamin C	0.00mg
Calcium	188.24mg	Iron	0.00mg

Sausage, Egg, & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10031

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	109000
EGG SCRMBD PTY RND 3.5 165-1.25Z GFS	1 Each	592625
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice	271411
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	405.00
Fat	22.00g
SaturatedFat	8.50g
Trans Fat	0.15g
Cholesterol	137.50mg
Sodium	865.00mg
Carbohydrates	31.50g
Fiber	2.00g
Sugar	5.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.14mg
Calcium 142.64mg	Iron 2.16mg

Bacon, Egg, & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10032

Ingredients

Description	Measurement	DistPart #
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
EGG SCRMBD PTY RND 3.5 165-1.25Z GFS	1 Each	592625
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice	271411
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.68
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	355.00
Fat	18.50g
SaturatedFat	7.00g
Trans Fat	0.15g
Cholesterol	117.50mg
Sodium	715.00mg
Carbohydrates	31.50g
Fiber	2.00g
Sugar	5.50g
Protein	13.50g
Vitamin A 0.00IU	Vitamin C 0.14mg
Calcium 122.64mg	Iron 1.80mg

Ham, Egg, & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10033

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 9/10 Ounce	100187
EGG SCRMBD PTY RND 3.5 165-1.25Z GFS	1 Each	592625
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice	271411
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.06
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	392.62
Fat	20.11g
SaturatedFat	8.56g
Trans Fat	0.15g
Cholesterol	140.53mg
Sodium	966.31mg
Carbohydrates	34.61g
Fiber	2.00g
Sugar	7.06g
Protein	19.29g
Vitamin A 0.00IU	Vitamin C 0.14mg
Calcium 122.64mg	Iron 1.80mg

Choice of Cereal

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10250

Ingredients

Description	Measurement	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790

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	110.00		
Fat	1.63g		
SaturatedFat	0.38g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	23.75g		
Fiber	2.25g		
Sugar	7.50g		
Protein	1.75g		
Vitamin A	350.00IU	Vitamin C	8.70mg
Calcium	75.00mg	Iron	4.28mg

Muffin

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10251

Ingredients

Description	Measurement	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	185.00		
Fat	6.50g		
SaturatedFat	1.25g		
Trans Fat	0.05g		
Cholesterol	10.00mg		
Sodium	120.00mg		
Carbohydrates	28.50g		
Fiber	1.50g		
Sugar	14.50g		
Protein	2.50g		
Vitamin A	7.21IU	Vitamin C	0.03mg
Calcium	6.38mg	Iron	1.03mg

100% Fruit Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10252

Ingredients

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

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

PB & J

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10255

Ingredients

Description	Measurement	DistPart #
PEANUT BUTTER CRMY 12-16Z JIF	3 Tablespoon	331921
JELLY ASST 6-10 GCHC	1 Tablespoon	100978
380 - Aunt Millie's WG Honey White Bread	2 Each	380

Preparation Instructions

Spread peanut butter on one slice of bread.

Spread jelly on other slice of bread.

Put slices together for sandwich.

Place in bag and seal.

*Take allergen precautions with peanut butter and assemble in separate area of kitchen.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	515.00		
Fat	26.00g		
SaturatedFat	5.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	536.70mg		
Carbohydrates	59.00g		
Fiber	7.00g		
Sugar	21.50g		
Protein	16.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.50mg	Iron	13.50mg

Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10256

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 1/2 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each	500162
PICKLE KOSH DILL CHIP C/C 5GAL BRICKS	3 Slice	242667
LETTUCE LEAF BTTR BRGR 2-5	1 Piece	416593

Preparation Instructions

Get a clear sandwich container with lid.

Put a nice piece of leaf lettuce in bottom. Place 3 pickles on lettuce. Place bottom piece of pretzel bun, two slices of turkey, and one slice of cheese. Cover with top pretzel bun. Put lid on and mark accordingly on package.

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	289.30		
Fat	8.14g		
SaturatedFat	4.07g		
Trans Fat	0.00g		
Cholesterol	51.53mg		
Sodium	812.54mg		
Carbohydrates	31.74g		
Fiber	3.17g		
Sugar	3.08g		
Protein	22.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.33mg	Iron	1.88mg

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10257

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172
PICKLE KOSH DILL CHIP C/C 5GAL BRICKS	3 Slice	242667
LETTUCE LEAF BTTR BRGR 2-5	1 Piece	416593

Preparation Instructions

Get a clear sandwich container with lid. Put a nice piece of leaf lettuce in bottom. Place 3 pickles on lettuce. Place bottom piece of w/g Croissant, two slices of ham, and one slice of cheese. Cover with top w/g croissant but. Put lid on and mark accordingly on package.

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	321.91		
Fat	14.78g		
SaturatedFat	6.64g		
Trans Fat	0.15g		
Cholesterol	42.01mg		
Sodium	1029.91mg		
Carbohydrates	34.45g		
Fiber	2.17g		
Sugar	7.72g		
Protein	17.28g		
Vitamin A	0.00IU	Vitamin C	0.14mg
Calcium	26.47mg	Iron	1.88mg

Bologna & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10258

Ingredients

Description	Measurement	DistPart #
BOLOGNA BEEF DELI SLCD 6-2 GCHC	2 Ounce	126680
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each	500162
PICKLE KOSH DILL CHIP C/C 5GAL BRICKS	3 Slice	242667
LETTUCE LEAF BTTR BRGR 2-5	1 Piece	416593

Preparation Instructions

Get a clear sandwich container with lid. Put a nice piece of leaf lettuce in bottom. Place three pieces on lettuce. Place bottom piece of pretzel but, two slices of bologna, and one slice of cheese. Cover with top pretzel bun. Put lid on and mark accordingly on package.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	381.25		
Fat	20.00g		
SaturatedFat	8.50g		
Trans Fat	0.50g		
Cholesterol	42.50mg		
Sodium	759.58mg		
Carbohydrates	34.17g		
Fiber	3.17g		
Sugar	5.08g		
Protein	16.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.33mg	Iron	2.60mg

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10260

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
TOMATO GRAPE SWT 10 MRKN	5 Each	129631
ONION RING RED 1/4 2-5 RSS	1/4 Cup	429198
EGG HARD CKD PLD BIB 4-2.5 GFS	1 Each	229431
BACON TOPPING 1 DCD 10 HRML	4 Fluid Ounce	827002

Preparation Instructions

- Steam eggs in slotted pan for 15 minutes.
- Slice with egg slicer.
- Layer all salad ingredients, ending with eggs on top.
- Cover.
- Keep chilled.
- Offer with bread sticks and dressing.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.31
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	630.13		
Fat	41.13g		
SaturatedFat	14.33g		
Trans Fat	0.00g		
Cholesterol	321.00mg		
Sodium	2177.21mg		
Carbohydrates	10.69g		
Fiber	3.49g		
Sugar	6.06g		
Protein	51.30g		
Vitamin A	468.56IU	Vitamin C	9.79mg

Calcium 86.55mg **Iron** 3.54mg

Mandarin Orange Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10261

Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	152121
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup	429198
CUCUMBER SDLSS 12-1CT P/L	1/4 Cup	532312
ORANGES MAND WHL L/S 6-10 GFS	1/4 Cup	117897
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	1/4 Cup	124516

Preparation Instructions

Measure chow mein noodles. Put in a small bag and seal.

Place the mandarin oranges in 4 oz. cups with lids.

Package all ingredients together.

Offer with bread sticks and dressing.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.25
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	267.95		
Fat	5.53g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	455.25mg		
Carbohydrates	28.00g		
Fiber	3.88g		
Sugar	13.25g		
Protein	26.48g		
Vitamin A	213.65IU	Vitamin C	9.37mg
Calcium	64.08mg	Iron	2.98mg

Southwest Chicken Salad- WMS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10262

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	150160
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
TOMATO GRAPE SWT 10 MRKN	6 Each	129631
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	163760
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	1/4 Cup	403573
DRESSING RNCH SW CUP 96-2FLZ PMLL	1 Each	266974

Preparation Instructions

Assemble all ingredients in this order:

Lettuce

Tomatoes

corn and black bean

Bag of Tortilla Chips

Cheese (Bag)

Chicken

in clear container and label accordingly. Seal.

Serve with Breadsticks.

Meal Components (SLE)

Amount Per Serving

Meat	2.33
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.13

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	711.02
Fat	50.02g
SaturatedFat	12.27g
Trans Fat	0.00g
Cholesterol	93.33mg
Sodium	1217.78mg
Carbohydrates	44.96g
Fiber	9.63g
Sugar	12.88g
Protein	27.07g
Vitamin A 1510.65IU	Vitamin C 22.17mg
Calcium 263.33mg	Iron 2.02mg

Meat Sauce

Servings:	488.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10263

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	7 #10 CAN	852759
BEEF CRUMBLES 8-5 COMM	30 Pound	581950

Preparation Instructions

Serve meat sauce with 2 oz. scoop. Students will take enough with 2 oz. scoop to measure at least 4 fl. oz. (May need to use 4 fl. oz. scoop on tray to give cashiers visual of serving size.)

Must serve spaghetti & meat sauce with another meat/meat alternate, such as bosco stick.

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: 488.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	64.96		
Fat	2.75g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	11.80mg		
Sodium	337.77mg		
Carbohydrates	4.20g		
Fiber	1.27g		
Sugar	2.54g		
Protein	6.38g		
Vitamin A	287.80IU	Vitamin C	2.54mg
Calcium	15.47mg	Iron	0.71mg

Green Beans

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10264

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	6 #10 CAN	100307
BUTTER SUB 24-4Z BTRBUDS	6 Ounce	209810
SPICE ONION POWDER 19Z TRDE	3 Teaspoon	126993

Preparation Instructions

Spray 2 medium pans with lids.

Drain green beans in sink with medium slotted pan.

Put three cans of green beans in each pan.

Steam with lid ajar approximately 10-12 minutes.

Temp.

Season with 3 oz butterbuds and 1.5 tsp. onion powder per pan.

Gently stir well.

Put in heated pass-thru. Cover with lid.

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: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.83		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.89mg		
Carbohydrates	3.48g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

California Blend

Servings:	171.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10265

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	9 Pound	110473
Carrots fzn	9 Pound	100352
CAULIFLOWER IQF 30 GFS	9 Pound	285600
BUTTER SUB 24-4Z BTRBUDS	9 Ounce	209810
SPICE ONION POWDER 19Z TRDE	4 1/2 Teaspoon	126993

Preparation Instructions

Spray 3 medium pans with lids.

Add 3 lbs. carrots, 3 lbs. broccoli, and 3 lbs. cauliflower per pan.

Steam with lid ajar. Start with 5 minutes. Stir and temp.

Continue steaming if necessary in 2 minute increments.

Drain- leaving a small amount of liquid in each pan.

This is very touchy on the timing.

Season each pan with 3 oz. butterbuds and 1.5 ts. onion powder.

Cover with lid and hold in heated pass-thru.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.13
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 171.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	21.23
Fat	0.33g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	7.83mg
Sodium	30.88mg
Carbohydrates	4.55g
Fiber	1.94g
Sugar	1.69g
Protein	1.28g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	0.00mg

Creamed Chicken

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11017

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	40 Pound	100101
SOUP CRM OF CHIX 12-5 HLTHYREQ	12 #5 CAN	695513
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	12 #5 CAN	488259
VEG MIXED 30 GFS	30 Pound	285690
Tap Water for Recipes	6 Cup	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.13
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.34
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	146.84		
Fat	4.12g		
SaturatedFat	0.43g		
Trans Fat	0.00g		
Cholesterol	50.48mg		
Sodium	322.63mg		
Carbohydrates	12.30g		
Fiber	1.80g		
Sugar	3.15g		
Protein	14.95g		
Vitamin A	142.03IU	Vitamin C	0.00mg
Calcium	28.41mg	Iron	0.30mg

Salad

Servings:	218.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11021

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	10 Pound	153121
CUCUMBER SELECT 6CT MRKN	6 Each	592323
EGG HARD CKD PLD 10 DEB EL	4 Each	557540
CARROT MATCHSTICK SHRED 2-3 RSS	3 Pound	198161
RADISH SLCD 1/8 2-3 RSS	3 Pound	212733
DRESSING RNCH BTRMLK 4-1GAL MARZ	33/100 Gallon	292877

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	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 218.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.55		
Fat	3.00g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	4.00mg		
Sodium	50.60mg		
Carbohydrates	1.98g		
Fiber	0.72g		
Sugar	1.08g		
Protein	0.52g		
Vitamin A	1057.54IU	Vitamin C	1.42mg
Calcium	9.97mg	Iron	0.21mg

Fresh Veggie Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11024

Ingredients

Description	Measurement	DistPart #
CARROT STIX STRAIGHT CUT 2-5 RSS	2 Each	576646
CELERY STIX 4-3 RSS	1 Each	781592
TOMATO GRAPE SWT 10 MRKN	3 Each	129631

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	0.31
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	18.74		
Fat	0.08g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	27.82mg		
Carbohydrates	4.52g		
Fiber	1.59g		
Sugar	2.62g		
Protein	0.55g		
Vitamin A	5795.25IU	Vitamin C	7.24mg
Calcium	22.28mg	Iron	0.18mg

Green Beans- Milford

Servings:	192.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11025

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	8 #10 CAN	100307
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound	299405
SALT IODIZED 24-26Z GFS	2 Tablespoon	108308

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	25.58		
Fat	0.92g		
SaturatedFat	0.58g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	224.15mg		
Carbohydrates	3.23g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.00mg

Mashed Potatoes- Milford

Servings:	510.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11026

Ingredients

Description	Measurement	DistPart #
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	6 Package	559911
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound	299405

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: 510.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	75.93		
Fat	0.69g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	328.37mg		
Carbohydrates	14.93g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.99g		
Vitamin A	1.89IU	Vitamin C	6.35mg
Calcium	10.22mg	Iron	0.23mg

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

Corn- Milford

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11046

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	30 Pound	100348
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound	299405
SALT IODIZED 24-26Z GFS	2 Tablespoon	108308

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: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	76.70		
Fat	2.07g		
SaturatedFat	0.68g		
Trans Fat	0.00g		
Cholesterol	2.91mg		
Sodium	86.25mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.07mg	Iron	0.00mg

PBJ Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11047

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	893711

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	460.00		
Fat	23.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	680.00mg		
Carbohydrates	49.00g		
Fiber	6.00g		
Sugar	16.00g		
Protein	17.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	270.00mg	Iron	1.80mg

Turkey Club Wrap with Goldfish Crackers

Servings:	2.00	Category:	Entree
Serving Size:	0.50 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11048

Ingredients

Description	Measurement	DistPart #
TURKEY, DELI BREAST, SLICED	4 Ounce	110554
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	100036
MAYONNAISE REAL SQZ BTL 12-12Z KRFT	1 Tablespoon	158142
MUSTARD YELLOW PREP 6-40Z GCHC	1 Tablespoon	855010
TOMATO SLCD 1/4 5 RSS	3 Slice	786535
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	4 Each	702595
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each	720526
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package	736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.08
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Wrap

Amount Per Serving	
Calories	420.21
Fat	22.97g
SaturatedFat	5.27g
Trans Fat	0.00g
Cholesterol	40.17mg
Sodium	968.19mg
Carbohydrates	32.71g
Fiber	2.31g
Sugar	2.44g
Protein	22.04g
Vitamin A	2114.73IU
Vitamin C	6.37mg

Calcium 123.07mg **Iron** 2.37mg

Breaded Chicken Caesar Salad with Garlic Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11049

Ingredients

Description	Measurement	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	3 Piece	283951
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
CHEESE PARM SHRD FCY 10-2 PG	1/4 Cup	460095
EGG HARD CKD PLD 10 DEB EL	1/2 Each	557540
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400
DRESSING CAESAR CRMY PKT 60-1.5FLZ	1 Each	824950
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	3.00
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 Each

Amount Per Serving	
Calories	1105.00
Fat	71.00g
SaturatedFat	27.25g
Trans Fat	0.00g
Cholesterol	222.50mg
Sodium	2225.00mg
Carbohydrates	57.00g
Fiber	8.00g
Sugar	6.00g
Protein	59.00g
Vitamin A 150.00IU	Vitamin C 0.00mg

Calcium 1153.00mg **Iron** 3.72mg

Yogurt Parfait with Pretzels

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11050

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup	541966
Variety of Fruit	1 Cup	
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	711664
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	893711

Preparation Instructions

Layer yogurt, fruit, and granola in container.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
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	523.33		
Fat	7.00g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	423.33mg		
Carbohydrates	102.67g		
Fiber	11.00g		
Sugar	69.00g		
Protein	13.33g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	380.00mg	Iron	1.16mg

Choice of Cereal- Milford

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11052

Ingredients

Description	Measurement	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782

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	1.33g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.33mg		
Carbohydrates	23.67g		
Fiber	2.17g		
Sugar	7.67g		
Protein	1.67g		
Vitamin A	383.33IU	Vitamin C	7.60mg
Calcium	80.00mg	Iron	4.35mg

Choice of Cereal Bar

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11053

Ingredients

Description	Measurement	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	265891
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	268690

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00		
Fat	3.33g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	105.00mg		
Carbohydrates	30.00g		
Fiber	2.67g		
Sugar	9.00g		
Protein	2.33g		
Vitamin A	100.00IU	Vitamin C	0.80mg
Calcium	216.67mg	Iron	1.80mg

Choice of Poptart

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11054

Ingredients

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

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: 2.00

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	195.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11060

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 11/25 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
Whole Grain Mini Sub Buns	1 1	5157

Preparation Instructions

No Preparation Instructions available.

