

Cookbook for West Carroll Primary School

Created by HPS Menu Planner

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Fresh Apple

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Chicken Gravy

Taco in a Bag (PS)

Macaroni & Cheese

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Breakfast Egg & Cheese Muffin

Hot Ham & Cheese Sandwich

Hot Ham & Cheese Sandwich:HS

Cheetos Cheese Crackers WG

Veggie Juice Box

Breakfast Bar Banana Choc Chunk

Breakfast Bar Oatmeal Choc Chip

Fruit Cup-Mandarin Oranges

Fruit Cup-Diced Peaches

Fruit Cup-Diced Pears

Baked Chicken Drumstick (PS)

String Cheese

Applesauce Cup Strawberry

Muffin - Choc & Choc Chip WG

Muffin - Blueberry WG

Muffin - Banana WG

Muffin - Apple Cinnamon WG

Pop-Tart Cinnamon

Pop-Tart Fudge

Pop-Tart Strawberry

Apples, Sliced Fresh Cut

Sun Splash Juice Box

Pineapple Tidbits

Paradise Punch Juice Box

Celery Sticks

Sunbutter

Mustard Packet

Mayo Lite Packet

Clementines (2 each)

Taco Filling, Beef, RF

Lettuce Shredded

Taco Filling, Beef, RF

Taco Filling, Beef, RF

Doritos RF

Shredded Cheese

Shredded Cheese

Salsa

Salsa

Loaded Tater Tots (PS)

Loaded Tater Tots (MS)

Loaded Baked Potato with Taco Meat

Nutri-grain Bar (assorted)

Food Court Smoothie

Variety of Fresh Fruit (apple slices, orange or banana)

Cheese Sauce

Cheese Sauce

Roasted Broccoli

Jonny Pop Fruit Bar

Soft Shell Taco (taco beef, shell and cheese)

Popcorn Chicken (10 each)

French Toast Sticks

Breaded Chicken Patty on WG bun

Fruit Slushie Cup

Spaghetti w/ meat sauce (PS)

Spaghetti w/ meat sauce (HS)

Nacho Supreme (PS)

Twisted Garlic Breadstick

Tri Taters

French Toast Sticks

Sausage Links (2 each)

Loaded Baked Potato with Chili

Sausage Links (1 each)

Cheeseburger on WG bun

French Fries Baked

Animal Crackers

Bosco Sticks (MS)

Chicken Gravy

Fried Rice

Fried Rice

Broccoli Steamed

Roasted Broccoli (1/2 c)

Taco in a Bag (MS)

Taco in a Bag (HS)

Bosco Sticks (HS)

Popcorn Chicken (12 each)

Cheeseburger on WG bun (HS)

Orange Chicken

Breaded Chicken Patty on WG bun

Nacho Supreme (MS)

Nacho Supreme (HS)

Chicken Fajita Meat

Chicken Fajita Meat (HS)

Tortilla Shell (6 inch)

Tortilla Shell (8 inch)

Sweet Potato Fries

Breakfast Pizza

Goldfish Grahams

Granola

Chicken Tenders (4 each)

Mini Corn Dogs

Fortune Cookie (2 ea)

Mandarin Oranges

Yogurt Cup

Tomato Slices

Sour Cream Packet

Diced Tomatoes

Sun Chips Salsa

Sun Chips Cheddar

Salad Mix

Cucumber Slices

Ketchup Packet

BBQ Sauce Cup

BBQ Sauce

Fresh Orange

Syrup Cup

Onions Diced

Baby Carrots

Goldfish Cheddar Crackers

Peaches Diced

Rice Krispie Treat

Romaine Salad

Scooby Graham Crackers

Ranch Dressing

Ranch Dressing Cup

Bug Bite Grahams

Garlic Toast

Chocolate Chip Cookie (PS)

Chocolate Chip Cookie (MS & HS)

Stuffed Crust Cheese Pizza

Stuffed Crust Pepperoni Pizza

Stir Fry Vegetables

Bacon Bits

Refried Beans

Potato Wedges

Potato Wedges Seasoned

Cherry Smooth Slushie

Sausage Gravy & Biscuit (HS)

Breakfast Sandwich (HS)

Pancake on a Stick

CEREAL BOWL (ASSORTED)

