

Cookbook for Wawasee High School

Created by HPS Menu Planner

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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

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

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

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	640.32
Fat	25.26g
SaturatedFat	6.65g
Trans Fat	0.15g
Cholesterol	146.46mg
Sodium	1144.42mg
Carbohydrates	85.34g
Fiber	10.03g
Sugar	46.93g
Protein	19.57g
Vitamin A 0.00IU	Vitamin C 0.14mg
Calcium 38.21mg	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 TZATSIKI 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	0.43
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

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

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	0.27
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

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

Corn Casserole

Servings:	100.00	Category:	Vegetable
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

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	2.06
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

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	551.72
Fat	19.26g
SaturatedFat	5.45g
Trans Fat	0.15g
Cholesterol	140.46mg
Sodium	760.29mg
Carbohydrates	75.12g

Fiber	10.01g		
Sugar	38.91g		
Protein	19.57g		
Vitamin A	0.00IU	Vitamin C	0.14mg
Calcium	35.11mg	Iron	2.30mg

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	0.43
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

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	1.12
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	311.32
Fat	6.65g
SaturatedFat	3.08g
Trans Fat	0.00g
Cholesterol	124.63mg
Sodium	591.37mg
Carbohydrates	23.81g
Fiber	0.75g
Sugar	2.63g
Protein	38.07g
Vitamin A 26.30IU	Vitamin C 6.45mg
Calcium 10.43mg	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

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

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	1.24
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	2.64
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

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

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

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	0.43
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

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

Servings:	416.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20551

Ingredients

Description	Measurement	DistPart #
MILK PWD FF INST 6-5 P/L	9 Cup	311065
Milnot Evaporated Milk, Filled, Original	48 Fluid Ounce	MILNOT
MILK WHT 2 4-1GAL RGNLBRND	9 Gallon	504602
SOUP CRM OF CHIX 12-5 HNZ	3 #5 CAN	101656
SOUP CRM OF MUSHRM 12-5 CAMP	3 #5 CAN	101346
SOUP CRM OF CELERY 12-5 HNZ	3 #5 CAN	101613
BASE CHIX LO SOD 12-1 LEGO	3 Cup	130869
BUTTER PRINT SLTD GRD AA 36-1 GFS	2 1/4 Pound	191205
SEASONING POULTRY 10Z TRDE	33/100 Cup	273996
SPICE CELERY SALT 32Z TRDE	33/100 Cup	231517
SPICE GARLIC SALT NO MSG 37Z TRDE	3/4 Cup	224847
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/2 Cup	223255
SPICE ONION POWDER 19Z TRDE	33/100 Cup	126993
STARCH CORN 24-1 ARGO	4 1/2 Pound	108413
FLOUR H&R A/P 2-25 GCHC	1 1/4 Gallon	227528
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	45 Pound	100125

Preparation Instructions

1. Dissolve powdered milk in water. Strain.
2. Combine powdered milk, evaporated milk, 6 gallons 2% milk, soups, chicken base, and all seasonings. Cook to 165 degrees.
3. Mix corn starch, flour, and 1 gallon 2% milk.

4. Add to creamed chicken. Allow to thicken and if need to add extra gallon 2% milk if too thick.

Note: 45lbs of turkey is a cooked weight of meat. For about 45lbs of cooked turkey roast meat you will need 68 lbs raw turkey roast.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 416.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	233.66
Fat	10.25g
SaturatedFat	4.32g
Trans Fat	0.00g
Cholesterol	54.83mg
Sodium	513.73mg
Carbohydrates	16.92g
Fiber	0.38g
Sugar	6.11g
Protein	18.72g
Vitamin A 178.20IU	Vitamin C 0.83mg
Calcium 129.05mg	Iron 0.31mg