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	264.00		
Fat	7.75g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	39.75mg		
Sodium	809.00mg		
Carbohydrates	35.50g		
Fiber	4.00g		
Sugar	6.50g		
Protein	17.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	15.00mg

Baked Beans

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11061

Ingredients

Description	Measurement	DistPart #
BEAN BAKED 6-10 BUSH	6 #10 CAN	520098
SUGAR BROWN LT 12-2 P/L	1/2 Pound	860311

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	0.14
Legumes	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	151.72		
Fat	1.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	592.77mg		
Carbohydrates	31.48g		
Fiber	5.39g		
Sugar	13.16g		
Protein	6.47g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.11mg	Iron	1.94mg

Chili

Servings:	400.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11062

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	40 Pound	100158
ONION DCD IQF 6-4 GFS	6 Pound	261521
CELERY DCD 1/4 2-5 RSS	6 Pound	198196
TOMATO PASTE 6-10 COMM	1 #10 CAN	150580
Tomato Sauce cnd	3 #10 CAN	100334
Diced Tomatoes cnd	2 #10 CAN	100329
GELATO CHOC CLASSICO 146FLZ GSG	4 #10 CAN	100370
SPICE CUMIN GRND 15Z TRDE	1 Cup	273945
SPICE CHILI POWDER MILD 16Z TRDE	4 Cup	331473
SALT IODIZED 24-26Z GFS	1/2 Cup	108308
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup	225061
SUGAR BROWN LT 12-2 P/L	2 Cup	860311
Tap Water for Recipes	5 Gallon	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.71
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.29
OtherVeg	0.11

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 400.00			
Serving Size: 0.75 Cup			
Amount Per Serving			
Calories		144.00	
Fat		7.18g	
SaturatedFat		2.39g	
Trans Fat		1.19g	
Cholesterol		0.00mg	
Sodium		304.21mg	
Carbohydrates		9.31g	
Fiber		2.78g	
Sugar		3.21g	
Protein		10.80g	
Vitamin A	30.48IU	Vitamin C	0.21mg
Calcium	2.82mg	Iron	0.19mg

Chicken Salad Croissant

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11063

Ingredients

Description	Measurement	DistPart #
CHIX PULLED 12-48Z HRTHSTN	1 #5 CAN	286826
ONION DCD IQF 6-4 GFS	1 Cup	261521
CELERY DCD 1/4 2-5 RSS	1 Cup	198196
DRIED CRANBERRIES PREM 4 P/L	1 Cup	741950
DRESSING SALAD 4-1GAL GFS	2 Cup	107042
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	25 Each	172172

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	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	447.21		
Fat	22.35g		
SaturatedFat	6.80g		
Trans Fat	0.25g		
Cholesterol	66.37mg		
Sodium	750.49mg		
Carbohydrates	37.32g		
Fiber	2.38g		
Sugar	9.69g		
Protein	22.07g		
Vitamin A	35.43IU	Vitamin C	0.31mg
Calcium	29.17mg	Iron	1.86mg

Fajita Chicken Wrap with Goldfish Crackers

Servings:	2.00	Category:	Entree
Serving Size:	0.50 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11064

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	3 Ounce	860390
SOUR CREAM 4-5 GCHC	1 Ounce	285218
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce	645170
TOMATO SLCD 1/4 5 RSS	3 Slice	786535
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	4 Each	702595
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each	720526
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package	736280

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	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Each

Amount Per Serving			
Calories	438.78		
Fat	24.13g		
SaturatedFat	9.27g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	661.74mg		
Carbohydrates	33.31g		
Fiber	2.16g		
Sugar	2.94g		
Protein	21.55g		
Vitamin A	2114.04IU	Vitamin C	6.28mg
Calcium	351.86mg	Iron	2.75mg

Brussels Sprouts & Red Potatoes

Servings:	568.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11074

Ingredients

Description	Measurement	DistPart #
POTATO RDSKN UNSEAS 6-2.5 RSTWRK	45 Pound	850675
SPROUT BRUSSEL MED 12-2 GCHC	32 Pound	426288
ONION RED DCD 1/4 2-5 RSS	3 Pound	429201
SPICE PAPRIKA 16Z TRDE	3/4 Cup	518331
SEASONING VEGETABLE NO SALT 21Z TRDE	1 1/2 Cup	647230
SPICE GARLIC GRANULATED 24Z TRDE	3/4 Cup	513881
SPICE THYME LEAF 6Z TRDE	3/4 Cup	513814
SPICE PARSLEY FLAKES 11Z TRDE	3/4 Cup	513989
SEASONING GARLIC PEPR 21Z TRDE	3/4 Cup	655252
BUTTER PRINT SLTD GRD AA 36-1 GFS	3 Pound	191205
GARLIC MINCED IN WTR 12-32Z	32 Ounce	907713
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	3 Cup	645182

Preparation Instructions

Divide all ingredants into 3 batches. Mix each batch seperately into the largest round pan with handles. Put in half the batch & mix then add the rest of the batch & mix. Put each batch onto 5 foiled & sprayed trays do this with each batch. Bake at 350 for 35 to 45 min.until golden brown & crispy.

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	0.00
Starch	0.21

Nutrition Facts			
Servings Per Recipe: 568.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	80.60		
Fat	3.16g		
SaturatedFat	1.27g		
Trans Fat	0.00g		
Cholesterol	5.07mg		
Sodium	48.49mg		
Carbohydrates	10.79g		
Fiber	1.91g		
Sugar	0.50g		
Protein	1.85g		
Vitamin A	92.37IU	Vitamin C	0.21mg
Calcium	14.87mg	Iron	0.59mg

Chef Salad with Garlic Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11076

Ingredients

Description	Measurement	DistPart #
Ham, Cubed Frozen	2 Ounce	100188-H
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup	242489
CUCUMBER SELECT 6CT MRKN	1 Ounce	592323
BROCCOLI & CAULIF COMBO 2-3 RSS	2 Ounce	283339
Cheese, Cheddar Reduced fat, Shredded	2 Ounce	100012
TOMATO GRAPE SWT 10 MRKN	3 Each	129631
ONION RED DCD 1/4 2-5 RSS	1 Ounce	429201
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.64
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	1.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	417.94		
Fat	16.77g		
SaturatedFat	10.66g		
Trans Fat	0.00g		
Cholesterol	69.51mg		
Sodium	984.57mg		
Carbohydrates	42.18g		
Fiber	2.68g		
Sugar	8.28g		
Protein	28.77g		
Vitamin A	310.49IU	Vitamin C	5.41mg
Calcium	60.13mg	Iron	1.74mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11114

Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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	306.20		
Fat	15.15g		
SaturatedFat	5.55g		
Trans Fat	0.77g		
Cholesterol	52.75mg		
Sodium	468.60mg		
Carbohydrates	22.50g		
Fiber	3.00g		
Sugar	3.50g		
Protein	18.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	9.00mg

Chicken & Noodles

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11115

Ingredients

Description	Measurement	DistPart #
Chicken, Diced, Cooked, Frozen	20 Pound	100101
ONION DCD IQF 6-4 GFS	6 Pound	261521
CELERY DCD 1/4 2-5 RSS	6 Pound	198196
CARROT DCD 1/4 2-3 RSS	4 Pound	200972
BASE CHIX LO SOD 12-1 LEGO	6 Cup	130869
PASTA NOODL EGG WD 1/4 2-5 GCHC	7 Pound	108162
Tap Water for Recipes	15 Gallon	000001WTR
SALT IODIZED 24-26Z GFS	1/2 Cup	108308
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup	225061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.07
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.14
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	100.54		
Fat	2.04g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	35.60mg		
Sodium	346.57mg		
Carbohydrates	10.88g		
Fiber	0.84g		
Sugar	2.08g		
Protein	8.98g		
Vitamin A	1294.80IU	Vitamin C	0.55mg

Calcium

9.71mg

Iron

0.40mg

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

Ham & Scalloped Potatoes

Servings:	224.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11117

Ingredients

Description	Measurement	DistPart #
Ham, Cubed Frozen	30 Pound	100188-H
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Pound	299405
POTATO SCALLOPED CLSC R/SOD 6-2.25	8 Package	118567

Preparation Instructions

Makes 8 pans- 28 servings per pan.

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	0.58

Nutrition Facts

Servings Per Recipe: 224.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	250.69		
Fat	9.21g		
SaturatedFat	5.76g		
Trans Fat	0.00g		
Cholesterol	48.76mg		
Sodium	664.62mg		
Carbohydrates	31.56g		
Fiber	1.17g		
Sugar	6.43g		
Protein	11.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.75mg	Iron	0.35mg

Glazed Carrots

Servings:	148.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11118

Ingredients

Description	Measurement	DistPart #
Carrots fzn	30 Pound	100352
SUGAR BROWN MED 25 GFS	3 Cup	108626
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/2 Pound	191205

Preparation Instructions

Spray two medium pans with Vegalene. Put 10 lbs. of frozen carrots in each pan. Wait to steam till it gets closer to serving time. Steam approximately 10-12 minutes. Stir, check temp. Drain slightly, add 1 cup of Brown Sugar, 1/4 cup Butter pan. Stir, cover with lid. Put in heated pass through.

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: 148.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	52.34		
Fat	2.19g		
SaturatedFat	0.76g		
Trans Fat	0.00g		
Cholesterol	27.18mg		
Sodium	52.61mg		
Carbohydrates	9.88g		
Fiber	1.99g		
Sugar	6.88g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

California Blend- Milford

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11119

Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF PREM 30 GFS	30 Pound	285740
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound	299405
SALT IODIZED 24-26Z GFS	2 Tablespoon	108308

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	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	35.67		
Fat	1.17g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	3.20mg		
Sodium	123.78mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.07mg	Iron	1.00mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11120

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup	242489
TOMATO GRAPE SWT 10 MRKN	3 Each	129631
Cheese, Cheddar Reduced fat, Shredded	2 Ounce	100012
BEAN KIDNEY RED LT 6-10 GCHC	1/4 Cup	118788
ONION GREEN DCD 1/4 2-3 P/L	1 Ounce	319228
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	456090
DRESSING FREN CNTRY PKT60-1.5FLZ KENS	1 Ounce	195758

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.26
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.27
OtherVeg	0.75
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	572.13
Fat	30.22g
SaturatedFat	11.82g
Trans Fat	0.18g
Cholesterol	62.08mg
Sodium	1065.40mg
Carbohydrates	50.63g
Fiber	9.92g
Sugar	13.70g
Protein	28.88g
Vitamin A 972.22IU	Vitamin C 13.14mg
Calcium 124.76mg	Iron 3.57mg

Corn Casserole

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11345

Ingredients

Description	Measurement	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	2 Pound	330094
CORNMEAL YEL MED GRIND 8-5 AJ	1 1/2 Quart	157929
SUGAR BEET GRANUL 25 GFS	3 Cup	108588
BAKING POWDER DBL ACTION 6-5 RDSTR	29/100 Cup	683700
SEASONING GARLIC PEPR 21Z TRDE	2 Teaspoon	655252
EGG WHL LIQ 6-5 GFS	1 33/100 Cup	284122
SOUR CREAM 4-5 GCHC	2 1/2 Pound	285218
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1 Cup	645182
Corn, Whole Kernel, Frozen, No Salt added	5 1/2 Pound	100348
CORN CREAM STYLE 6-10 GFS	1 1/3 #10 CAN	118958

Preparation Instructions

1. Combine flour, cornmeal, sugar, baking powder, and pepper in a large bowl. Stir well. Set aside for step 3.
2. Combine eggs, sour cream, oil, corn, cream style corn in a large bowl. Stir well. Set aside for step 3.
3. Pour 2 qt (about 4 lb 9 oz) egg mixture over 3 cups (about 1 lb 6 oz) flour mixture. Stir well.
4. Transfer 2 qt $\frac{3}{4}$ cup (about 5 lb 15 oz) corn pudding to a steam table pan (12 x 20 x 2 $\frac{1}{2}$) lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
5. Bake until golden brown: Conventional oven: 375 °F for 50-60 minutes. Convection oven: 325 °F for 30-40 minutes.
6. Critical Control Point: Heat to 135 °F or higher.
7. Critical Control Point: Hold for hot service at 135 °F or higher.
8. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2 x 3 $\frac{3}{4}$ square).

Meal Components (SLE)

Amount Per Serving

Meat	0.05
Grain	0.53
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 Piece

Amount Per Serving			
Calories	172.22		
Fat	5.09g		
SaturatedFat	1.58g		
Trans Fat	0.00g		
Cholesterol	19.38mg		
Sodium	213.34mg		
Carbohydrates	30.10g		
Fiber	2.56g		
Sugar	9.79g		
Protein	3.71g		
Vitamin A	31.99IU	Vitamin C	0.00mg
Calcium	19.57mg	Iron	0.70mg

Cranberry Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11346

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
CHEESE CREAM WHPD TUB 12-16Z GCHC	2 Tablespoon	275362
SPINACH BABY CLND 2-2 RSS	1/4 Cup	560545
DRIED CRANBERRIES PREM 4 P/L	1/4 Cup	741950
Turkey Breast Deli	3 1/4 Ounce	100121

Preparation Instructions

1. Spread 2 Tbsp. cream cheese on tortilla.
2. Lay 3.25 ounces of sliced turkey across the center of the tortilla, then sprinkle the spinach and dried cranberries evenly over the thole tortilla.
3. Tightly roll tortilla.

Counts a reimbursable meal by itself. Must allow students to choose additional fruits and vegetables.

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 Each

Amount Per Serving

Calories	489.35		
Fat	16.09g		
SaturatedFat	9.04g		
Trans Fat	0.00g		
Cholesterol	77.23mg		
Sodium	841.09mg		
Carbohydrates	57.81g		
Fiber	4.77g		
Sugar	21.70g		
Protein	24.65g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	147.50mg	Iron	1.87mg

Oatmeal Cranberry Cookies

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11347

Ingredients

Description	Measurement	DistPart #
SUGAR BEET GRANUL 25 GFS	1 1/2 Quart	108588
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Pound	191205
EGG WHL LIQ 6-5 GFS	1 Pound	284122
1 % White Milk	1 Cup	
APPLESAUCE UNSWT 6-10 GFS	2 Cup	271497
FLOUR ULTRAGRAIN 50 HLCHC	1 3/4 Quart	515002
BAKING SODA 36Z GCHC	2 Teaspoon	513849
SALT SHAKER 12-8CT GFS	2 Teaspoon	517887
SPICE CINNAMON GRND 5 TRDE	4 Teaspoon	224731
SPICE NUTMEG GRND 16Z TRDE	2 Teaspoon	224944
OATS QUICK HOT CEREAL 12-42Z GCHC	3 1/2 Quart	240869
DRIED CRANBERRIES PREM 4 P/L	5 Cup	741950

Preparation Instructions

1. Pour sugar and margarine into a commercial mixer (batch as needed). Using a paddle attachment, mix on medium speed until creamy. DO NOT OVERMIX. For 50 servings, mix for 10 minutes. For 100 servings, mix for 20 minutes.
2. Slowly add eggs. Using a paddle attachment, mix on medium speed. DO NOT OVERMIX. For 50 servings, mix for 2 minutes. For 100 servings, mix for 4 minutes.
3. Add milk and applesauce. Using a paddle attachment, mix on medium speed. Scrape sides of bowl. DO NOT OVERMIX. For 50 servings, mix for 2 minutes. For 100 servings, mix for 4 minutes.
4. Add flour, baking soda, salt, cinnamon, and nutmeg. Using a paddle attachment, mix on low speed. DO NOT OVERMIX. For 50 servings, mix for 4 minutes. For 100 servings, mix for 8 minutes.
5. Add oats and cranberries. Using a paddle attachment, mix on low speed. DO NOT OVERMIX. For 50

servings, mix for 1 minute. For 100 servings, mix for 2 minutes.

6. Using a No. 30 scoop, portion 1/4 cup (about 2 oz) large drop cookies on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. Place 10 cookies on each pan. For 50 servings, use 5 pans. For 100 servings, use 10 pans.

7. Bake until light brown: Conventional oven: 350 °F for 15-20 minutes. Convection oven: 325 °F for 8-10 minutes.

8. Serve 1 cookie.

Meal Components (SLE)

Amount Per Serving

Meat	0.08
Grain	0.61
Fruit	0.03
GreenVeg	0.00
RedVeg	0.05
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	177.38		
Fat	4.86g		
SaturatedFat	2.57g		
Trans Fat	0.00g		
Cholesterol	26.47mg		
Sodium	125.80mg		
Carbohydrates	30.99g		
Fiber	2.02g		
Sugar	15.62g		
Protein	3.16g		
Vitamin A	0.10IU	Vitamin C	0.02mg
Calcium	5.30mg	Iron	0.96mg

Cranberry Chicken Salad Croissant

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11348

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	6 3/8 Pound	100101
CELERY STIX 4-3 RSS	2 1/2 Cup	781592
DRIED CRANBERRIES PREM 4 P/L	2 1/2 Cup	741950
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup	223255
RELISH SWT PICKLE 4-1GAL GFS	1 3/4 Cup	517186
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	225045
SPICE MUSTARD DRY 1 COLMANS	1 1/2 Tablespoon	400018
DRESSING SALAD 4-1GAL MIR WHIP	3 1/4 Cup	251066
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	50 Each	172172
Variety of Fruit	50 Cup	

Preparation Instructions

Mix all ingredients together.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.04
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	537.60
Fat	16.25g
SaturatedFat	4.54g
Trans Fat	0.15g
Cholesterol	53.07mg
Sodium	565.24mg
Carbohydrates	79.84g
Fiber	10.52g
Sugar	41.28g
Protein	18.35g
Vitamin A 55.68IU	Vitamin C 0.52mg
Calcium 30.01mg	Iron 1.82mg

Turkey Cranberry Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11350

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	3 Ounce	100121
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	645170
DRIED CRANBERRIES PREM 4 P/L	1/4 Cup	741950
PECAN PCS MED 4-2.5 GFS	1/8 Cup	134830
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
DRESSING VINAG RASPB FF 60-1.5FLZ	1 Each	824970
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

Package all ingredients together.

Is a reimbursable meal by itself.

Must still offer additional fruit, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.50
GreenVeg	1.00
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	698.50		
Fat	24.21g		
SaturatedFat	7.43g		
Trans Fat	0.00g		
Cholesterol	67.83mg		
Sodium	1287.55mg		
Carbohydrates	85.48g		
Fiber	11.08g		
Sugar	42.22g		
Protein	38.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 362.92mg **Iron** 4.28mg

Turkey and Noodles

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11384

Ingredients

Description	Measurement	DistPart #
BROTH CHIX NO MSG 12-5 HRTHSTN	4 Gallon	261564
PASTA NOODL KLUSKI AMISH 10 INN MAID	6 1/4 Pound	456632
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Cup	191205
FLOUR H&R A/P 2-25 GCHC	2 Cup	227528
Fat Free White Milk	3 Quart	
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/3 Tablespoon	224847
SEASONING GARLIC PEPR 21Z TRDE	1 Tablespoon	655252
SPICE MARJORAM LEAF 3.5Z TRDE	1 Tablespoon	513709
Turkey, Roast, Frozen	19 1/2 Pound	100125

Preparation Instructions

Directions:

1. Heat chicken broth to a rolling boil.
2. Slowly add noodles. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK OR DRAIN.
3. Remove from heat. Set aside for step 7.
4. In a medium pot, melt margarine uncovered over medium heat.
5. Add flour. Stir well for 1 minute.
6. Add milk. Stir frequently until smooth and free of lumps. Bring to a boil. Remove from heat. Set aside for step 7.
7. Add milk and flour mixture, salt, pepper, marjoram, and cooked turkey to noodles. Heat uncovered over medium high heat for 3 minutes. Stir until thickened.