BAGEL WG

Strawberry Cream Cheese Cup

Cream Cheese Cup

Grape Tomatoes

Butter Cup

Glazed WG Donut

Glazed WG Donut

Raisins Sour Watermelon

Banana Bread Slice

Wild Berry Bread Slice

Spaghetti w/meat sauce (MS)

Taco Meat Chicken

Taco Salad (MS)

Sausage Gravy & Biscuit (MS)

Seasoned Potato Cubes

Gold Rush Juice Box

Egg & Cheese Wrap

Banana

Colby Jack Cheese Stick

Marinara Sauce (1/4 cup)

Cook's Choice

Assorted Cereal

Loaded Baked Potato with Chili (200 serv)

100% Fruit Juice

Animal Crackers

Cereal Bars, Assorted

Cheese Ravioli w/sauce

Augratin Potatoes

Hamburger on WG bun

Breakfast Sandwich (Biscuit, Egg, Cheese)

Yogurt Parfait-MS

Blueberry Yogurt Parfait

Strawberry Yogurt Parfait

Breakfast Sandwich (Biscuit, Sausage, Cheese)

Sloppy Joe Meat (MS)

PBJ, Cheese Stick, Graham Snack

Sloppy Joe Meat (HS)

Baked Chicken Breast

Baked Chicken Thigh

Baked Chicken Drumstick

Pulled Pork (MS)

Coleslaw

Pulled Pork (HS)

Canned Fruit Choice

Sub Sandwich (HS)

Breakfast Egg Casserole

EARLY DISMISSAL - NO LUNCH SERVED

Snickerdoodle

Augratin Potatoes

Sub Sandwich (PS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11310

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice	2 slices = credits 1 oz m/ma	689541
TURKEY HAM UNCURED 6-2 JENNO	1 Slice	1 slice credits .5 oz m/ma	690041
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	1 slice = .5 oz weight 1 slice = credits .5 oz m/ma	722360
Whole Grain Hot Dog Bun - 2oz	1 Each		4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.01
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	260.62		
Fat	6.26g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	42.77mg		
Sodium	708.08mg		
Carbohydrates	29.75g		
Fiber	2.00g		
Sugar	5.00g		
Protein	20.87g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.18mg

Chicken Tenders (3 each)

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11351

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 3.00 Each

Amount Per Serving			
Calories	240.00		
Fat	12.00g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	405.00mg		
Carbohydrates	12.00g		
Fiber	1.50g		
Sugar	3.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.62mg

Corn Dog (1 each)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11352

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each	72 servings per case	620220

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	240.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	470.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.50mg

Bosco Stick (PS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11353

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 7 WGRAIN 108CT	1 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Bosco Sticks on a baking sheet. THAWED: 7-9 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> Preheat oil to 350° F. THAWED ONLY: 1-2 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep Bosco Sticks covered while thawing. Bosco Sticks may be thawed in packaging. Bosco Sticks have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p>	555982
CHEESE PARM GRTD 12-1 PG	1 Tablespoon		164259
PAN COAT/TPNG SPRY BTR 6- 16.5Z GFS	1 Each		758370

Preparation Instructions

CONVECTION

Convection Oven

- Preheat oven to 400° F.
- Place Bosco Sticks on a baking sheet.
- THAWED: 7-9 minutes.

4. Spray bosco sticks with butter spray.

5. Sprinkle parmesan cheese on top.

5. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	222.20		
Fat	6.95g		
SaturatedFat	3.50g		
Trans Fat	0.01g		
Cholesterol	15.00mg		
Sodium	317.90mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	238.50mg	Iron	2.00mg

Marinara Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11354

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

Ready to eat.

Warm in warming oven if desired.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	8.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	2.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	14.00mg	Iron	0.00mg

Baked Beans (1/2 cup)

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11355

Ingredients

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

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	0.13
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Sugar Cookie

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11356

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY SGR WGRAIN R/F 192-1.85Z	1 Each	Prepare from frozen state.	170041

Preparation Instructions

Place 3 x 5 on standard lined sheet pan. Bake in preheated oven for 11-14 minutes. Convection oven: 310 degrees F. Cool at room temperature.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	193.90		
Fat	6.00g		
SaturatedFat	2.10g		
Trans Fat	0.00g		
Cholesterol	18.00mg		
Sodium	200.00mg		
Carbohydrates	35.00g		
Fiber	3.70g		
Sugar	17.00g		
Protein	2.80g		
Vitamin A	106.50IU	Vitamin C	0.03mg
Calcium	14.60mg	Iron	1.00mg

Potato Smiles (4 each)

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11357

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	4 Piece	Prepare from frozen state.	228818

Preparation Instructions

Convection: Preheat oven to 425°F. Spread product evenly on a shallow baking pan. Bake for 9-13 minutes, turning once for uniform cooking.