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 (1 cup).

For high school need to serve with additional grain.

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 Cup

Amount Per Serving

Calories	269.57		
Fat	9.96g		
SaturatedFat	3.93g		
Trans Fat	0.00g		
Cholesterol	117.81mg		
Sodium	895.14mg		
Carbohydrates	23.34g		
Fiber	0.56g		
Sugar	1.44g		
Protein	22.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.76mg	Iron	1.21mg

Pancake Parfait with Cranberries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11386

Ingredients

Description	Measurement	DistPart #
DRIED CRANBERRIES PREM 4 P/L	1/4 Cup	741950
Pancakes- Whole Grain	1 Each	110393comm
YOGURT VAN L/F 6-32Z DANN	1 Cup	541966
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	711664

Preparation Instructions

Use 12 oz. clear cups or 8 oz. flat hinged containers.

Prep: Place pancake on top of parfait cup, press pancake down to the bottom of each cup. Spoodle 8 oz. yogurt on top of pancake. Spoodle 1/4 cup (2 oz. scoop) dried cranberries on top of yogurt. Spoodle 1/4 cup (2 oz. scoop) granola on top of cranberries.

Cover.

Hold: Place in cooler overnight.

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	466.97		
Fat	8.00g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	18.00mg		
Sodium	338.33mg		
Carbohydrates	86.18g		
Fiber	3.52g		
Sugar	60.70g		
Protein	13.33g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	350.00mg	Iron	0.36mg

Chicken Bacon Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11387

Ingredients

Description	Measurement	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce	100101
BACON TOPPING 1 DCD 10 HRML	1 Ounce	827002
SAUCE PESTO SUNDRD TOM 2-30Z PG	1 Tablespoon	850990
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
Variety of Fruit	1 Cup	

Preparation Instructions

Layer meat and pesto on tortilla.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
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	590.50
Fat	21.00g
SaturatedFat	6.20g
Trans Fat	0.00g
Cholesterol	77.25mg
Sodium	994.60mg
Carbohydrates	70.50g
Fiber	11.50g
Sugar	32.75g
Protein	28.60g
Vitamin A 0.00IU	Vitamin C 0.52mg
Calcium 147.98mg	Iron 2.25mg

Veggie Pizza

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11388

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	40 Each	644182
SOUR CREAM 4-5 GCHC	1 Package	285218
DRESSING MIX RNCH 18-3.2Z HVALL	1 Package	192716
BROCCOLI FLORET BITE SIZE 2-3 RSS	13 33/100 Cup	732451
CAULIFLOWER BITE SIZE 2-3 RSS	13 33/100 Cup	732486
CARROT BABY WHL PETITE 4-5 RSS	13 33/100 Cup	768146
ONION RD SLIVERED 1/8 2-3 RSS	40 Teaspoon	313157
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	40 Teaspoon	324531
TOMATO GRAPE SWT 10 MRKN	200 Each	129631
PEPPERS ASST COLORS 4-6CT P/L	10 Cup	644562
CHEESE CHED MLD SHRD 4-5 LOL	20 Cup	150250

Preparation Instructions

1. Mix sour cream and dry pack of ranch.
2. Use 2 oz. scoop (1/4 cup) of sour cream mixture per each flatbread. Spread.
3. Top each flatbread with:
 - 1/3 cup broccoli
 - 1/3 cup cauliflower
 - 1/3 cup carrots
 - 1 tsp. onion
 - 1 tsp. black olives
 - 5 sliced grape tomatoes
 - 1/4 cup mixed peppers
 - 2 oz. weight (1/2 cup or 4 oz. scoop) shredded cheese

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.33
RedVeg	2.31
OtherVeg	0.36
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	587.82
Fat	33.84g
SaturatedFat	20.18g
Trans Fat	0.00g
Cholesterol	100.00mg
Sodium	1351.54mg
Carbohydrates	47.58g
Fiber	7.51g
Sugar	9.58g
Protein	24.81g
Vitamin A 1775.86IU	Vitamin C 105.42mg
Calcium 546.63mg	Iron 2.30mg

Chicken Salad Croissant- HS 10 servings

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11389

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	1 Quart	100101
DRESSING SALAD 4-1GAL MIR WHIP	3/4 Cup	251066
SALT IODIZED 24-26Z GFS	1 Teaspoon	108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon	225045
CELERY STIX 4-3 RSS	1/4 Cup	781592
SUGAR BEET GRANUL 25 GFS	5 1/2 Teaspoon	108588
EGG HARD CKD PLD BIB 4-2.5 GFS	1 1/4 Cup	229431
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	10 Each	172172
Variety of Fruit	10 Cup	

Preparation Instructions

Mix all ingredients together.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.63
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.03
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	551.61
Fat	19.26g
SaturatedFat	5.45g
Trans Fat	0.15g
Cholesterol	140.46mg
Sodium	760.72mg
Carbohydrates	75.15g

Fiber	10.05g		
Sugar	38.95g		
Protein	19.56g		
Vitamin A	27.84IU	Vitamin C	0.33mg
Calcium	37.30mg	Iron	2.30mg

Fruit Bowl w/ string cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11390

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each	786510
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
CRACKER RITZ 300-2CT NAB	2 Package	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	112186
SAUCE TZATZIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	242742
Variety of Fruit	1 Cup	

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
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	695.00
Fat	28.00g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	1080.00mg
Carbohydrates	90.00g
Fiber	11.00g
Sugar	35.00g
Protein	23.00g
Vitamin A	200.00IU
Vitamin C	0.00mg

Calcium 451.72mg **Iron** 2.48mg

Veggie Bowl w/ cottage cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11391

Ingredients

Description	Measurement	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	4 Ounce	329487
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
CRACKER RITZ 300-2CT NAB	2 Package	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	112186
SAUCE TZATZIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	242742
CARROT BABY WHL PETITE 4-5 RSS	1 Cup	768146

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	524.33
Fat	17.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	1207.33mg
Carbohydrates	69.00g
Fiber	8.33g
Sugar	17.00g
Protein	25.33g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	211.05mg
Iron	2.48mg

Veggie Bowl w/ string cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11392

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each	786510
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
CRACKER RITZ 300-2CT NAB	2 Package	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	112186
SAUCE TZATZIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	242742
CARROT BABY WHL PETITE 4-5 RSS	1 Cup	768146

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	6.00
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	604.33
Fat	28.00g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	1177.33mg
Carbohydrates	66.00g
Fiber	8.33g
Sugar	13.00g
Protein	24.33g
Vitamin A 200.00IU	Vitamin C 0.00mg

Calcium 505.05mg **Iron** 2.48mg

Cranberry Bars

Servings:	30.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11410

Ingredients

Description	Measurement	DistPart #
SUGAR CANE GRANUL 25 GFS	1 3/4 Cup	108642
Tap Water for Recipes	1/2 Cup	000001WTR
DRIED CRANBERRIES PREM 4 P/L	2 Cup	741950
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1/4 Cup	118930
ORANGES FANCY 72-88CT MRKN	1 Tablespoon	198005
BUTTER PRINT SLTD GRD AA 36-1 GFS	20 Tablespoon	191205
SPICE CINNAMON GRND 5 TRDE	1/2 Teaspoon	224731
SALT IODIZED 24-26Z GFS	1/2 Teaspoon	108308
FLOUR H&R A/P 2-25 GCHC	2 Cup	227528
OATS QUICK HOT CEREAL 12-42Z GCHC	3 Cup	240869

Preparation Instructions

Filling:

1. Bring 3/4 cup sugar and water to boil.
2. Add in dried cranberries.
3. Add orange juice, orange peel (1 Tbsp.), 1 Tbsp. butter, cinnamon, and 1/4 tsp. salt.
4. Cook until mixture thickens.
5. Stir in walnuts. Set aside.

For Crust;

1. Combine flour and salt in a bowl. Cut in butter until mixture is crumbly.
2. Add sugar and oats. Mix well.
3. Spoon half into ungreased 13" x 9" x 2".
4. Pat firmly into pan.
5. Spread filling evenly over crust.
6. Top with remaining crumb mixture. Pat lightly.

7. Bake at 400 degrees F for 30-35 minutes. Cool on a wire rack. Cut into bars.

Makes 30 bars.

Counts as 1 oz. dessert grain.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.20
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	197.74		
Fat	7.89g		
SaturatedFat	4.77g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	99.08mg		
Carbohydrates	30.02g		
Fiber	1.42g		
Sugar	16.68g		
Protein	1.94g		
Vitamin A	0.85IU	Vitamin C	0.90mg
Calcium	1.38mg	Iron	0.71mg

Cauliflower & Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11476

Ingredients

Description	Measurement	DistPart #
CAULIFLOWER 6-4 GFS	30 Pound	610882
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package	135261

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: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	69.75		
Fat	4.14g		
SaturatedFat	2.66g		
Trans Fat	0.00g		
Cholesterol	11.82mg		
Sodium	242.79mg		
Carbohydrates	3.90g		
Fiber	1.28g		
Sugar	0.43g		
Protein	4.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	138.44mg	Iron	0.43mg

Ham & Scalloped Potatoes- HS

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11483

Ingredients

Description	Measurement	DistPart #
POTATO AUGRATIN CLASSIC R/SOD 6-2.25	1 Package	118575
Ham, Cubed Frozen	5 Pound	100188-H

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	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	227.95		
Fat	3.93g		
SaturatedFat	2.62g		
Trans Fat	0.00g		
Cholesterol	47.21mg		
Sodium	922.68mg		
Carbohydrates	34.04g		
Fiber	1.31g		
Sugar	6.55g		
Protein	15.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.27mg	Iron	0.39mg

Goulash

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11488

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	6 Gallon	000001WTR
SALT IODIZED 25 CARG	2 33/50 Tablespoon	108286
PASTA ELBOW MACAR 2-10 KE	6 1/4 Pound	654550
100158 - Beef, Find Ground, 85/15, Frozen	17 Pound	100158
ONION RED DCD 1/4 2-5 RSS	1 3/4 Pound	429201
TOMATO PASTE CALIF 26 6-10 GCHC	1 #10 CAN	100196
Diced Tomatoes cnd	1 #10 CAN	100329
BASE BEEF NO MSG LO SOD 6-1 MINR	4 Tablespoon	580562
SPICE PEPR BLK REST GRIND 5 TRDE	1 Tablespoon	242179
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon	224839
SPICE CHILI POWDER MILD 16Z TRDE	1/2 Cup	331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon	273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon	518331
SPICE ONION POWDER 96Z TRDE	1 Tablespoon	195173
CHEESE CHED MLD SHRD 4-5 LOL	7 Cup	150250

Preparation Instructions

1. Heat water to a rolling boil.
2. Add salt.
3. Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 8.
4. Place ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

5. Critical Control Point: Heat to 155 °F or higher for at least 15 seconds.
6. Remove meat from heat. Drain beef in a colander. Return meat to heat.
7. Add onions. Heat uncovered for 5 minutes
8. Add tomato paste, diced tomatoes, beef base w/ water, spices, and macaroni. Heat uncovered over medium heat for 5-10 minutes.
9. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
10. Pour 1 gal 3 qt 2 cups (about 11 lb 10 oz) goulash into a steam table pan (12" x 20" x 2 1/2").
For 50 servings, use 2 pans. For 100 servings, use 4 pans.
11. Sprinkle 1 3/4 cups (about 7 oz) shredded cheese evenly over each pan.
12. Critical Control Point: Hold for hot service at 135 °F or higher.
13. Portion with 8 fl oz spoodle (1 cup).

Meal Components (SLE)

Amount Per Serving

Meat	2.31
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.65
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	332.20		
Fat	15.21g		
SaturatedFat	5.74g		
Trans Fat	2.03g		
Cholesterol	8.40mg		
Sodium	345.99mg		
Carbohydrates	29.51g		
Fiber	2.35g		
Sugar	6.08g		
Protein	21.00g		
Vitamin A	123.61IU	Vitamin C	0.02mg
Calcium	75.02mg	Iron	2.19mg

Garlic Toast with Mozzarella Cheese

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11490

Ingredients

Description	Measurement	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 Slice	277862
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
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	125.00		
Fat	6.50g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	240.00mg		
Carbohydrates	10.50g		
Fiber	1.00g		
Sugar	0.50g		
Protein	5.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.50mg	Iron	1.00mg

Lasagna Roll-Ups

Servings:	470.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11519

Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	470 Each	234041
100158 - Beef, Find Ground, 85/15, Frozen	40 Pound	100158
SAUCE SPAGHETTI 6-10 P/L	7 #10 CAN	744520
CHEESE MOZZ SHRD 4-5 LOL	30 Cup	645170

Preparation Instructions

If using raw hamburger meat, use 40 lbs. Fry in tilt skillet until done. Drain well. Place in sprayed deep pans with lid. Store in walk in cooler.

If using Beef crumbles, use 35 lbs.

Directions:

Mix spaghetti sauce and meat in large mixing bowl on wheels. Spray roll pan and cover bottom with meat sauce mixture. Place 35 lasagna roll ups in pan. 5x7 (=35) Lay lasagna with open ends horizontally.

Place approximately 1/4 cup meat sauce mixture on each roll up.

Spray a large piece of foil and cover pan. Bake at 300 degrees for approximately 18-22 minutes or until reaches temp.

Remove foil and place approximately 1/4 cup shredded mozzarella cheese per roll up. Trying to keep meat on each one for easier serving.

Spray foil again, cover, and put in heated pass through.

Self serve with a medium spatula.

Meal Components (SLE)

Amount Per Serving

Meat	3.27
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.48
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 470.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	369.42
Fat	14.01g
SaturatedFat	6.43g
Trans Fat	1.02g
Cholesterol	23.83mg
Sodium	515.30mg
Carbohydrates	33.88g

Fiber		2.77g	
Sugar		8.34g	
Protein		24.67g	
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	362.36mg	Iron	1.47mg

Tomato Soup

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11553

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	11 #5 CAN	101427
MILK WHT 2 4-1GAL RGNLBRND	2 Gallon	504602

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	0.75
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	121.47		
Fat	1.07g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	4.27mg		
Sodium	527.66mg		
Carbohydrates	23.39g		
Fiber	1.04g		
Sugar	15.06g		
Protein	3.79g		
Vitamin A	106.67IU	Vitamin C	0.51mg
Calcium	84.83mg	Iron	0.62mg

Grilled Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11554

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/2 Cup	191205
380 - Aunt Millie's WG Honey White Bread	200 Slice	380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	400 Slice	722360

Preparation Instructions

Directions:

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
3. Top each slice of bread with 4 slices (2 oz) of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

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	344.00
Fat	12.64g
SaturatedFat	6.68g
Trans Fat	0.00g
Cholesterol	37.20mg
Sodium	1181.60mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	8.00g

Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	388.00mg	Iron	12.00mg

Turkey, Bacon & Cheese on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11559

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 Ounce	100121
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each	500162

Preparation Instructions

Layer meat and cheese on bread.

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	310.44		
Fat	10.52g		
SaturatedFat	3.76g		
Trans Fat	0.00g		
Cholesterol	52.72mg		
Sodium	748.36mg		
Carbohydrates	31.26g		
Fiber	3.00g		
Sugar	3.00g		
Protein	23.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Meatball Sub

Servings:	28.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11609

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD 6-5 JTM	2 Package	135071
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN	744520
CHEESE MOZZ SHRD 4-5 LOL	3 1/2 Cup	645170
Aunt Millie's Whole Grain Mini Sub 2oz	28 bun	5113

Preparation Instructions

1. Cook 2 bags of meatballs in 2 cans of sauce.
2. Assemble sandwiches with 5 meatballs and 2 Tbsp. shredded cheese on sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.54
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	2.31
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 1.00 each

Amount Per Serving

Calories	480.69		
Fat	17.52g		
SaturatedFat	5.62g		
Trans Fat	0.61g		
Cholesterol	46.17mg		
Sodium	776.76mg		
Carbohydrates	57.76g		
Fiber	6.71g		
Sugar	20.30g		
Protein	26.42g		
Vitamin A	7.12IU	Vitamin C	1.02mg
Calcium	189.20mg	Iron	3.88mg

Chili- HS

Servings:	464.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11623

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	100 Pound	100158
Tomato Sauce cnd	8 #10 CAN	100334
GELATO CHOC CLASSICO 146FLZ GSG	10 #10 CAN	100370
TOMATO PASTE CALIF 26 6-10 GCHC	4 #10 CAN	100196
JUICE TOMATO 100 12-46FLZ SACRM	4 #5 CAN	302414
SAUCE WORCESTERSHIRE 4-1 GAL HNZ - Heinz - M	1 1/2 Cup	578241
ONION DEHY SUPER TOPPER 6-2 P/L	2 Pound	223255
SPICE CHILI POWDER MILD 16Z TRDE	4 Cup	331473
SPICE OREGANO GRND 12Z TRDE	1 Cup	513725
SPICE BASIL GRND 12Z TRDE	2 Cup	513636
SPICE GARLIC SALT NO MSG 37Z TRDE	2 1/2 Cup	224847
SPICE CELERY SALT 32Z TRDE	1 1/2 Cup	231517
SUGAR BEET GRANUL 25 GFS	1 1/2 Cup	108588

Preparation Instructions

1. Cook beef to 165 degrees and drain fat.
2. Add remaining ingredients and cook to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	3.69
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.72

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 464.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories	315.55		
Fat	15.45g		
SaturatedFat	5.15g		
Trans Fat	2.57g		
Cholesterol	0.00mg		
Sodium	1064.14mg		
Carbohydrates	21.84g		
Fiber	5.99g		
Sugar	7.57g		
Protein	23.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.30mg	Iron	0.95mg

Meat Sauce for Spaghetti- HS

Servings:	533.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11634

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	55 Pound	100158
MEATBALL CKD 6-5 JTM	55 Pound	135071
Tomato Sauce cnd	6 #10 CAN	100334
SAUCE SPAGHETTI 6-10 P/L	9 #10 CAN	744520
TOMATO PASTE CALIF 26 6-10 GCHC	3 #10 CAN	100196
JUICE TOMATO 100 12-46FLZ SACRM	5 #5 CAN	302414
ONION DEHY SUPER TOPPER 6-2 P/L	3 Pound	223255
SPICE BASIL GRND 12Z TRDE	2 Cup	513636
SPICE OREGANO GRND 12Z TRDE	1 Cup	513725
SPICE GARLIC SALT NO MSG 37Z TRDE	2 1/2 Cup	224847
SPICE CELERY SALT 32Z TRDE	3/4 Cup	231517
SUGAR BEET GRANUL 25 GFS	1 1/2 Cup	108588

Preparation Instructions

1. Cook beef to 165 degrees and drain fat.
2. Add remaining ingredients and cook to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.39
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.04
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 533.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	257.10		
Fat	13.63g		
SaturatedFat	4.66g		
Trans Fat	1.58g		
Cholesterol	21.96mg		
Sodium	890.20mg		
Carbohydrates	16.91g		
Fiber	2.99g		
Sugar	8.67g		
Protein	18.23g		
Vitamin A	4.05IU	Vitamin C	0.58mg
Calcium	44.78mg	Iron	2.25mg

Chicken Tortilla Soup

Servings:	30.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11635

Ingredients

Description	Measurement	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	5 Pound	200511
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 1/2 Pound	722110
CORN & BLK BEAN FLME RSTD 6-2.5	2 1/2 Pound	163760
BROTH CHIX NO MSG 12-5 HRTHSTN	4 Cup	261564

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.44
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.04
Starch	0.04

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	273.60		
Fat	13.69g		
SaturatedFat	5.53g		
Trans Fat	0.00g		
Cholesterol	106.67mg		
Sodium	776.20mg		
Carbohydrates	13.63g		
Fiber	2.04g		
Sugar	3.37g		
Protein	24.04g		
Vitamin A	487.11IU	Vitamin C	4.39mg
Calcium	140.88mg	Iron	1.71mg

Tuna Noodle Casserole

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11636

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	4 Gallon	000001WTR
PASTA NOODL KLUSKI AMISH 10 INN MAID	5 Pound	456632
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Pound	191205
CELERY STIX 4-3 RSS	1 1/2 Quart	781592
ONION RED DCD 1/4 2-5 RSS	1 3/4 Pound	429201
PEPPERS GREEN LRG 60-70CT MRKN	1 1/8 Quart	198757
FLOUR H&R A/P 2-25 GCHC	1 Quart	227528
1 % White Milk	1 Gallon	
BROTH CHIX NO MSG 12-5 HRTSTN	1 Gallon	261564
SPICE PEPR BLK REST GRIND 5 TRDE	1 Tablespoon	242179
SPICE PARSLEY FLAKES 11Z TRDE	1 Cup	513989
TUNA CHNK WHT ALBA 6-66.5Z GCHC	6 Each	244473
CORN SUPER SWT 30 GFS	1 1/4 Quart	358991
LEMON JUICE 100 12-32FLZ GCHC	1 1/3 Cup	311227

Preparation Instructions

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.
3. Heat butter in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.
4. Add flour and stir until smooth.
5. Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

6. Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

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

7. Transfer tuna mixture to a steam table pan (12" x 20" x 4"). 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 (1 cup).

Meal Components (SLE)

Amount Per Serving

Meat	0.54
Grain	0.32
Fruit	0.16
GreenVeg	0.00
RedVeg	0.80
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	311.06
Fat	6.65g
SaturatedFat	3.08g
Trans Fat	0.00g
Cholesterol	124.63mg
Sodium	592.40mg
Carbohydrates	23.88g
Fiber	0.83g
Sugar	2.71g
Protein	38.06g
Vitamin A 93.11IU	Vitamin C 6.91mg
Calcium 15.70mg	Iron 2.57mg

Cavatini

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11638

Ingredients

Description	Measurement	DistPart #
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1 Tablespoon	645182
ONION RED DCD 1/4 2-5 RSS	1 Pound	429201
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
SAUCE SPAGHETTI 6-10 P/L	2 1/2 #10 CAN	744520
SEASONING SPAGHETTI ITAL 12Z TRDE	1/4 Cup	413453
SPICE GARLIC GRANULATED 24Z TRDE	1/4 Cup	513881
ONION DEHY SUPER TOPPER 6-2 P/L	1/4 Cup	223255
PEPPERONI SLCD 14-16/Z 2-5 GFS	1 Pound	729981
Tap Water for Recipes	3 Gallon	000001WTR
PASTA PENNE RIGATE 2-10 KE	6 1/2 Pound	635501
CHEESE MOZZ SHRD 4-5 LOL	4 Pound	645170
CHEESE PARM GRTD 12-1 PG	2 Cup	164259
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164
SPICE PARSLEY FLAKES 11Z TRDE	2 Tablespoon	513989

Preparation Instructions

1. Wash, peel, and chop onions.
2. In large pan on stovetop, sautee onions in oil until translucent.
3. Add ground beef and cook until done and at least 165 F. Drain.
4. Add spaghetti sauce, garlic, italian seasonings, and dehydrated onions.
5. Chop half of pepperoni (8 oz.) and add to mixture.
6. Mix well. Heat for 5-10 minutes over low heat, or until temp reaches 165 F. Proceed immediately or cover and hold in warmer.

7. Bring water to boil in stockpot on stoveop.
 8. Boil noodles 8 minutes, or until al dente. DO NOT OVERCOOK.
 9. Drain noodles and place in 2" full size steamtable pan coated with cooking spray. Proceed immediately, or cover tightly and hold in warmer no more than 30 minutes.
- For 6.5 lbs noodles, use 4 pans (80 servings)
 For 3.25 lbs noodles, use 2 pans (40 servings)
10. Pour 7 cups spaghetti sauce mixture over each 2" full size steamtable pan of noodles. Stir to coat.
 11. Top with 1 lb mozzarella, 1/2 cup parmesan cheese, and .5 Tbsp garlic herb seasoning per pan.
 12. Place 2 oz pepperoni (approximately 30 pepperoni) evenly on top of each pan.
 13. Bake 15 minutes, or just until cheese is melted and heated through.
 14. Top evenly with .5 tbsp parsley per pan.
 15. Cut 4X5 per pan. Serve with 8 oz spoodle or spatula.

Meal Components (SLE)

Amount Per Serving

Meat	2.29
Grain	1.30
Fruit	0.00
GreenVeg	0.00
RedVeg	1.01
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	411.02
Fat	18.13g
SaturatedFat	6.75g
Trans Fat	1.49g
Cholesterol	17.62mg
Sodium	445.92mg
Carbohydrates	39.60g
Fiber	3.00g
Sugar	8.78g
Protein	23.81g
Vitamin A 0.00IU	Vitamin C 0.01mg
Calcium 204.53mg	Iron 2.26mg

Cheesy Ham & Potato Soup

Servings:	337.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11644

Ingredients

Description	Measurement	DistPart #
HASHBROWN SHRD IQF 6-3 GCHC	15 Pound	316334
MILK WHT FF 4-1GAL RGNLBRND	12 Gallon	557862
SPICE PEPR WHITE GRND 17Z TRDE	2 Tablespoon	513776
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon	224839
ONION DEHY CHPD 15 P/L	2 Cup	263036
FLOUR H&R A/P 2-25 GCHC	6 Pound	227528
MARGARINE GLDN SWT ZTF 30-1#	6 Pound	791630
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	10 Pound	100036
SOUR CREAM L/F 4-5 RGNLBRND	5 Pound	534331
Ham, Cubed Frozen	40 Pound	100188-H

Preparation Instructions

IN FLOOR SOUP KETTLE:

- 12 gallons milk
- 2 TBSP garlic Powder
- 2 TBSP white pepper
- 2 cups dried onion

MAKE A PASTE WITH: 6# flour & 6# melted margarine, add to hot milk to thicken -heat until 170 give it time to thicken- then add American cheese slices-when melted -gently stir in thawed hash brown potatoes & sour cream. Heat diced ham in steamer -then put 4# ham in each of 10 - ½ 10B pans then add soup to ½ 10B pans, stir and put in warmer.

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: 337.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	229.67		
Fat	10.35g		
SaturatedFat	6.01g		
Trans Fat	0.07g		
Cholesterol	38.06mg		
Sodium	650.11mg		
Carbohydrates	17.21g		
Fiber	0.57g		
Sugar	9.61g		
Protein	15.97g		
Vitamin A	568.02IU	Vitamin C	1.37mg
Calcium	177.19mg	Iron	0.28mg

Meatballs & Sauce for spaghetti- HS

Servings:	533.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11773

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD 6-5 JTM	120 Pound	135071
Tomato Sauce cnd	6 #10 CAN	100334
SAUCE SPAGHETTI 6-10 P/L	9 #10 CAN	744520
TOMATO PASTE CALIF 26 6-10 GCHC	3 #10 CAN	100196
JUICE TOMATO 100 12-46FLZ SACRM	5 #5 CAN	302414
ONION DEHY SUPER TOPPER 6-2 P/L	3 Pound	223255
SPICE BASIL GRND 12Z TRDE	2 Cup	513636
SPICE OREGANO GRND 12Z TRDE	1 Cup	513725
SPICE GARLIC SALT NO MSG 37Z TRDE	2 1/2 Cup	224847
SPICE CELERY SALT 32Z TRDE	3/4 Cup	231517
SUGAR BEET GRANUL 25 GFS	1 1/2 Cup	108588

Preparation Instructions

1. Cook beef to 165 degrees and drain fat.
2. Add remaining ingredients and cook to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.52
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.04
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 533.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	266.71		
Fat	13.06g		
SaturatedFat	4.79g		
Trans Fat	0.76g		
Cholesterol	47.92mg		
Sodium	1019.22mg		
Carbohydrates	20.32g		
Fiber	3.68g		
Sugar	9.35g		
Protein	18.48g		
Vitamin A	8.83IU	Vitamin C	1.26mg
Calcium	70.74mg	Iron	3.61mg

BBQ Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12247

Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	152121
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
CORN & BLK BEAN FLME RSTD 6-2.5	3/4 Cup	163760
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	150250
CHEESE BLND CHED/MONTRY JK SHRD 4-5	2 Tablespoon	712131
DRESSING RNCH 4-1GAL HVALL	2 Tablespoon	759082
SAUCE BBQ SWEET 4-1GAL GCHC	2 Tablespoon	435170
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	1/4 Cup	403573
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

Bake breadsticks.

Layer all salad ingredients,

Cover.

Keep chilled.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.20

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	884.10
Fat	36.30g
SaturatedFat	9.93g
Trans Fat	0.00g
Cholesterol	97.50mg
Sodium	1631.65mg
Carbohydrates	99.75g
Fiber	12.75g
Sugar	34.25g
Protein	46.40g
Vitamin A 1639.95IU	Vitamin C 26.61mg
Calcium 296.57mg	Iron 4.69mg

Sante Fe Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12249

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
SALSA 6-10 COMM	1/4 Cup	150570
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	163760
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
CHIP TORTL TOP N GO WGRAIN 21-1.4Z	1 Package	865622
DRESSING RNCH 4-1GAL HVALL	2 Tablespoon	759082

Preparation Instructions

Layer all ingredients with the meat on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.58
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.60
OtherVeg	0.00
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	695.95		
Fat	35.96g		
SaturatedFat	10.44g		
Trans Fat	0.23g		
Cholesterol	67.60mg		
Sodium	1132.46mg		
Carbohydrates	68.69g		
Fiber	15.13g		
Sugar	13.83g		
Protein	28.49g		
Vitamin A	1831.90IU	Vitamin C	23.03mg
Calcium	330.86mg	Iron	4.20mg

Breakfast Burrito

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12321

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	75 Each	690141
EGG SCRMBD CKD FZ 4-5 GFS	10 Pound	584584
PORK CRMBL CKD 120/Z W/TVP 10 PG	2 1/2 Pound	499595
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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: 75.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.59
Fat	12.74g
SaturatedFat	4.30g
Trans Fat	0.00g
Cholesterol	144.94mg
Sodium	534.65mg
Carbohydrates	30.37g
Fiber	3.00g
Sugar	3.08g
Protein	13.52g
Vitamin A 8.00IU	Vitamin C 0.00mg
Calcium 169.75mg	Iron 4.82mg

Scrambled Eggs with Sausage

Servings:	75.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12336

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD FZ 4-5 GFS	20 Pound	584584
PORK CRMBL CKD 120/Z W/TVP 10 PG	5 Pound	499595
CHEESE CHED MLD SHRD 4-5 LOL	4 Cup	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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: 75.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	248.79		
Fat	16.92g		
SaturatedFat	5.56g		
Trans Fat	0.00g		
Cholesterol	294.67mg		
Sodium	679.71mg		
Carbohydrates	2.90g		
Fiber	0.00g		
Sugar	2.16g		
Protein	18.15g		
Vitamin A	64.00IU	Vitamin C	0.00mg
Calcium	131.34mg	Iron	6.40mg

Tater Tot Casserole

Servings:	200.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12344

Ingredients

Description	Measurement	DistPart #
Beef, Fine 85/15	25 Pound	100158
SALT IODIZED 25 CARG	3 Teaspoon	108286
SPICE PEPR BLK REST GRIND 16Z TRDE	3 Teaspoon	225061
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	5 #5 CAN	488259
CHEESE CHED MLD SHRD 4-5 LOL	12 1/2 Pound	150250
POTATO TATER TOTS 6-5 LMBSUPR	25 Pound	233404

Preparation Instructions

1. Cook ground beef.
2. Mix cooked ground beef with salt, pepper, and cream of mushroom soup.
3. Distribute mixture among steam table pans.
4. Top with tater tots and shredded cheese.

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	0.38

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	355.93		
Fat	24.40g		
SaturatedFat	10.26g		
Trans Fat	1.49g		
Cholesterol	69.69mg		
Sodium	557.68mg		
Carbohydrates	15.47g		
Fiber	1.76g		
Sugar	0.36g		
Protein	19.39g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	223.18mg	Iron	0.79mg

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12346

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	5113

Preparation Instructions

Assemble sandwiches with 3 oz. weight ham and 1 slice of cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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	290.98		
Fat	9.92g		
SaturatedFat	3.96g		
Trans Fat	0.00g		
Cholesterol	51.76mg		
Sodium	910.49mg		
Carbohydrates	35.92g		
Fiber	2.00g		
Sugar	7.46g		
Protein	21.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Breaded Chicken Breast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12348

Ingredients

Description	Measurement	DistPart #
BREAD CRUMB PANKO COARSE 25 GCHC	1/2 Gallon	175691
CHEESE PARM SHRD FCY 10-2 PG	4 Cup	460095
CHEESE MOZZ SHRD 4-5 LOL	6 Cup	645170
SPICE GARLIC SALT NO MSG 37Z TRDE	1/4 Cup	224847
SPICE BASIL LEAF 26Z TRDE	1/8 Cup	518341
CHIX BRST BNLS SKNLS TRAY 48-4Z GCHC	100 Each	268127

Preparation Instructions

- Combine bread crumbs, cheeses, and spices.
- Thaw chicken breasts 2 days before serving.
- Spray pan with garlic spray.
- Use 1.5 cups crumbs per 10 chicken breasts.
- Bake at 300 degrees for 20-25 minutes or until temperature reaches 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	233.78
Fat	9.44g
SaturatedFat	4.64g
Trans Fat	0.00g
Cholesterol	93.60mg
Sodium	630.03mg
Carbohydrates	4.56g
Fiber	0.78g
Sugar	0.40g
Protein	31.73g
Vitamin A 0.19IU	Vitamin C 2.27mg

Calcium 220.87mg **Iron** 2.36mg

Apple Crisp

Servings:	24.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12350

Ingredients

Description	Measurement	DistPart #
APPLE SLCD RED PLD IQF 4-5 GFS	7 1/2 Pound	818895
FLOUR H&R A/P 2-25 GCHC	2 Cup	227528
SUGAR BEET GRANUL 50 GFS	1 3/4 Cup	224413
SPICE CINNAMON GRND 15Z TRDE	4 Teaspoon	224723
BAKING POWDER DBL ACTION 6-5 RDSTR	2 Teaspoon	683700
EGG SHL LRG A GRD 10-30CT GCHC	2 Each	505412
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	6 Tablespoon	299405

Preparation Instructions

1. Spray pans very well.
2. Place fruit in pans.
3. Combine flour, sugar, cinnamon, baking powder, and eggs. Crumble and sprinkle on tops of fruit.
4. Pour melted butter over the top.
5. Bake 30-40 minutes at 350 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.99
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	187.89
Fat	3.25g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	132.02mg
Carbohydrates	40.37g
Fiber	2.25g
Sugar	29.90g
Protein	1.69g

Vitamin A	99.37IU	Vitamin C	119.25mg
Calcium	3.17mg	Iron	0.51mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12353

Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
3.5 WG Hamburger Bun	1 Each	3354

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	286.20		
Fat	13.90g		
SaturatedFat	4.80g		
Trans Fat	0.77g		
Cholesterol	49.00mg		
Sodium	393.60mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	17.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	9.00mg

Asian Fried Brown Rice

Servings:	40.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12355

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	2 1/2 Pound	516371
SAUCE MIX ASIAN STIR FRD RICE10-6.82Z	1 Package	149961
Tap Water for Recipes	3 1/2 Quart	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.30
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	214.30		
Fat	1.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	309.02mg		
Carbohydrates	45.26g		
Fiber	1.20g		
Sugar	1.03g		
Protein	5.83g		
Vitamin A	309.02IU	Vitamin C	2.47mg
Calcium	0.00mg	Iron	0.00mg

Seasoned Rice

Servings:	64.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12419

Ingredients

Description	Measurement	DistPart #
RICE BRN PERFECTED 25 UBEN	4 Pound	146404
BASE CHIX 12-1 LEGO	2/3 Pound	106089
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/2 Pound	191205
Tap Water for Recipes	3 1/2 Quart	000001WTR

Preparation Instructions

Spray a med pan.

Put 4 lbs. rice, 2/3 lb. chicken base, 1/2 lb butter, and 3 1/2 quarts of water per pan.

Steam 20-25 minutes.

Stir and check after 20 minutes.

When ready temp and put in heated pass thru.

It will make 12 lbs. cooked.

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: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	136.76		
Fat	4.19g		
SaturatedFat	1.91g		
Trans Fat	0.00g		
Cholesterol	10.66mg		
Sodium	655.68mg		
Carbohydrates	22.03g		
Fiber	1.18g		
Sugar	0.79g		
Protein	3.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.21mg

Baked Beans- Middle School

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12420

Ingredients

Description	Measurement	DistPart #
BEAN VEGTAR 6-10 GCHC	6 #10 CAN	298913
ONION VIDALIA SWT 10 P/L	1 1/2 Cup	558133
SUGAR BROWN LT 12-2 P/L	9 Cup	860311
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	6 Cup	100129

Preparation Instructions

1. Either spray or use cooking bags on 3 medium cans.
2. To each pan add: 2 cans vegetarian beans, 3 cups brown sugar, 2 cups ketchup, and 1/2 cup onion.
3. Bake covered at 350 degrees for approximately 30-40 minutes.
4. Stir and temp. Put back in oven uncovered for 10-15 minutes. Don't stir.
5. Cover pans with lids and place in heated pass-thru.