For best results, cook from a frozen state using recommended time and temperature.

Always cook to a light golden color. Do not overcook.

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: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories	129.46		
Fat	4.48g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	179.25mg		
Carbohydrates	19.92g		
Fiber	1.99g		
Sugar	0.00g		
Protein	1.99g		
Vitamin A	0.00IU	Vitamin C	2.39mg
Calcium	0.00mg	Iron	0.36mg

Green Beans (1/2 cup)

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11358

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	1/2 Cup		221990

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	110.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.40mg

White Milk 1%

Servings:	1.00	Category:	Milk
Serving Size:	8.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11360

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1 % White Milk	8 Fluid Ounce		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.20
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	5.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories	100.00		
Fat	2.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	120.00mg		
Carbohydrates	11.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	8.00g		
Vitamin A	10.00IU	Vitamin C	2.00mg
Calcium	30.00mg	Iron	0.00mg

White Milk Skim

Servings:	1.00	Category:	Milk
Serving Size:	8.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11361

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms Skim White Milk Carton	8 Fluid Ounce		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	120.00mg		
Carbohydrates	11.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sub Sandwich (MS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11362

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice	2 slices credits 1 oz m/ma	689541
TURKEY HAM UNCURED 6-2 JENNO	1 Slice	1 slice credits .5 oz m/ma	690041
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	1 slice credits .5 oz m/ma	722360
Whole Grain Hot Dog Bun - 2oz	1 Each		4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.01
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	260.62		
Fat	6.26g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	42.77mg		
Sodium	708.08mg		
Carbohydrates	29.75g		
Fiber	2.00g		
Sugar	5.00g		
Protein	20.87g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.18mg

Ultimate Breakfast Round

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR OATML CHOC CHP 126CT	1 Each	Thaw and serve.	662342

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	270.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	180.00mg		
Carbohydrates	44.00g		
Fiber	6.00g		
Sugar	19.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Raisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 1.5 oz pkg	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11364

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each	READY_TO_EAT	544426

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: 1.00

Serving Size: 1.00 1.5 oz pkg

Amount Per Serving

Calories	504.00		
Fat	1.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	31.20mg		
Carbohydrates	124.00g		
Fiber	9.20g		
Sugar	116.00g		
Protein	4.80g		
Vitamin A	14.80IU	Vitamin C	0.40mg
Calcium	63.60mg	Iron	4.68mg

Fresh Apple (1/2 each)

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11365

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA MI 138CT MRKN	1/2 Each		569392

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: 1.00

Serving Size: 0.50 Each

Amount Per Serving			
Calories	35.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	9.00g		
Fiber	1.50g		
Sugar	6.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Fresh Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11366

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA MI 138CT MRKN	1 Each		569392

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	3.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Hot Dog on WG Bun

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11367

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each		417350
Hot Dog Bun WG	1 Each		4266

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	330.00		
Fat	18.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	700.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	178.89mg	Iron	2.27mg

Dinner Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11368

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll	1 Each		6619

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	135.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.00mg

Hoagie Bun

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11369

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Deli Roll	1 Each		6055

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	3.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	240.00mg	Iron	2.00mg

Donuts Mini Chocolate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11370

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

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	320.00		
Fat	15.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	41.00g		
Fiber	2.00g		
Sugar	19.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Donuts Mini Powdered

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11371

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201

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	270.00		
Fat	11.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	230.00mg		
Carbohydrates	41.00g		
Fiber	2.00g		
Sugar	21.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.72mg

Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13223

Ingredients

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

Preparation Instructions

Pour 1 pouch of potato pearls into a steam table pan, add 1 gallon of boiling water to potatoes, promptly stir for 15-20 seconds to ensure even distribution. Allow potatoes to sit for 3-5 minutes, then stir/fluff with fork or hand mixer. Alternate preparation- pour 2 pouches potatoes into steam table pan and add 2 gallons of boiling water, promptly stir to ensure even distribution. Allow to sit for 3-5 min, then stir/fluff with fork or hand mixer. Cover and hold in warmer till service. PFS says you get 39 1/2 cup servings per bag.