Meal Components (SLE)

Amount Per Serving

Meat	1.08
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: 144.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	182.32		
Fat	0.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	570.30mg		
Carbohydrates	36.53g		
Fiber	5.41g		
Sugar	14.23g		
Protein	8.64g		
Vitamin A	0.02IU	Vitamin C	0.11mg
Calcium	58.67mg	Iron	2.16mg

Broccoli- Middle School

Servings:	98.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12421

Ingredients

Description	Measurement	DistPart #
Broccoli, No Salt Added, Frozen	18 Pound	IN110473
BUTTER SUB 24-4Z BTRBUDS	5 Ounce	209810
SALT IODIZED 25 CARG	1 Teaspoon	108286
Black Pepper	1 Teaspoon	24108

Preparation Instructions

1. Spray 2 medium pans with Vegalene.
2. Add 9 lbs. broccoli per pan (you may need to cut in pieces)
3. Steam closer to serving time to keep broccoli crisp. (3-5 minutes with lid ajar). Stir and temp.
4. Drain slightly and season according to directions.
5. Cover with lid, put in heated pass thru

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: 98.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	27.76		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.58mg		
Carbohydrates	5.50g		
Fiber	3.01g		
Sugar	1.00g		
Protein	3.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	Iron	0.00mg

Corn- Middle School

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12422

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	30 Pound	100348
BUTTER SUB 24-4Z BTRBUDS	8 Ounce	209810
SALT IODIZED 25 CARG	1 Teaspoon	108286
Black Pepper	1 Teaspoon	24108

Preparation Instructions

1. Spray two medium pans with Vegalene.
2. Add 15 lbs. per pan of corn.
3. Steam 10-12 minutes with lid ajar. Stir, temp.
4. Drain slightly and season according to directions
5. Cover with Lid and put in heated pass thru.

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	68.60		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29.03mg		
Carbohydrates	16.46g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.03mg	Iron	0.00mg

Taco Meat- Middle

Servings:	520.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12423

Ingredients

Description	Measurement	DistPart #
Beef, Fine 85/15	60 Pound	100158
TOMATO PASTE 6-10 HUNTS	2 #10 CAN	444707
TOMATO DCD PETITE 6-10 GFS	3 #10 CAN	498871
SAUCE TOMATO MW 6-10 GCHC	2 #10 CAN	306347
SEASONING TACO MIX 6-9Z LAWR	6 Cup	159204
Salsa, Low-Sodium, Canned	1 #10 CAN	100330
SALT IODIZED 25 CARG	1/2 Cup	108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/4 Cup	225037

Preparation Instructions

Cook raw hamburger meat in tilt fry at 250 -275 degrees.

Stir frequently. When done, ensure no pink. Drain well. Put in deep pans to carry to VMC. You will chop it with diced tomatoes in batches.

Place in large mixing bowl on wheels. Add the rest of the ingredients. Stir well.

Put into sprayed medium pans with lids.

Can be prepared ahead.

Meal Components (SLE)

Amount Per Serving

Meat	1.38
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: 520.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	169.83
Fat	8.27g
SaturatedFat	2.76g
Trans Fat	1.38g
Cholesterol	35.82mg
Sodium	775.99mg
Carbohydrates	9.16g
Fiber	1.34g

Sugar	2.64g		
Protein	10.39g		
Vitamin A	442.94IU	Vitamin C	0.00mg
Calcium	3.22mg	Iron	0.36mg

Refried Beans- Middle

Servings:	48.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12424

Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	2 #10 CAN	100362
Salsa, Low-Sodium, Canned	6 Cup	100330
SEASONING TACO MIX 6-9Z LAWR	4 1/2 Ounce	159204
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	150250

Preparation Instructions

1. Spray 1 medium pan. Add 2 cans refried beans, 6 cups salsa, and 4 1/2 oz. taco seasoning.
2. Steam 20-25 minutes with lid ajar. Stir & temp (if too thick, add 1/2 cup hot water in increments till desired consistency)
3. Spray 2 long skinny pans. Divide beans between pans.
4. Sprinkle with cheese. Put lids on, store in heated pass thru.

Meal Components (SLE)

Amount Per Serving

Meat	0.04
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	173.01		
Fat	0.38g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	1.25mg		
Sodium	805.16mg		
Carbohydrates	28.91g		
Fiber	6.39g		
Sugar	2.08g		
Protein	7.84g		
Vitamin A	544.11IU	Vitamin C	0.00mg
Calcium	8.29mg	Iron	0.00mg

Oriental Vegetables- Middle School

Servings:	143.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12425

Ingredients

Description	Measurement	DistPart #
VEG BLND FAR EAST 12-2 GFS	4 Pound	491209
Broccoli, No salt added, Frozen	12 Pound	110473
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	209810
SPICE ONION POWDER 19Z TRDE	1 Teaspoon	126993

Preparation Instructions

1. Spray 2 medium pans with Vegaline.
2. Use two pounds of Far East Vegetables and 6 lbs. of Broccoli per pan.
3. Steam at the last minute to keep veggies crisp approximately 3-4 minutes then temp.
4. Drain slightly before seasoning.
5. With the cover ajar stir, temp, season.
6. Cover with lid and put in heated pass thru

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.38
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 143.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	17.82		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.13mg		
Carbohydrates	3.13g		
Fiber	1.65g		
Sugar	0.73g		
Protein	1.51g		
Vitamin A	102.17IU	Vitamin C	2.04mg
Calcium	2.72mg	Iron	0.05mg

Broccoli & Cheese- Middle School

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12426

Ingredients

Description	Measurement	DistPart #
Broccoli, No Salt Added, Frozen	30 Pound	IN110473
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package	135261

Preparation Instructions

Spray 2 medium pans. Put 15 lbs. of broccoli in each pan with lid.

Put one bag of cheddar cheese (leave in bag) in a shallow slotted pan. Steam cheese approximately 20-25 minutes. Check temp. Steam longer if needed.

Squeeze cheese into sprayed medium pan. Hold in pass-thru.

Wait to steam broccoli (with lid ajar) closer to serving time to maintain quality. Steam approximately 4 minutes. Temp & test. Drain well.

Add half of cheese to each pan. Cover with lid and put in heated pass-thru.

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: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	55.52		
Fat	2.07g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	5.91mg		
Sodium	140.17mg		
Carbohydrates	5.88g		
Fiber	3.00g		
Sugar	1.00g		
Protein	4.47g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.76mg	Iron	0.00mg

Strawberries & Bananas

Servings:	230.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12427

Ingredients

Description	Measurement	DistPart #
STRAWBERRY SLCD 4+1 30 GFS	45 Pound	278726
BANANA TURNING 40 P/L	69 Each	200999
SUGAR BEET GRANUL 25 GFS	8 Cup	108588

Preparation Instructions

Get 45 lbs of strawberries out of freezer two days prior to serving. Place in walk in cooler on roll pans. Day of serving divide 45 lbs. of strawberries between four medium pans with lids. Add 2 cups of sugar per pan. Slice approximately 17 bananas per pan. (Slice approximately 1/4 inch thick.) Stir well. Place in pass thru cooler.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.51
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	136.27		
Fat	0.12g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.36mg		
Carbohydrates	34.98g		
Fiber	1.99g		
Sugar	28.42g		
Protein	0.39g		
Vitamin A	22.66IU	Vitamin C	28.59mg
Calcium	1.77mg	Iron	0.48mg

Chicken & Noodles-Middle

Servings:	320.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12429

Ingredients

Description	Measurement	DistPart #
Chicken, Diced, Cooked, Frozen	40 Pound	100101
BASE CHIX 12-1 LEGO	4 Pound	106089
Tap Water for Recipes	10 Gallon	000001WTR
PASTA NOODL EGG 1/8 MED 2-5 GCHC	20 Pound	270393

Preparation Instructions

Using a 5 gallon bucket, fill with hot tap water up to 2" from the top rim. Do this twice. Hold back approximately 2 quarts of your hot water to make broth. (Add chicken base & stir.)

Pour all into the tilt skillet. Turn tilt skillet on to 225 degrees-250 degrees (adjust accordingly.) Then add diced chicken. Close lid and heat through- approximately 15-20 minutes and then temp. Stirring occasionally.

Make sure its not scorching.

When ready to add noodles, you will need 2 people. One stirs constantly while the other slowly adds noodles.

Turn down heat around 200 degrees, stirring gently and frequently. In approximately 5 to 7 minutes, noodles should be al dente. Careful not to scorch. Turn off the tilt fry.

Dip using a sauce pan into sprayed deep pans. Fill to dimple in pan then cover. Place in heated pass-thru.

Will need to make extra broth for each side. Keep in heated pass-thru. Add as needed for desired consistency.

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: 320.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	190.68
Fat	3.91g
SaturatedFat	0.44g
Trans Fat	0.00g
Cholesterol	68.27mg
Sodium	817.04mg
Carbohydrates	20.94g
Fiber	1.00g
Sugar	1.94g
Protein	16.85g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.95mg

Ravioli with Meat Sauce

Servings:	650.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12430

Ingredients

Description	Measurement	DistPart #
RAVIOLI BEEF MT SCE MINI 6-10 CHBOY	24 #10 CAN	195219
100158 - Beef, Find Ground, 85/15, Frozen	60 Pound	100158

Preparation Instructions

Cook raw hamburger meat in tilt fry at 250-275 degrees. When done, ensure no pink. Drain well. Put in deep pans and set aside.

Get 8 additional deep pans. Spray and put 3 cans of ravioli in each pan.

Divide cooked hamburger equally into the 8 pans. Stir gently.

Bake in oven, covered for approximately 25 minutes at 325 degrees. (You will need to remove some oven racks beforehand to fit in pans.)

Stir again, gently. Temp.

Place in heated pass-thru.

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: 650.00

Serving Size: 0.66 Cup

Amount Per Serving			
Calories	195.44		
Fat	9.96g		
SaturatedFat	3.64g		
Trans Fat	1.10g		
Cholesterol	4.78mg		
Sodium	385.71mg		
Carbohydrates	15.76g		
Fiber	1.91g		
Sugar	2.87g		
Protein	11.06g		
Vitamin A	95.51IU	Vitamin C	0.00mg
Calcium	9.55mg	Iron	0.86mg

Pizza Boat

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12471

Ingredients

Description	Measurement	DistPart #
SAUCE PIZZA 6-10 REDPK	1/8 Cup	502141
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	645170
PEPPERONI SLCD 14-16/Z 2-5 GFS	6 Each	729981
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	5113

Preparation Instructions

Put on a cookie sheet and bake at 350 degrees until cheese melts.

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	410.70
Fat	19.64g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	41.25mg
Sodium	758.90mg
Carbohydrates	35.64g
Fiber	2.52g
Sugar	8.60g
Protein	22.77g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 417.28mg	Iron 0.66mg

PB & J

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12517

Ingredients

Description	Measurement	DistPart #
PEANUT BUTTER CRMY 12-16Z JIF	1/4 Cup	331921
JELLY ASST 6-10 GCHC	1 Tablespoon	100978
380 - Aunt Millie's WG Honey White Bread	2 Each	380

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	610.00		
Fat	34.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	606.70mg		
Carbohydrates	63.00g		
Fiber	8.00g		
Sugar	23.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	14.00mg

Canadian Grilled Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12521

Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	152121
SEASONING CHIX CANAD 20Z TRDE	1/4 Teaspoon	776963

Preparation Instructions

Sprinkle chicken breasts with Canadian seasoning before heating.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00		
Fat	2.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	390.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	1.00mg

Salisbury Steak

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12524

Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	30 Each	451400
GRAVY MIX BROWN 12-15Z GCHC	7 1/2 Ounce	242450

Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

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: 30.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	236.33
Fat	17.13g
SaturatedFat	7.00g
Trans Fat	1.00g
Cholesterol	70.00mg
Sodium	458.61mg
Carbohydrates	1.01g
Fiber	0.00g
Sugar	0.25g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 11.70mg	Iron 1.60mg

Lasagna Roll-Ups- HS

Servings:	470.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12548

Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	470 Each	234041
SAUCE SPAGHETTI 6-10 P/L	7 #10 CAN	744520
CHEESE MOZZ SHRD 4-5 LOL	30 Cup	645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.26
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.48
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 470.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	286.09		
Fat	7.92g		
SaturatedFat	4.39g		
Trans Fat	0.00g		
Cholesterol	23.83mg		
Sodium	489.89mg		
Carbohydrates	33.88g		
Fiber	2.77g		
Sugar	8.34g		
Protein	17.56g		
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	362.36mg	Iron	1.47mg

Pizza Burger- Milford

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12566

Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
SAUCE SPAGHETTI 6-10 P/L	1 Tablespoon	744520
PEPPERONI SLCD 14-16/Z 2-5 GFS	3 Each	729981
CHEESE MOZZ SHRD 4-5 LOL	1 1/2 Tablespoon	645170
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.38
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.16
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	353.70
Fat	18.71g
SaturatedFat	6.86g
Trans Fat	0.77g
Cholesterol	60.25mg
Sodium	564.85mg
Carbohydrates	23.88g
Fiber	3.25g
Sugar	4.38g
Protein	21.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.13mg	Iron 9.19mg

Ham, Egg, & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12594

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	100187
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each	462519
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice	271411
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172

Preparation Instructions

Put package of croissants on cookie sheet and put in heated pass-thru while you steam egg patties in shallow, sprayed covered pan. Steam eggs for 10-12 minutes. Temp eggs.

Assemble:

- Bottom of croissant
- egg patty
- cheese
- top of croissant

Place on prepared cookie sheet

Use another cookie sheet as a lid and cover sandwiches. Place in heated pass-thru.

Meal Components (SLE)

Amount Per Serving

Meat	2.07
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	350.33
Fat	18.14g
SaturatedFat	7.82g
Trans Fat	0.15g
Cholesterol	107.25mg
Sodium	775.16mg
Carbohydrates	33.14g
Fiber	2.00g
Sugar	6.32g
Protein	15.60g
Vitamin A 0.00IU	Vitamin C 0.14mg

Calcium 119.64mg **Iron** 1.80mg

Philly Steak & Cheese- WMS

Servings:	70.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12610

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Package	722110
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 1/2 Package	720861

Preparation Instructions

Beef

1. Spray medium pan and place 1/2 pkg of beef steak (out of bag) in pan.
2. Steam with lid ajar approximately 15-20 minutes.
3. Stir and temp. Drain partially.

Cheese

1. Place bag of queso cheese in slotted pan. (Leave in bag.)
2. Steam appropriately 20 minutes. Temp. Cut open bag of cheese and add to beef steak. Stir well. Cover with lid. Place in heated pass thru.

Onions & Peppers (serve separately)

1. Paper & Spray cookie sheet.
2. Place one bag peppers and onions per pan. Spread out on cookie sheet.
3. Spray with butter spray. Bake at 325 degrees for 5 minutes or less. Want a quick roast. Need to watch while baking.
4. Then place in sprayed med pan with lid. Put in heated pass thru.

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: 70.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving

Calories	152.77
Fat	10.15g
SaturatedFat	5.06g
Trans Fat	0.31g
Cholesterol	41.00mg
Sodium	479.13mg
Carbohydrates	2.93g
Fiber	0.00g
Sugar	1.19g

Protein	11.69g
Vitamin A 228.57IU	Vitamin C 0.00mg
Calcium 121.39mg	Iron 0.86mg

Peas & Carrots- Middle School

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12611

Ingredients

Description	Measurement	DistPart #
PEAS GREEN IQF 30 GFS	14 Pound	285660
CARROT SLCD SMTH MED 30 GFS	6 Pound	285750
BUTTER SUB 24-4Z BTRBUDS	4 Ounce	209810
SPICE ONION POWDER 19Z TRDE	1 Teaspoon	126993

Preparation Instructions

Spray 2 medium pans with vegeline.

Place 3 pounds carrots and 7 lbs. peas in each pan. Steam 8-10 minutes.

Temp at 135 degrees.

Steam as close to serving time as possible for best quality.

1 lb. peas & carrots = 4.8, 1/2 cup servings

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.00
Legumes	0.00
Starch	0.35

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	39.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.51mg		
Carbohydrates	6.97g		
Fiber	2.20g		
Sugar	2.24g		
Protein	2.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.51mg	Iron	0.59mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12612

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Slice	100187
Turkey Breast Deli	1 3/4 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	5113

Preparation Instructions

Arrange turkey, ham , & cheese on sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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	307.13		
Fat	9.66g		
SaturatedFat	3.83g		
Trans Fat	0.00g		
Cholesterol	60.45mg		
Sodium	921.32mg		
Carbohydrates	34.56g		
Fiber	2.00g		
Sugar	6.23g		
Protein	25.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

PB & J with Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12718

Ingredients

Description	Measurement	DistPart #
PEANUT BUTTER CRMY 12-16Z JIF	2 Tablespoon	331921
JELLY ASST 6-10 GCHC	1 Tablespoon	100978
380 - Aunt Millie's WG Honey White Bread	2 Each	380
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580

Preparation Instructions

Spread peanut butter on one slice of bread.

Spread jelly on other slice of bread.

Put slices together for sandwich.

Place in bag with cheese stick and seal.

*Take allergen precautions with peanut butter and assemble in separate area of kitchen.

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	500.00
Fat	24.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	666.70mg
Carbohydrates	56.00g
Fiber	6.00g
Sugar	20.00g
Protein	19.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 221.00mg	Iron 13.00mg

Field Trip Sack Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12730

Ingredients

Description	Measurement	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	1 Each	194471
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	105260
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1 Each	699180
JUICE BOX PNCH FRTABLES+ 36-6.75FLZ	1 Each	460602
COOKIE SFT CHOC CHIP IW 180-1.4Z DARL	1 Each	190497

Preparation Instructions

Place all items in paper bag.

Students can take 1 bag and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.75
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	830.00
Fat	33.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	835.00mg
Carbohydrates	119.00g
Fiber	9.00g
Sugar	56.00g
Protein	20.00g
Vitamin A 700.00IU	Vitamin C 60.00mg
Calcium 280.00mg	Iron 2.86mg

Chef Salad- Middle School

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12731

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup	153121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
Turkey Breast Deli	1 4/5 Ounce	100121
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	129631
CUCUMBER SDLSS 12-1CT P/L	1/8 Cup	532312
CAULIFLOWER BITE SIZE 2-3 RSS	1/8 Cup	732486

Preparation Instructions

Package nicely in salad container.

Students can take goldfish, cornbread, fruit, additional vegetables, and milk with salad.

Diced ham may be used in place of turkey. 2.3 oz. weight of commodity ham= 1.75 oz. meat/meat alternate

Meal Components (SLE)

Amount Per Serving

Meat	2.13
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.26
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	195.71		
Fat	11.36g		
SaturatedFat	7.17g		
Trans Fat	0.00g		
Cholesterol	61.70mg		
Sodium	499.73mg		
Carbohydrates	6.59g		
Fiber	1.97g		
Sugar	2.42g		
Protein	19.08g		
Vitamin A	502.02IU	Vitamin C	9.66mg
Calcium	223.26mg	Iron	0.64mg

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12771

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
PEPPERONI SLCD 14-16/Z 2-5 GFS	8 Each	729981
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721
Variety of Fruit	1/2 Cup	

Preparation Instructions

Package together in container.

Counts as a reimbursable meal by itself. Student must also be able to take all other menued vegetables and milk, if desired.

Students in grades 9-12 must be offered another 1/2 cup serving of fruit.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
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	550.00		
Fat	23.50g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	1130.00mg		
Carbohydrates	58.00g		
Fiber	9.00g		
Sugar	23.00g		
Protein	25.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	444.00mg	Iron	1.62mg

Cauliflower & Cheese

Servings:	138.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12790

Ingredients

Description	Measurement	DistPart #
CAULIFLOWER 6-4 GFS	30 Pound	610882
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package	135261

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: 138.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	82.90		
Fat	4.92g		
SaturatedFat	3.16g		
Trans Fat	0.00g		
Cholesterol	14.05mg		
Sodium	288.53mg		
Carbohydrates	4.64g		
Fiber	1.52g		
Sugar	0.51g		
Protein	5.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	164.52mg	Iron	0.51mg

Glazed Carrots- Middle

Servings:	98.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12863

Ingredients

Description	Measurement	DistPart #
Carrots fzn	20 Pound	100352
SUGAR BROWN MED 25 GFS	2 Cup	108626
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/2 Pound	191205

Preparation Instructions

1. Spray two medium pans with Vegalene.
2. Put 10 lbs. of frozen carrots in each pan.
3. Wait to steam till it gets closer to serving time. Steam approximately 10-12 minutes. Stir, check temp.
4. Drain slightly, add 1 cup of Brown Sugar, 1/4 cup Butter pan.
5. Stir, cover with lid.
6. Put in heated pass thru

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: 98.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	58.13		
Fat	2.80g		
SaturatedFat	1.14g		
Trans Fat	0.00g		
Cholesterol	29.00mg		
Sodium	57.87mg		
Carbohydrates	9.94g		
Fiber	2.01g		
Sugar	6.93g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Asparagus

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12864

Ingredients

Description	Measurement	DistPart #
ASPARAGUS SPEARS STD 11-1AVG MRKN	33 Pound	272515
SALT IODIZED 25 CARG	4 Teaspoon	108286
Black Pepper	4 Teaspoon	24108

Preparation Instructions

Place 4# asparagus on each cookie sheet. Spray asparagus with garlic spray. Sprinkle with salt and pepper, Cook 5-7 minute depending on the size of the asparagus.

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: 39.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.21		
Fat	0.41g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	267.31mg		
Carbohydrates	8.12g		
Fiber	3.66g		
Sugar	2.03g		
Protein	4.47g		
Vitamin A	1838.67IU	Vitamin C	14.07mg
Calcium	42.56mg	Iron	1.67mg

Grab & Go Meal-Milford

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13590

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	3 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
Variety of Fruit	1 Cup	

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	1.00
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	525.66		
Fat	13.77g		
SaturatedFat	5.89g		
Trans Fat	0.00g		
Cholesterol	67.83mg		
Sodium	1157.55mg		
Carbohydrates	71.89g		
Fiber	11.00g		
Sugar	34.00g		
Protein	28.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Spaghetti with Meat Sauce

Servings:	500.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19346

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	65 Pound	100158
ONION DCD IQF 6-4 GFS	2 Cup	261521
CELERY DCD 1/4 2-5 RSS	2 Cup	198196
PEPPERS GREEN LRG 5 MRKN	2 Cup	592315
Tomato Sauce cnd	5 #10 CAN	100334
Tomato Paste cnd	2 #10 CAN	110189comm
SUGAR BROWN LT 12-2 P/L	2 Cup	860311
Tap Water for Recipes	3 1/2 Gallon	000001WTR
SALT IODIZED 25 CARG	1/4 Cup	108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/4 Cup	225037
Diced Tomatoes cnd	2 #10 CAN	100329
PASTA SPAGHETTI 10 2-10 KE	20 Pound	654560
SEASONING PIZZA ITAL MIX 12Z TRDE	2 1/2 Package	413461

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.01

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 500.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	218.20		
Fat	9.64g		
SaturatedFat	3.11g		
Trans Fat	1.55g		
Cholesterol	0.00mg		
Sodium	345.54mg		
Carbohydrates	19.67g		
Fiber	1.70g		
Sugar	4.45g		
Protein	13.89g		
Vitamin A	4.43IU	Vitamin C	0.49mg
Calcium	3.58mg	Iron	0.98mg

Powdered Donut

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19701

Ingredients

Description	Measurement	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	60 Each	556582
SUGAR POWDERED 10X 12-2 PION	1 Pound	859740

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: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	309.04		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.16mg		
Carbohydrates	37.47g		
Fiber	2.60g		
Sugar	14.20g		
Protein	5.00g		
Vitamin A	11.41IU	Vitamin C	0.00mg
Calcium	13.77mg	Iron	0.81mg

Cereal & Muffin Grab 'N Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19782

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	551751
Variety of Fruit	1 1/2 cup	

Preparation Instructions

Package all items together. A variety of cereals, muffins, yogurts, and fruits can be used.

All students must also be able to take all menued vegetables for the day.

High school students must be able to take an additional 1/2 cup of fruit.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	560.00		
Fat	15.50g		
SaturatedFat	5.50g		
Trans Fat	0.10g		
Cholesterol	30.00mg		
Sodium	595.00mg		
Carbohydrates	91.00g		
Fiber	7.00g		
Sugar	53.00g		
Protein	14.00g		
Vitamin A	700.00IU	Vitamin C	6.00mg
Calcium	400.00mg	Iron	5.22mg

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

Teriyaki Chicken

Servings:	240.00	Category:	Entree
Serving Size:	2.80 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19802

Ingredients

Description	Measurement	DistPart #
STIR FRY KIT CHIX TERYK 6-7 MINH	672 Ounce	523722

Preparation Instructions

Use 1 bag of sauce to 1 bag of chicken.

Place frozen sauce pouch in a 2" steam table pan. Steam for 5 minutes in combi oven.

Place bag of frozen chicken in large steam table pan. Add sauce to frozen chicken. Cover with foil

Place in preheated convection oven at 350°F with fans on high.

Cook for 30-35 minutes or until temperature reaches 165°F

Each 2.80 oz. portion (by weight)(2.00 oz. of chicken and 0.80 oz. of sauce)

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: 240.00

Serving Size: 2.80 Ounce

Amount Per Serving

Calories	130.00		
Fat	4.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	85.00mg		
Sodium	300.00mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Sugar	7.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.90mg

Asian Brown Rice

Servings:	52.00	Category:	Grain
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19803

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	6 Cup	000001WTR
RICE BRN ASIAN 6-26.4Z UBEN	26 2/5 Ounce	244541
BUTTER PRINT SLTD GRD AA 36-1 GFS	2 Ounce	191205

Preparation Instructions

Combine 6 cups of hot water with 1 seasoning packet in deep pan that has been sprayed well. Stir well.

Add 1 box and 2 oz of butter. Stir well.

Cover pan and steam for 20 minutes or until most of the water is absorbed.

Cover tightly with wrap

Keep in warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 52.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	21.18		
Fat	0.99g		
SaturatedFat	0.58g		
Trans Fat	0.00g		
Cholesterol	2.35mg		
Sodium	35.62mg		
Carbohydrates	2.67g		
Fiber	0.13g		
Sugar	0.19g		
Protein	0.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.27mg	Iron	0.05mg

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

Baked Apples

Servings:	240.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19958

Ingredients

Description	Measurement	DistPart #
Apple Slices, Canned, Unsweetened	10 #10 CAN	100206
SPICE CINNAMON GRND 15Z TRDE	4 Tablespoon	224723
FLOUR ULTRAGRAIN 50 HLCHC	4 Cup	515002
SUGAR BROWN MED 25 GFS	2 1/2 Cup	108626
SUGAR BEET GRANUL 50 BIG CHIEF	2 1/2 Cup	589225

Preparation Instructions

Divide Choice of fruit into 4 well sprayed pans.

Mix first ingredients: Cinnamon, Flour, brown sugar, white sugar.

Divide evenly into 4 pans of fruit. Blend in until fruit is coated.

Bake at 350 degrees for 30 to 40 minutes or until hot and bubbly.

Note: 45# of Frozen Sliced Apples can be used. 9-#10 cans of Diced Canned Apples can be used.

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: 240.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	75.87		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.82mg		
Carbohydrates	18.40g		
Fiber	2.30g		
Sugar	13.70g		
Protein	0.26g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.58mg	Iron	0.09mg

Baked Apples w/ Struesel Topping

Servings:	256.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19961

Ingredients

Description	Measurement	DistPart #
Apple Slices, Canned, Unsweetened	10 #10 CAN	100206
SPICE CINNAMON GRND 15Z TRDE	3/4 Cup	224723
FLOUR ULTRAGRAIN 50 HLCHC	8 Cup	515002
SUGAR BROWN MED 25 GFS	6 Cup	108626
SUGAR BEET GRANUL 50 BIG CHIEF	6 Cup	589225
BUTTER PRINT SLTD GRD AA 36-1 GFS	3 Pound	191205

Preparation Instructions

Divide Choice of fruit into 4 well sprayed pans.

Mix 4 Tbsp. Cinnamon, 3 cups Flour, 2 1/2 cups Brown sugar, and 2 1/2 cups white sugar.

Divide evenly into 4 pans of fruit. Blend in until fruit is coated.

Then mix dry streusel topping ingredients: 1/2 cup Cinnamon, 4 cups Flour, 4 cups Brown Sugar, and 4 cups White Sugar.

Divide evenly over pans of fruit. Press gently to keep it firm. Melt Butter.

Place 1 1/2 cups butter over streusel topping in each pan.

Bake at 350 degrees for 30 to 40 minutes or until bubbly. Keep warm.

Note: 45# of Frozen Sliced Apples can be used. 9-#10 cans of Diced Canned Apples can be used.

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: 256.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	135.41
Fat	4.26g
SaturatedFat	2.68g
Trans Fat	0.00g
Cholesterol	11.41mg
Sodium	44.42mg
Carbohydrates	23.88g
Fiber	2.28g

Sugar	18.10g		
Protein	0.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.08mg	Iron	0.16mg

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

Sloppy Joe Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19970

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 63/100 Ounce	564790
3.5 WG Hamburger Bun	1 Each	3354

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	0.13
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	265.00		
Fat	7.50g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	557.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	18.00g		
Vitamin A	459.00IU	Vitamin C	6.00mg
Calcium	36.00mg	Iron	10.00mg

Beef Taco Meat

Servings:	500.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19978

Ingredients

Description	Measurement	DistPart #
Beef, Fine 85/15	80 Pound	100158
TOMATO PASTE CALIF 26 6-10 GCHC	1 #10 CAN	100196
Diced Tomatoes cnd	3 #10 CAN	100329
SEASONING TACO 21Z TRDE	6 Cup	413429
Salsa, Low-Sodium, Canned	4 Cup	100330
SALT IODIZED 25 CARG	1/2 Cup	108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup	225061
Tap Water for Recipes	2 Gallon	000001WTR

Preparation Instructions

Brown and drain ground beef.

Add other ingredients. Heat through.

Add water to desired moistness.

Put into prepared pans.

Keep warm at 185 degrees in heated pass through.

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: 500.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	172.11
Fat	11.46g
SaturatedFat	3.82g
Trans Fat	1.91g
Cholesterol	49.67mg
Sodium	307.88mg
Carbohydrates	3.30g
Fiber	0.43g

Sugar	1.65g		
Protein	14.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.73mg	Iron	0.38mg

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

Monster Cookie

Servings:	500.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19991

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	7 Pound	191205
SOY BUTTER NUT FREE 2-4.41 WOWBTR	5 Pound	544231
SUGAR BEET GRANUL 50 BIG CHIEF	12 Cup	589225
SUGAR BROWN MED 25 GFS	20 Cup	108626
EGG SHL LRG A GRD 6-30CT GCHC	36 Each	206539
BAKING SODA 36Z GCHC	1/2 Cup	513849
FLAVORING VANILLA IMIT 1-QT KE	1/2 Cup	110736
1% LF WHITE MILK	1/2 Cup	4752
OATS QUICK HOT CEREAL 12-42Z QUAK	22 Quart	467251
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	12 Cup	283610
TOPPING M&M MINI BAKING BITS 2-4	8 Cup	760510

Preparation Instructions

Beat butter, soy butter, and sugars until light and fluffy.

Add eggs and beat again for 5 minutes or until lemony colored.

Add baking soda, vanilla, and milk.

Add oatmeal, chocolate chips, and any other ingredients. Mix only until blended.

Use a #30 scoop to dish out cookies onto a paper lined baking sheet.

Cookies may need to flatten slightly.

Bake at 350 degrees for

DO NOT OVER BAKE.

Note-This dough is best if not refrigerated. It gets hard and dry.

Also other optional ingredients to replace M&M's are: Butterscotch chips, raisins, dates (chopped), etc.

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: 500.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories		193.70	
Fat		8.68g	
SaturatedFat		4.64g	
Trans Fat		0.00g	
Cholesterol		29.41mg	
Sodium		149.92mg	
Carbohydrates		27.99g	
Fiber		1.93g	
Sugar		17.92g	
Protein		2.77g	
Vitamin A	0.01IU	Vitamin C	0.00mg
Calcium	13.03mg	Iron	1.00mg

Brownie Cookie

Servings:	750.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19997

Ingredients

Description	Measurement	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	60 Cup	515002
BAKING POWDER 6-5 CLABBER GIRL	1 1/4 Cup	361032
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1 Gallon	645182
SUGAR BEET GRANUL 50 BIG CHIEF	50 Cup	589225
COCOA PWD BAKING 6-5 GCHC	20 Cup	269654
EGG SHL LRG A GRD 6-30CT GCHC	96 Each	206539
APPLESAUCE UNSWT 6-10 GFS	1 #10 CAN	271497
FLAVORING VANILLA IMIT 1-QT KE	1 Cup	110736
SUGAR POWDERED 6X 25 GFS	6 Cup	108693

Preparation Instructions

Combine Flour and Baking Powder. Set aside.

In large mixing bowl beat oil and sugar. Add cocoa powder and mix until smooth.

Add eggs few at a time. Mixing well after each addition.

Add applesauce and vanilla. Mix well.

Add flour mixture slowly and mix until well blended.

Refrigerate dough overnight.

Using a #30 scoop put 24 cookies per lined baking sheet. Sprinkle with powdered sugar.

Bake at 350 degrees for 12 to 14 minutes. Just until set. DO NOT OVER BAKE.

Cool on sheet. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 750.00
Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	143.86	
Fat	5.89g	
SaturatedFat	0.71g	
Trans Fat	0.00g	
Cholesterol	26.88mg	
Sodium	50.69mg	
Carbohydrates	21.22g	
Fiber	0.82g	
Sugar	14.11g	
Protein	2.57g	
Vitamin A	0.00IU	Vitamin C 0.00mg
Calcium	21.42mg	Iron 0.52mg

Oatmeal Dried Fruit Cookie

Servings:	520.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19999

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	12 1/2 Pound	191205
SUGAR BROWN MED 25 GFS	25 Cup	108626
EGG SHL LRG A GRD 6-30CT GCHC	20 Each	206539
FLAVORING VANILLA IMIT 1-QT KE	1 Cup	110736
FLOUR ULTRAGRAIN 50 HLCHC	30 Cup	515002
BAKING SODA 36Z GCHC	7 Tablespoon	513849
SALT IODIZED 25 CARG	7 Tablespoon	108286
SPICE CINNAMON GRND 15Z TRDE	7 Tablespoon	224723
SPICE NUTMEG GRND 16Z TRDE	3 Tablespoon	224944
OATS QUICK HOT CEREAL 12-42Z QUAK	60 Cup	467251
Fruit Mix, Dried	20 Cup	110161

Preparation Instructions

Cream butter and sugar until light and fluffy.

Beat in the eggs and vanilla. Mix well.

Sift together the flour, baking soda, salt, cinnamon, and nutmeg. Gradually stir into the creamed mixture.

Finally stir in the quick oats and dried fruits.

Use a #30 scoop to dish out cookies onto a paper lined baking sheet.

Bake at 350 degrees for 8 to 10 minutes. DO NOT OVER BAKE.

Allow to rest on baking sheet for 5 minutes before removing to a cooling rack.

Note-Dried fruits can be anything and in any combination. Optional dried fruit ideas: raisins, cherries, cranberries, and apricots.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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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: 520.00
Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	184.07
Fat	9.62g
SaturatedFat	5.66g
Trans Fat	0.00g
Cholesterol	31.49mg
Sodium	253.78mg
Carbohydrates	23.10g
Fiber	1.60g
Sugar	11.65g
Protein	2.30g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.58mg	Iron	0.68mg

Chocolate Crinkle Cookie

Servings:	480.00	Category:	Grain
Serving Size:	1.67 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20000

Ingredients

Description	Measurement	DistPart #
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	15 Cup	645182
COCOA PWD BAKING 6-5 GCHC	30 Cup	269654
SUGAR BEET GRANUL 50 BIG CHIEF	60 Cup	589225
EGG SHL LRG A GRD 6-30CT GCHC	120 Each	206539
FLAVORING VANILLA IMIT 1-QT KE	1 1/2 Cup	110736
SALT IODIZED 25 CARG	6 Teaspoon	108286
BAKING POWDER 6-5 CLABBER GIRL	6 Tablespoon	361032
FLOUR ULTRAGRAIN 50 HLCHC	60 Cup	515002
SUGAR POWDERED 6X 25 GFS	12 Cup	108693

Preparation Instructions

Mix all ingredients.

Using a #40 scoop dip dough on to a lined baking sheet. Sprinkle with powdered sugar.

Chill on baking sheet at least 30 minutes before baking.

Bake from a chilled form. Bake at 350 degrees for 8 to 10 minutes. Just until set. DO NOT OVER BAKE.

Note: They will stay chewy like brownies.