CCP- Hold at 135°

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	75.90		
Fat	0.84g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	345.78mg		
Carbohydrates	14.34g		
Fiber	0.84g		
Sugar	0.00g		
Protein	1.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.43mg	Iron	0.25mg

Buttered Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13224

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL R/SOD 6-10 P/L	1/2 Cup		222011
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	87.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	7.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.30mg

Strawberries Sliced

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13225

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY SLCD 4+1 6-6.5 GFS	1/2 Cup		293393

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	111.94		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	28.36g		
Fiber	1.49g		
Sugar	24.63g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	35.82mg
Calcium	0.00mg	Iron	0.54mg

Chicken Gravy

Servings:	34.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13226

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Package		552061
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR

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: 34.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	30.08		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	3.76mg		
Sodium	97.75mg		
Carbohydrates	4.51g		
Fiber	0.00g		
Sugar	0.75g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Taco in a Bag (PS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13231

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 2/5 Ounce	Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches 165 degrees. Avoid overloading kettles where bags can be trapped against side of kettle or pot. Open bag with caution as it will be hot.	722330
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first.	456090

Preparation Instructions

SERVING SIZE:

2.4 OZ TACO MEAT

1-PKG NACHO CHEESE CHIPS (1 OZ PKG)

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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 Serving

Amount Per Serving

Calories	214.34		
Fat	8.71g		
SaturatedFat	2.36g		
Trans Fat	0.22g		
Cholesterol	26.50mg		
Sodium	421.00mg		
Carbohydrates	23.79g		
Fiber	3.51g		
Sugar	2.51g		
Protein	11.69g		
Vitamin A	488.33IU	Vitamin C	3.79mg
Calcium	69.04mg	Iron	1.81mg

Macaroni & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13232

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	67/100 Cup	For best results, take pouches out of the case and thaw overnight in refrigerator prior to heating. Shelf life: Freezer = 365 days	119122

Preparation Instructions

The plastic pouch is sturdy enough to withstand heating in a steamer or boiling water. Heating time can vary with type of equipment use and number of pouches heated. Take internal temperature by placing thermometer in fold of pouch.

BOILING WATER METHOD: Place thawed unopened pouch in boiling water and heat for 40 minutes, or for frozen pouch heat 50 minutes to temperature of 165 degrees f.

STEAMER METHOD: The preferred method is to place thawed, unopened pouch in steamer and heat for 35 minutes or 50 minutes from frozen. Heat to temperature of 165 degrees F. When possible keep product in heated pouches until serving. Then pouches can be cut and product can be poured into serving pans. If pre-panned, keep product covered tightly.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	290.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	980.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	17.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Broccoli Steamed

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13233

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	1/2 Cup		610902

Preparation Instructions

Remove broccoli from freezer. Open and layer in steamtable pan.

Spray with virgin oil and sprinkle with seasoning salt.

Cook to 165 degrees or until broccoli texture is reached, Hold in warmer 145 degrees or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		100.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		60.00mg	
Carbohydrates		20.00g	
Fiber		12.00g	
Sugar		4.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	4.00mg

Breakfast Egg & Cheese Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13235

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN EGG&CHS WGRAIN IW 96-3.3Z	1 Each	BAKE From thawed state in a convection oven at 275 degrees for 11-13 minutes.	460332

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	9.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	420.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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-13340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD NAT CHC 6-2 HRML	3 Slice	1 slice = .5 oz weight 3 slices = 1.5 oz weight	645340
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Hamburger Bun WGW 16 ct pkg	1 Each		6693

Preparation Instructions

Place 3 slices ham and 1 slice of cheese in the hamburger bun. Wrap with foil. Place wrapped sandwiches in the warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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	200.00		
Fat	4.63g		
SaturatedFat	1.63g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	612.50mg		
Carbohydrates	22.75g		
Fiber	2.00g		
Sugar	4.25g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	216.00mg	Iron	1.27mg

Hot Ham & Cheese Sandwich:HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13341

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD NAT CHC 6-2 HRML	4 Slice	1 slice = .5 oz weight 4 slices = 2.0 oz weight	645340
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice		722360
Bun Hamburger 12/ct Bimbo Bakeries	1 Each		3447

Preparation Instructions

Place 4 slices ham and 2 slices of cheese in the hamburger bun. Wrap with foil. Place wrapped sandwiches in the warmer until ready to serve.

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	7.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	970.00mg		
Carbohydrates	34.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	392.00mg	Iron	2.16mg

Cheetos Cheese Crackers WG

Servings:	1.00	Category:	Grain
Serving Size:	0.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13358

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK CHS CRCKR TRAX WGRAIN 150-SSV	1 Each	Ready to use.	393533

Preparation Instructions

Ready to use.

Shelf life: Use by expiration date

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: 0.00 Each

Amount Per Serving

Calories	110.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Veggie Juice Box

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13365

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRUITABLES PLUS TROP 40-4.23FLZ	1 Each	Shelf Stable	272122

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	500.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

Breakfast Bar Banana Choc Chunk

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13367

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860

Preparation Instructions

Remove Product from Freezer. Thaw and serve.

Place in warming cabinet if wanting them warmed up.

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	280.00		
Fat	8.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	220.00mg		
Carbohydrates	48.00g		
Fiber	3.00g		
Sugar	23.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Breakfast Bar Oatmeal Choc Chip

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13370

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721

Preparation Instructions

Remove Product from Freezer. Thaw and serve.

Place in warming cabinet if wanting them warmed up.

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	290.00		
Fat	9.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	240.00mg		
Carbohydrates	47.00g		
Fiber	3.00g		
Sugar	22.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Fruit Cup-Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13371

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE 36-4.5Z GCHC	1 Each		560912

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.40mg

Fruit Cup-Diced Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13372

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD CUP IN JCE 36-4Z DOLE	1 Each	READY_TO_EAT Ready to Eat	131970

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	18.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Fruit Cup-Diced Pears

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13373

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD CUP JCE 36-4Z DOLE	1 Each	READY_TO_EAT Ready to Eat	275260

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Baked Chicken Drumstick (PS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13379

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	220.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	530.00mg
Carbohydrates	6.00g
Fiber	1.00g
Sugar	0.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 14.00mg **Iron** 1.00mg

String Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13380

Ingredients

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

Preparation Instructions

1 case = 168 / 1 oz sticks

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Applesauce Cup Strawberry

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13382

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRAWB UNSWT 96-4.5Z	1 Each		699211

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Muffin - Choc & Choc Chip WG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13383

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	Thaw & Serve	557991

Preparation Instructions

Thaw and serve.

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	200.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	4.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Muffin - Blueberry WG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13384

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970

Preparation Instructions

Thaw and serve.

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	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Muffin - Banana WG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13385

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	Thaw and serve.	557981

Preparation Instructions

Thaw and serve.

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	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	3.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Muffin - Apple Cinnamon WG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13386

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	Thaw and serve.	558011

Preparation Instructions

Thaw and serve.

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	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.00mg	Iron	1.00mg

Pop-Tart Cinnamon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13387

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880

Preparation Instructions

Item Yield: 1 case = 120 pastries, pop-tart, cinnamon WG, individually wrapped

Product is pre-packaged and is ready to eat at room temperature or can be served warm.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	16.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Pop-Tart Fudge

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13388

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062

Preparation Instructions

Item Yield: 1 case = 120 pastries, pop-tart, cinnamon WG, individually wrapped

Product is pre-packaged and is ready to eat at room temperature or can be served warm.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	3.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Pop-Tart Strawberry

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13389

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890

Preparation Instructions

Item Yield: 1 case = 120 pastries, pop-tart, cinnamon WG, individually wrapped

Product is pre-packaged and is ready to eat at room temperature or can be served warm.

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	180.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Apples, Sliced Fresh Cut

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13391

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package	READY_TO_EAT	473171

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	7.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	20.00mg	Iron	0.00mg

Sun Splash Juice Box

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13392

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE SUN SPLASH 100 VEG 40-4.23FLZ	1 Each	Shelf Stable	214513

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

Pineapple Tidbits

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13393

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1/2 Cup		189979

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	0.00mg	Iron	0.36mg

Paradise Punch Juice Box

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13394

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX PARADS PNCH 40-4.23FLZ	1 Each	Chill prior to serving.	698261

Preparation Instructions

Chill prior to serving. Ready to serve.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Celery Sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13395

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1 Each		781592

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	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