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: 480.00

Serving Size: 1.67 Tablespoon

Amount Per Serving

Calories	247.54
Fat	9.20g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	68.91mg
Carbohydrates	38.00g

Fiber	1.25g		
Sugar	26.90g		
Protein	4.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.65mg	Iron	0.86mg

Drop Sugar Cookie

Servings:	500.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20005

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	6 Pound	191205
SUGAR BEET GRANUL 50 BIG CHIEF	12 Cup	589225
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	12 Cup	645182
SUGAR POWDERED 6X 25 GFS	12 Cup	108693
EGG SHL LRG A GRD 6-30CT GCHC	24 Each	206539
FLAVORING VANILLA IMIT 1-QT KE	1/2 Cup	110736
FLOUR ULTRAGRAIN 50 HLCHC	54 Cup	515002
BAKING SODA 36Z GCHC	1/4 Cup	513849
SPICE CREAM OF TARTAR 29Z TRDE	3 Tablespoon	513687

Preparation Instructions

Whip butter and white sugar until light and fluffy. Add oil and powdered sugar. Whip until smooth.

Add eggs gradually and whip mixture until lemon colored (light yellow). Add vanilla.

Combine all dry ingredients. Sift once together. Add to creamed mixture just until moistened.

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

Bake at 350 degrees for 8 to 10 minutes. Until the bottoms are lightly browned and finger does not leave a dent.

Note: Do not refrigerate dough as it becomes very stiff and difficult to dip. May sprinkle with sugar, cinnamon sugar, or colored sugar. These cookies are great with icing too.

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: 500.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories 162.49

Fat 10.17g

SaturatedFat 3.23g

Trans Fat 0.00g

Cholesterol 21.77mg

Sodium 89.09mg

Carbohydrates 17.06g

Fiber 0.91g

Sugar 7.39g

Protein 1.99g

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

Calcium 4.69mg **Iron** 0.60mg

Cut Out Sugar Cookie

Servings:	500.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20006

Ingredients

Description	Measurement	DistPart #
SUGAR BEET GRANUL 50 BIG CHIEF	15 Cup	589225
SUGAR BROWN MED 25 GFS	7 1/2 Cup	108626
SHORTENING SLD 6-6 CRISC	6 Cup	430814
BUTTER PRINT SLTD GRD AA 36-1 GFS	6 Pound	191205
SOUR CREAM 4-5 GCHC	10 Cup	285218
EGG SHL LRG A GRD 6-30CT GCHC	30 Each	206539
BAKING SODA 36Z GCHC	5 Tablespoon	513849
BAKING POWDER 6-5 CLABBER GIRL	1 Cup	361032
FLAVORING VANILLA IMIT 1-QT KE	1 Cup	110736
FLOUR ULTRAGRAIN 50 HLCHC	53 Cup	515002

Preparation Instructions

Cream shortening, butter, and sugars. Whip until light and fluffy and then keep whipping for 3 minutes.

Add vanilla, eggs, sour cream. Add whip again until light and fluffy.

Mix dry ingredients together. Add slowly to creamed mixture just until blended.

Place into refrigerator covered overnight before trying to roll them out.

Roll chilled dough to 1/2 the depth of the cutter. Cut out shapes.

Placed shapes onto a lined baking sheet.

Bake at 325 degrees for 7 to 9 minutes. Or bake until finger barley makes a print. Do not try to brown these cookies will be light in color.

Cool. Frost and decorate.

Note: An idea is to place into smaller portions before refrigerating. Then you only have to get out a small amount at a time to roll.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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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: 500.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	150.75
Fat	7.96g
SaturatedFat	4.10g
Trans Fat	0.00g
Cholesterol	27.49mg
Sodium	158.56mg
Carbohydrates	18.29g
Fiber	0.89g
Sugar	8.80g
Protein	2.19g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.03mg	Iron	0.60mg

Snickerdoodles

Servings:	500.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20007

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	4 Pound	191205
SHORTENING SLD 6-6 CRISC	4 Pound	430814
SUGAR BEET GRANUL 50 BIG CHIEF	25 3/4 Cup	589225
EGG SHL LRG A GRD 6-30CT GCHC	40 Each	206539
FLOUR ULTRAGRAIN 50 HLCHC	60 Cup	515002
SPICE CREAM OF TARTAR 29Z TRDE	1 Cup	513687
BAKING SODA 36Z GCHC	6 Tablespoon	513849
SALT IODIZED 25 CARG	7 Teaspoon	108286
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	224723

Preparation Instructions

Combine 2 tablespoons cinnamon and 3/4 cup sugar place in a shaker. Set aside.

Cream shortening, butter, and 25 cups of sugar. Whip until fluffy (about 4 to 5 minutes).

Add eggs. Whip until blended.

Add soda, salt, and cream of tarter. Blend in well.

Add flour a bit at a time. Mix only until blended.

Using a #30 scoop dip dough. Place cookie ball on to a lined baking sheet. May need to flatten a bit.

Sprinkle with the cinnamon sugar mixture in shaker.

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

Let cool on baking sheet.

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: 500.00			
Serving Size: 2.00 Tablespoon			
Amount Per Serving			
Calories	119.88		
Fat	3.66g		
SaturatedFat	2.02g		
Trans Fat	0.00g		
Cholesterol	24.59mg		
Sodium	137.78mg		
Carbohydrates	20.83g		
Fiber	1.01g		
Sugar	9.89g		
Protein	2.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.81mg	Iron	0.69mg

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

No Bake Chocolate Cookie

Servings:	450.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20011

Ingredients

Description	Measurement	DistPart #
SUGAR BEET GRANUL 50 BIG CHIEF	60 Cup	589225
COCOA PWD BAKING 6-5 GCHC	6 Cup	269654
BUTTER PRINT SLTD GRD AA 36-1 GFS	8 Pound	191205
1% LF WHITE MILK	16 Cup	4752
OATS QUICK HOT CEREAL 12-42Z QUAK	90 Cup	467251
SOY BUTTER NUT FREE 2-4.41 WOWBTR	5 Cup	544231
FLAVORING VANILLA IMIT 1-QT KE	3/4 Cup	110736

Preparation Instructions

Do recipe in tilt skillet.

Mix together sugar, cocoa, butter, milk and bring to a rapid boil for 1 minute.

Take off heat. Add sunbutter and vanilla. Stir until melted.

Add oatmeal and mix well until all is coated.

Working quickly drop by #40 scoop on to paper line pans.

Let cool and serve.

Note: Best practice is to divide recipe by 3 to do in a small batch on stove following same instructions from above. Ingredients listed below are in third amounts.

20 cups White Sugar, 2 cups Cocoa, 5 1/3 cups Butter, 5 1/3 cups Milk, 30 cups Oats, 5 Cups Soybutter, and 1/4 cup Vanilla.

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: 450.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 238.37

Fat 9.10g

SaturatedFat 4.62g

Trans Fat 0.00g

Cholesterol 17.85mg

Sodium 65.82mg

Carbohydrates 37.51g

Fiber 1.82g

Sugar 26.75g

Protein 3.16g

Vitamin A 0.36IU **Vitamin C** 0.07mg

Calcium 13.55mg **Iron** 0.69mg

Maple Brown Sugar Cookie

Servings:	375.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20012

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	4 Pound	191205
SUGAR BROWN MED 25 GFS	8 Cup	108626
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	4 Cup	645182
SUGAR POWDERED 6X 25 GFS	8 Cup	108693
EGG SHL LRG A GRD 6-30CT GCHC	16 Each	206539
FLAVORING MAPLE IMIT 1-QT KE	1/3 Cup	110779
FLOUR ULTRAGRAIN 50 HLCHC	36 Cup	515002
BAKING SODA 36Z GCHC	3 Tablespoon	513849
SPICE CREAM OF TARTAR 29Z TRDE	2 Tablespoon	513687
SYRUP PANCK MAPL 2 4-1GAL GCHC	4 Cup	232068

Preparation Instructions

Whip butter and brown sugar until light and fluffy. Add oil and powdered sugar. Whip until smooth.

Add eggs gradually and whip mixture until lemon colored (light yellow). Add maple extract and maple syrup..

Combine all dry ingredients. Sift once together. Add to creamed mixture just until moistened.

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

Bake at 350 degrees for 8 to 10 minutes. Until the bottoms are lightly browned and finger does not leave a dent.

Note: Do not refrigerate dough as it becomes very stiff and difficult to dip. May sprinkle with sugar, cinnamon sugar, or colored sugar. These cookies are great with icing too.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 375.00			
Serving Size: 2.00 Tablespoon			
Amount Per Serving			
Calories	125.35		
Fat	6.65g		
SaturatedFat	2.70g		
Trans Fat	0.00g		
Cholesterol	19.35mg		
Sodium	85.05mg		
Carbohydrates	15.52g		
Fiber	0.81g		
Sugar	6.86g		
Protein	1.77g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.17mg	Iron	0.53mg

Oatmeal Cookie

Servings:	500.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20013

Ingredients

Description	Measurement	DistPart #
SUGAR BROWN MED 25 GFS	14 Cup	108626
SUGAR BEET GRANUL 50 BIG CHIEF	6 Cup	589225
SHORTENING SLD 6-6 CRISC	12 Cup	430814
OATS QUICK HOT CEREAL 12-42Z QUAK	12 Pound	467251
MOLASSES 4-1GAL P/L	3 Cup	234303
MILK PWD FF INST 6-5 P/L	3 Cup	311065
EGG SHL LRG A GRD 6-30CT GCHC	36 Each	206539
BAKING SODA 36Z GCHC	1/2 Cup	513849
BAKING POWDER 6-5 CLABBER GIRL	3/4 Cup	361032
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup	224723
SPICE NUTMEG GRND 16Z TRDE	2 Tablespoon	224944
SPICE CLOVES WHOLE 12Z TRDE	1 Tablespoon	224766
FLOUR ULTRAGRAIN 50 HLCHC	48 Cup	515002
Tap Water for Recipes	20 Cup	000001WTR

Preparation Instructions

Bring Water to a boil. Add 4# of Oatmeal. Stir let sit (It will be thick).

Meanwhile mix shortening and sugars.

Add spices, baking powder and soda. Whip until fluffy.

Add eggs and Molasses. Whip until fluffy.

Add Oatmeal and dry milk.

Add flour a little at a time. Mix until moistened.

Use a #30 scoop to dish out cookies onto a paper lined baking sheet. May need to flatten a bit.

Bake at 325 degrees for 8 to 10 minutes or until set.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	164.39		
Fat	6.03g		
SaturatedFat	1.63g		
Trans Fat	0.00g		
Cholesterol	15.21mg		
Sodium	144.77mg		
Carbohydrates	25.13g		
Fiber	1.89g		
Sugar	9.61g		
Protein	3.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.37mg	Iron	1.07mg

Oatmeal Raisin Cookie

Servings:	500.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20014

Ingredients

Description	Measurement	DistPart #
SUGAR BROWN MED 25 GFS	14 Cup	108626
SUGAR BEET GRANUL 50 BIG CHIEF	6 Cup	589225
SHORTENING SLD 6-6 CRISC	12 Cup	430814
OATS QUICK HOT CEREAL 12-42Z QUAK	12 Pound	467251
MOLASSES 4-1GAL P/L	3 Cup	234303
MILK PWD FF INST 6-5 P/L	3 Cup	311065
EGG SHL LRG A GRD 6-30CT GCHC	36 Each	206539
BAKING SODA 36Z GCHC	1/2 Cup	513849
BAKING POWDER 6-5 CLABBER GIRL	3/4 Cup	361032
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup	224723
SPICE NUTMEG GRND 16Z TRDE	2 Tablespoon	224944
SPICE CLOVES WHOLE 12Z TRDE	1 Tablespoon	224766
FLOUR ULTRAGRAIN 50 HLCHC	48 Cup	515002
Tap Water for Recipes	20 Cup	000001WTR
RAISIN SELECT 30 P/L	8 Pound	105686

Preparation Instructions

Bring Water to a boil. Add 4# of Oatmeal. Stir let sit (It will be thick).

Meanwhile mix shortening and sugars.

Add spices, baking powder and soda. Whip until fluffy.

Add eggs and Molasses. Whip until fluffy.

Add Raisins.

Add Oatmeal and dry milk.

Add flour a little at a time. Mix until moistened.

Use a #30 scoop to dish out cookies onto a paper lined baking sheet. May need to flatten a bit.

Bake at 325 degrees for 8 to 10 minutes or until set.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	187.26		
Fat	6.08g		
SaturatedFat	1.63g		
Trans Fat	0.00g		
Cholesterol	15.21mg		
Sodium	146.19mg		
Carbohydrates	30.76g		
Fiber	2.31g		
Sugar	14.87g		
Protein	3.67g		
Vitamin A	0.67IU	Vitamin C	0.02mg
Calcium	33.25mg	Iron	1.28mg

Molasses Cookie

Servings:	500.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20015

Ingredients

Description	Measurement	DistPart #
EGG SHL LRG A GRD 6-30CT GCHC	25 Each	206539
SUGAR BEET GRANUL 50 BIG CHIEF	16 Cup	589225
APPLESAUCE UNSWT 6-10 GFS	5 Cup	271497
BUTTER PRINT SLTD GRD AA 36-1 GFS	2 Pound	191205
SHORTENING SLD 6-6 CRISC	6 Tablespoon	430814
MOLASSES 4-1GAL P/L	5 Cup	234303
SPICE CINNAMON GRND 15Z TRDE	10 Tablespoon	224723
SPICE GINGER GRND 16Z TRDE	5 Tablespoon	513695
SALT IODIZED 25 CARG	2 1/2 Tablespoon	108286
FLAVORING VANILLA IMIT 1-QT KE	1 Cup	110736
BAKING SODA 36Z GCHC	1 1/4 Cup	513849
Tap Water for Recipes	1 1/4 Cup	000001WTR
FLOUR ULTRAGRAIN 50 HLCHC	65 Cup	515002

Preparation Instructions

Mix 1 cup Sugar and 2 Tablespoons Cinnamon for sprinkling and set aside.

Cream butter, shortening, and sugars. Whip until fluffy (approximately 5 minutes).

Add all other ingredients except for flour. Blend well.

Add flour slowly while mixing on low just until moistened.

Use a #30 scoop to dish out cookies onto a paper lined baking sheet. Sprinkle with additional cinnamon sugar mixture.

Bake at 325 degrees for 10 to 12 minutes or until set, and a bit firm. DO NOT OVERBAKE.

Note: This is a moist cookie. Freezes well.

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: 500.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	106.11		
Fat	2.14g		
SaturatedFat	1.08g		
Trans Fat	0.00g		
Cholesterol	14.40mg		
Sodium	303.93mg		
Carbohydrates	20.23g		
Fiber	1.13g		
Sugar	8.77g		
Protein	2.34g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.06mg	Iron	0.88mg

Pumpkin Cookie

Servings:	480.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20017

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	3 Pound	191205
SHORTENING SLD 6-6 CRISC	6 Cup	430814
SUGAR BEET GRANUL 50 BIG CHIEF	15 Cup	589225
PUMPKIN FCY 6-10 GFS	2 #10 CAN	186244
FLAVORING VANILLA IMIT 1-QT KE	1/2 Cup	110736
EGG SHL LRG A GRD 6-30CT GCHC	20 Each	206539
FLOUR ULTRAGRAIN 50 HLCHC	30 Cup	515002
BAKING SODA 36Z GCHC	5 Tablespoon	513849
SALT IODIZED 25 CARG	2 Teaspoon	108286
BAKING POWDER 6-5 CLABBER GIRL	7 Tablespoon	361032
SPICE CINNAMON GRND 15Z TRDE	7 Tablespoon	224723
SPICE NUTMEG GRND 16Z TRDE	2 Tablespoon	224944
SPICE GINGER GRND 16Z TRDE	1 Tablespoon	513695
SPICE CLOVES WHOLE 12Z TRDE	1 Tablespoon	224766
SPICE ALLSPICE GRND 16Z TRDE	1 Tablespoon	513601
1% Low Fat White Milk	8 Cup	4752

Preparation Instructions

Cream butter, shortening, sugar, until fluffy.

Add eggs. Beat well.

Add vanilla, milk, and pumpkin. Beat until well blended.

Add spices, soda, salt, baking powder. Blend well.

Add flour and blend only until flour is moistened.

Use a #30 scoop to dish out cookies onto a paper lined baking sheet. May need to press a bit with a coated glass.

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

Let cool and then serve.

Note:

May chill dough for future baking, but let come to room temperature before baking cookies. This a soft cookie. May sprinkle tops of cookies with cinnamon sugar before baking. May sprinkle tops of baked cookies with powdered sugar after baking. A lemon glaze is also great on these cookies.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.25
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: 2.00 Tablespoon

Amount Per Serving

Calories	101.16		
Fat	5.04g		
SaturatedFat	2.24g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	121.90mg		
Carbohydrates	12.90g		
Fiber	0.85g		
Sugar	6.63g		
Protein	1.59g		
Vitamin A	1517.21IU	Vitamin C	0.56mg
Calcium	19.05mg	Iron	0.44mg

Raisin and Walnut Pumpkin Cookie

Servings:	480.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20018

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	3 Pound	191205
SHORTENING SLD 6-6 CRISC	6 Cup	430814
SUGAR BEET GRANUL 50 BIG CHIEF	15 Cup	589225
PUMPKIN FCY 6-10 GFS	2 #10 CAN	186244
FLAVORING VANILLA IMIT 1-QT KE	1/2 Cup	110736
EGG SHL LRG A GRD 6-30CT GCHC	20 Each	206539
FLOUR ULTRAGRAIN 50 HLCHC	30 Cup	515002
BAKING SODA 36Z GCHC	5 Tablespoon	513849
SALT IODIZED 25 CARG	2 Teaspoon	108286
BAKING POWDER 6-5 CLABBER GIRL	7 Tablespoon	361032
SPICE CINNAMON GRND 15Z TRDE	7 Tablespoon	224723
SPICE NUTMEG GRND 16Z TRDE	2 Tablespoon	224944
SPICE GINGER GRND 16Z TRDE	1 Tablespoon	513695
SPICE CLOVES WHOLE 12Z TRDE	1 Tablespoon	224766
SPICE ALLSPICE GRND 16Z TRDE	1 Tablespoon	513601
1% Low Fat White Milk	8 Cup	4752
RAISIN SELECT 30 P/L	8 Cup	105686
WALNUT PCS MED 30 GFS	8 Cup	585041

Preparation Instructions

Cream butter, shortening, sugar, until fluffy.

Add eggs. Beat well.

Add vanilla, milk, and pumpkin. Beat until well blended.

Add spices, soda, salt, baking powder. Blend well.

Add flour and blend only until flour is moistened.

Add walnuts and raisins.

Use a #30 scoop to dish out cookies onto a paper lined baking sheet. May need to press a bit with a coated glass.

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

Let cool and then serve.

Note:

May chill dough for future baking, but let come to room temperature before baking cookies. This a soft cookie. May sprinkle tops of cookies with cinnamon sugar before baking. May sprinkle tops of baked cookies with powdered sugar after baking. A lemon glaze is also great on these cookies.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.25
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: 2.00 Tablespoon

Amount Per Serving

Calories	122.89		
Fat	6.39g		
SaturatedFat	2.37g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	122.42mg		
Carbohydrates	15.24g		
Fiber	1.13g		
Sugar	8.57g		
Protein	2.00g		
Vitamin A	1517.46IU	Vitamin C	0.56mg
Calcium	22.05mg	Iron	0.57mg

Pumpkin Bars

Servings:	480.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20019

Ingredients

Description	Measurement	DistPart #
SUGAR BROWN MED 25 GFS	8 Cup	108626
SUGAR BEET GRANUL 50 BIG CHIEF	16 Cup	589225
FLOUR ULTRAGRAIN 50 HLCHC	16 Cup	515002
BAKING POWDER 6-5 CLABBER GIRL	1/4 Cup	361032
BUTTER PRINT SLTD GRD AA 36-1 GFS	2 Cup	191205
MILK EVAP 24-12Z CARN	2 Each	344084
MILK PWD FF INST 6-5 P/L	8 Cup	311065
PUMPKIN FCY 6-10 GFS	4 #10 CAN	186244
EGG SHL LRG A GRD 6-30CT GCHC	120 Each	206539
FLAVORING VANILLA IMIT 1-QT KE	1 1/2 Cup	110736
SPICE GINGER GRND 16Z TRDE	1/4 Cup	513695
SPICE NUTMEG GRND 16Z TRDE	2 Tablespoon	224944
SPICE CINNAMON GRND 15Z TRDE	2/3 Cup	224723
SPICE CLOVES WHOLE 12Z TRDE	2 Teaspoon	224766
SUGAR POWDERED 6X 25 GFS	8 Cup	108693
1% White Milk	1/2 Cup	4752

Preparation Instructions

Melt butter. Place all bar ingredients into a mixing bowl. Mix until all is well blended. Divide into 12 pans that have been well sprayed. Bake at 325 degrees for 35 minutes. Glaze while warm. Glaze ingredients are 8 cups powdered sugar and 1/4 to 1/2 cup warm milk. Cut when cool 8 x 5 (each square is about 1.5 x 1.5). Serve.

Note: This is like Pumpkin Pie

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.25
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		99.34	
Fat		2.22g	
SaturatedFat		0.96g	
Trans Fat		0.00g	
Cholesterol		55.26mg	
Sodium		46.09mg	
Carbohydrates		17.68g	
Fiber		0.93g	
Sugar		13.17g	
Protein		3.04g	
Vitamin A	3018.28IU	Vitamin C	1.04mg
Calcium	37.03mg	Iron	0.55mg

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 STHR N 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

Fiesta Lime Corn

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20229

Ingredients

Description	Measurement	DistPart #
CORN SUPER SWT 30 GFS	9 1/4 Pound	358991
PEPPERS RED DCD 3/8 2-3 RSS	1 Pound	581992
ONION DCD IQF 6-4 GFS	1 Pound	261521
SPICE CHILI POWDER MILD 16Z TRDE	1 Tablespoon	331473
SPICE CUMIN GRND 15Z TRDE	2 Teaspoon	273945
SPICE PAPRIKA SMOKED 19Z TRDE	2 Teaspoon	860430
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	126993
CILANTRO CLEANED 4-1 RSS	1 Cup	219550
JUICE LIME KEY WEST 4-1GAL NL&JO	1/4 Cup	332381

Preparation Instructions

1. Combine corn, red bell peppers and onion.
2. To steam: Place corn mixture in steamtable pans (12"x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Heat uncovered, in steamer at 5 pound pressure. For canned corn, heat 4-8 minutes. For frozen corn, heat 9-13 minutes. CCP: Heat to 140° F or higher.
3. Add seasonings, cilantro and lime juice Stir lightly.
4. CCP: Hold for hot service at 135° F or higher.

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: 0.50 Cup

Amount Per Serving

Calories 81.26

Fat 0.79g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 7.96mg

Carbohydrates 17.35g

Fiber 1.01g

Sugar 4.48g

Protein 2.37g

Vitamin A 309.33IU **Vitamin C** 14.23mg

Calcium 1.93mg **Iron** 0.13mg

Lemon Roasted Carrots

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20230

Ingredients

Description	Measurement	DistPart #
Carrots fzn	12 Pound	100352
OIL CANOLA CLR 3-1GAL CHFPRDE	1/2 Cup	482071
SALT IODIZED 18-2.25 GCHC	1 Tablespoon	350732
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon	225037
LEMON CHC CALIF 115CT MRKN	4 Each	563374

Preparation Instructions

1. Toss carrots with oil, salt, and pepper.
2. Grate the outer yellow lemon skin with a zesting tool or on the small grating side of a cheese grater. Squeeze the juice from the lemons. Add to the carrots and toss.
3. Place on sheet pan in a single layer and roast at 400°F for 20 minutes, until tender and golden brown.
4. Transfer to half hotel pans, and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.60
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	53.33		
Fat	3.44g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	28.80mg		
Sodium	75.20mg		
Carbohydrates	8.16g		
Fiber	2.80g		
Sugar	3.60g		
Protein	0.08g		
Vitamin A	2.59IU	Vitamin C	6.65mg
Calcium	5.27mg	Iron	0.06mg

Chicken Philly

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20231

Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	11 1/4 Pound	100117
PEPPERS & ONION FLME RSTD 6-2.5	25 Cup	847208
Cheese, Mozzarella, Part Skim, Shredded	3 1/8 Pound	100021
MINI SUB BUN, W GRAIN	50 bun	5157

Preparation Instructions

1. Preheat conventional oven to 350°F (or 400°F for convection oven). Place frozen fajita strips in a single layer on sheet pans. Bake fajita strips for 25-30 minutes in conventional oven (or 15-20 minutes for convection oven). CCP: Heat chicken to 165°F or higher for 15 seconds
2. Place frozen pepper strip blend in a 12 x 20 x 2 counter pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) until tender (approximately 3-5 minutes). DO NOT OVERCOOK. Drain excess liquid from vegetables. CCP: Hold pepper strips for hot service at 135°F or higher.
3. Assemble sandwiches during tray service: place open hoagie bun on tray, top with 3 ½ ounces chicken fajita meat, ¼ cup pepper strips, and 1 ounce cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	413.50		
Fat	14.20g		
SaturatedFat	7.63g		
Trans Fat	0.00g		
Cholesterol	103.39mg		
Sodium	1158.40mg		
Carbohydrates	35.35g		
Fiber	3.91g		
Sugar	9.23g		
Protein	31.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 9.07mg **Iron** 0.21mg

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

Philly Steak & Cheese- WMS

Servings:	70.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20307

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Package	722110
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 1/2 Package	720861
Aunt Millie's Whole Grain Mini Sub Buns	70 Each	5157

Preparation Instructions

Beef

1. Spray medium pan and place 1/2 pkg of beef steak (out of bag) in pan.
2. Steam with lid ajar approximately 15-20 minutes.
3. Stir and temp. Drain partially.

Cheese

1. Place bag of queso cheese in slotted pan. (Leave in bag.)
2. Steam appropriately 20 minutes. Temp. Cut open bag of cheese and add to beef steak. Stir well. Cover with lid. Place in heated pass thru.

Onions & Peppers (serve separately)

1. Paper & Spray cookie sheet.
2. Place one bag peppers and onions per pan. Spread out on cookie sheet.
3. Spray with butter spray. Bake at 325 degrees for 5 minutes or less. Want a quick roast. Need to watch while baking.
4. Then place in sprayed med pan with lid. Put in heated pass thru.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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: 70.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving

Calories	322.77
Fat	12.65g
SaturatedFat	5.56g
Trans Fat	0.31g
Cholesterol	41.00mg
Sodium	759.13mg
Carbohydrates	30.93g

Fiber		3.00g	
Sugar		5.19g	
Protein		17.69g	
Vitamin A	228.57IU	Vitamin C	0.00mg
Calcium	127.39mg	Iron	10.86mg

Variety of Chips

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20308

Ingredients

Description	Measurement	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	541502
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	456090
SNACK CHS PUFF CHED R/F 72-.7Z CHTOS	1 Package	537871
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	105260

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	122.50		
Fat	4.88g		
SaturatedFat	0.63g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	172.50mg		
Carbohydrates	18.00g		
Fiber	1.50g		
Sugar	0.75g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.00mg	Iron	0.63mg

Ham Salad on Croissant with Cheese Stick

Servings:	10.00	Category:	Entree
Serving Size:	0.38 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20342

Ingredients

Description	Measurement	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	10 Each	172172
Ham, Cubed Frozen	2 Cup	100188-H
CELERY STALK CLEANED 10 RSS	1/2 Cup	478318
SUGAR BEET GRANUL 25 GFS	1 Teaspoon	108588
DRESSING SALAD 4-1GAL MIR WHIP	1/2 Cup	251066
RELISH SWT PICKLE 4-1GAL GFS	1/4 Cup	517186
EGG HARD CKD PLD 10 DEB EL	2 Each	557540
ONION DEHY SUPER TOPPER 6-2 P/L	1/4 Cup	223255
CHEESE STIX COLBY JK R/F IW 168-1Z	10 Each	786510

Preparation Instructions

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: 10.00

Serving Size: 0.38 Cup

Amount Per Serving

Calories	405.54		
Fat	20.64g		
SaturatedFat	9.42g		
Trans Fat	0.15g		
Cholesterol	76.75mg		
Sodium	846.71mg		
Carbohydrates	37.04g		
Fiber	2.25g		
Sugar	8.02g		
Protein	17.27g		
Vitamin A	87.84IU	Vitamin C	0.33mg

Calcium 225.51mg **Iron** 1.99mg

Side Salad

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20344

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	10 Pound	153121
CUCUMBER SELECT 6CT MRKN	6 Each	592323
EGG HARD CKD PLD 10 DEB EL	4 Each	557540
CARROT MATCHSTICK SHRED 2-3 RSS	3 Pound	198161
RADISH SLCD 1/8 2-3 RSS	3 Pound	212733
DRESSING RNCH BTRMLK 4-1GAL MARZ	6 Cup	292877

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	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.39		
Fat	6.16g		
SaturatedFat	1.05g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	102.46mg		
Carbohydrates	3.44g		
Fiber	1.29g		
Sugar	1.92g		
Protein	0.92g		
Vitamin A	1915.74IU	Vitamin C	2.44mg
Calcium	17.27mg	Iron	0.37mg

Tuna Salad Croissant with Cheese Stick

Servings:	30.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20346

Ingredients

Description	Measurement	DistPart #
Tuna, Chunk Light, Canned	33 Ounce	100195
EGG HARD CKD PLD 10 DEB EL	4 Each	557540
RELISH SWT PICKLE 4-1GAL GFS	1/4 Cup	517186
ONION RD SLIVERED 1/8 2-3 RSS	13/100 Cup	313157
SPICE CELERY SEED WHOLE 16Z TRDE	1/2 Teaspoon	224677
SPICE GARLIC SALT NO MSG 37Z TRDE	1/2 Teaspoon	224847
SPICE ONION POWDER 96Z TRDE	13/100 Teaspoon	195173
SEASONING POULTRY 10Z TRDE	1/2 Teaspoon	273996
DRESSING SALAD 4-1GAL MIR WHIP	1 Cup	251066
CELERY STALK CLEANED 10 RSS	13/100 Cup	478318
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	30 Each	172172
CHEESE STIX COLBY JK R/F IW 168-1Z	30 Each	786510

Preparation Instructions

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: 30.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	380.64
Fat	18.20g
SaturatedFat	8.23g
Trans Fat	0.15g
Cholesterol	66.17mg
Sodium	762.10mg
Carbohydrates	32.48g

Fiber	2.01g		
Sugar	5.83g		
Protein	13.00g		
Vitamin A	42.41IU	Vitamin C	0.16mg
Calcium	219.51mg	Iron	1.90mg

Powdered Sugar Icing

Servings:	220.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20348

Ingredients

Description	Measurement	DistPart #
SUGAR POWDERED 6X 25 GFS	10 Cup	108693
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Cup	840860
1 % White Milk	1 Cup	
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon	110744

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: 220.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	29.55		
Fat	0.81g		
SaturatedFat	0.33g		
Trans Fat	0.00g		
Cholesterol	0.07mg		
Sodium	8.56mg		
Carbohydrates	5.50g		
Fiber	0.00g		
Sugar	5.32g		
Protein	0.04g		
Vitamin A	0.05IU	Vitamin C	0.01mg
Calcium	0.22mg	Iron	0.00mg

Baked Chips

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20350

Ingredients

Description	Measurement	DistPart #
CHIP POT BKD 64-LSSV LAYS	1 Package	712560
CHIP POT BBQ BKD 64-LSSV LAYS	1 Package	712550
CHIP POT SR CRM ONIO BKD 64-LSSV LAYS	1 Package	712540

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	163.33		
Fat	6.50g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	23.33g		
Fiber	2.00g		
Sugar	2.33g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	3.00mg
Calcium	6.67mg	Iron	0.44mg

Winter Blend w/ Cheese Sauce

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20351

Ingredients

Description	Measurement	DistPart #
VEG BLND WINTER 30 GFS	30 Pound	285770
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package	135261

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	0.92
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	82.15		
Fat	4.14g		
SaturatedFat	2.66g		
Trans Fat	0.00g		
Cholesterol	11.82mg		
Sodium	254.84mg		
Carbohydrates	6.38g		
Fiber	1.84g		
Sugar	1.84g		
Protein	4.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	151.18mg	Iron	0.92mg

Corn w/ Black Beans

Servings:	237.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20366

Ingredients

Description	Measurement	DistPart #
BEAN BLACK 6-10 FURMANO	3 #10 CAN	653560
Corn, Whole Kernel, Frozen, No Salt added	30 Pound	100348

Preparation Instructions

We do 30# of corn to 3 cans of beans. Black bean number is -653560.

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	0.13
Starch	0.38

Nutrition Facts

Servings Per Recipe: 237.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	88.91		
Fat	0.86g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	118.56mg		
Carbohydrates	18.60g		
Fiber	3.35g		
Sugar	2.40g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.04mg	Iron	0.65mg

Fruit Cobbler

Servings:	300.00	Category:	Fruit
Serving Size:	0.63 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20377

Ingredients

Description	Measurement	DistPart #
Diced Peaches CND 6-10	9 #10 CAN	100220
CAKE MIX WHT 6-5 GCHC	54 Cup	245747
SPICE CINNAMON GRND 15Z TRDE	6 Tablespoon	224723
SUGAR BROWN MED 25 GFS	9 Cup	108626
BUTTER PRINT SLTD GRD AA 36-1 GFS	6 Pound	191205

Preparation Instructions

Melt butter and set aside.

Leave all liquid on fruits. Place approximately 18 cups of fruit and juice in each of 6 pans.

Place 9 cups of cake mix or muffin mix evenly over fruit in pan. Mix Cinnamon with dry mix if used.

Poke holes through mix and fruit.

Sprinkle each pan with 1 1/2 cups of brown sugar. Pour 2 cups of melted butter over all in pan.

Bake for 45 to 60 minutes or until brown and bubbly.

Note: Serving size is 5 oz spoodle or 5/8 cup. Any fruit may be used. Works best with diced fruit but sliced works okay too.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.75
Fruit	0.25
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.63 Cup

Amount Per Serving

Calories	242.19
Fat	9.60g
SaturatedFat	5.91g
Trans Fat	0.00g
Cholesterol	19.48mg
Sodium	253.23mg
Carbohydrates	36.26g
Fiber	0.78g
Sugar	27.30g
Protein	1.64g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.82mg	Iron	0.49mg

Thickened Strawberries and Bananas

Servings:	246.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20383

Ingredients

Description	Measurement	DistPart #
IQF Frozen Sliced Strawberries	30 Pound	110860
BANANA 13-3# P/L	100 2/3 Each	644482
Tap Water for Recipes	2 Gallon	000001WTR
Gage Foods Pie Conditioner	8 Pound	1108
COLORING FOOD RED 1QT GCHC	17/100 Cup	110949

Preparation Instructions

1. Make sure frozen fruit is pulled out 1 day before using.
2. Mix the COLD water, thickener, and food coloring first.
3. Quickly add fruit to mixture. The strawberry mixture should not be whole or too smashed up, somewhere in the middle.
4. May need to add 1/2 gallon of cold water at the end if the consistency is too thick.

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: 246.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	108.42		
Fat	0.16g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.94mg		
Carbohydrates	28.63g		
Fiber	2.06g		
Sugar	7.71g		
Protein	0.53g		
Vitamin A	30.90IU	Vitamin C	4.20mg
Calcium	2.41mg	Iron	0.13mg

Flour Thickner

Servings:	33.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20386

Ingredients

Description	Measurement	DistPart #
FLOUR H&R A/P 50 GCHC	3 Pound	765180
SUGAR BEET GRANUL 25 GFS	20 Cup	108588
SPICE CINNAMON GRND 15Z TRDE	2 Cup	224723

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: 33.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	578.67		
Fat	0.27g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	146.62g		
Fiber	1.10g		
Sugar	116.38g		
Protein	4.81g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.18mg	Iron	1.81mg

Baked Apples

Servings:	24.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20388

Ingredients

Description	Measurement	DistPart #
Apple Slices, Canned, Unsweetened	1 #10 CAN	100206
FLOUR H&R A/P 50 GCHC	2 Cup	765180
SUGAR BEET GRANUL 25 GFS	1 3/4 Cup	108588
SPICE CINNAMON GRND 15Z TRDE	4 Teaspoon	224723
BAKING POWDER 6-5 CLABBER GIRL	2 Teaspoon	361032
EGG SHL LRG A GRD 6-30CT GCHC	2 Each	206539
BUTTER PRINT SLTD GRD AA 36-1 GFS	6 Tablespoon	191205

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	171.81		
Fat	3.25g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	80.69mg		
Carbohydrates	34.27g		
Fiber	2.42g		
Sugar	23.70g		
Protein	1.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.99mg	Iron	0.51mg

Creamed Turkey on a Biscuit

Servings:	225.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20433

Ingredients

Description	Measurement	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	40 Pound	100125
Tap Water for Recipes	12 Gallon	000001WTR
BASE CHIX 25 KE	3 Cup	160821
GRAVY MIX BISC 6-1.5 PION	8 Package	281719
VEG MIXED 30 GFS	30 Pound	285690
DOUGH BISC CNTRY STYL 240-2.5Z RICH	225 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	2.75
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: 225.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	525.06
Fat	24.10g
SaturatedFat	11.12g
Trans Fat	0.00g
Cholesterol	65.42mg
Sodium	1309.44mg
Carbohydrates	47.74g
Fiber	3.02g
Sugar	6.96g

Protein	28.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.84mg