Amount Per Serving			
Calories	0.36		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.90mg		
Carbohydrates	0.07g		
Fiber	0.05g		
Sugar	0.05g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.95mg	Iron	0.00mg

Sunbutter

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13396

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPREAD SUNFLWR SD CRMY 6-5# SUNBTR	1 Tablespoon		889483

Preparation Instructions

2 T. = 1 oz m/ma

1 T. = .5 oz m/ma

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	100.00		
Fat	8.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	3.50g		
Fiber	2.00g		
Sugar	1.50g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.70mg

Mustard Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13397

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT 500-5.5GM GFS	1 1ea=5.5gm		700051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	85.60mg		
Carbohydrates	0.00g		
Fiber	0.10g		
Sugar	0.00g		
Protein	0.20g		
Vitamin A	0.50IU	Vitamin C	0.04mg
Calcium	4.36mg	Iron	0.10mg

Mayo Lite Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13398

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT PKT 200-12GM GFS	1 12 gm		188741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	47.60		
Fat	4.60g		
SaturatedFat	0.70g		
Trans Fat	0.07g		
Cholesterol	8.00mg		
Sodium	71.30mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.10g		
Vitamin A	9.05IU	Vitamin C	0.05mg
Calcium	2.01mg	Iron	0.03mg

Clementines (2 each)

Servings:	1.00	Category:	Fruit
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13399

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CLEMENTINE 5 SPECLTY	1/2 Cup	2 = 1/2 cup fruit	225200

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: 1.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	51.70
Fat	0.30g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.95mg
Carbohydrates	13.00g
Fiber	1.75g
Sugar	10.50g
Protein	0.80g
Vitamin A 663.98IU	Vitamin C 26.04mg
Calcium 36.08mg	Iron 0.15mg

Taco Filling, Beef, RF

Servings:	1.00	Category:	Entree
Serving Size:	2.40 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13400

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 2/5 Ounce		722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.40 Ounce

Amount Per Serving

Calories	84.34		
Fat	3.71g		
SaturatedFat	1.36g		
Trans Fat	0.22g		
Cholesterol	26.50mg		
Sodium	221.00mg		
Carbohydrates	3.79g		
Fiber	1.51g		
Sugar	1.51g		
Protein	9.69g		
Vitamin A	488.33IU	Vitamin C	3.79mg
Calcium	31.04mg	Iron	1.51mg

Lettuce Shredded

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13401

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup		242489

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	5.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.50mg		
Carbohydrates	1.00g		
Fiber	0.50g		
Sugar	0.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

Taco Filling, Beef, RF

Servings:	1.00	Category:	Entree
Serving Size:	3.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13402

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce		722330

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	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.17 Ounce

Amount Per Serving			
Calories	111.40		
Fat	4.90g		
SaturatedFat	1.80g		
Trans Fat	0.29g		
Cholesterol	35.00mg		
Sodium	291.90mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	12.80g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	41.00mg	Iron	2.00mg

Taco Filling, Beef, RF

Servings:	1.00	Category:	Entree
Serving Size:	2.40 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13403

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 2/5 Ounce		722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.51
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.40 Ounce

Amount Per Serving			
Calories	84.34		
Fat	3.71g		
SaturatedFat	1.36g		
Trans Fat	0.22g		
Cholesterol	26.50mg		
Sodium	221.00mg		
Carbohydrates	3.79g		
Fiber	1.51g		
Sugar	1.51g		
Protein	9.69g		
Vitamin A	488.33IU	Vitamin C	3.79mg
Calcium	31.04mg	Iron	1.51mg

Doritos RF

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13405

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	130.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	0.30mg

Shredded Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13406

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	1/4 Ounce		645170
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Ounce

Amount Per Serving

Calories	50.00		
Fat	3.75g		
SaturatedFat	2.38g		
Trans Fat	0.00g		
Cholesterol	11.25mg		
Sodium	92.50mg		
Carbohydrates	0.50g		
Fiber	0.00g		
Sugar	0.25g		
Protein	3.50g		
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	101.00mg	Iron	0.00mg

Shredded Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13407

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	1/2 Ounce		645170
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	100.00		
Fat	7.50g		
SaturatedFat	4.75g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	185.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.50g		
Protein	7.00g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	202.00mg	Iron	0.00mg

Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13408

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	1/4 Cup	READY_TO_EAT None	452841

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	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	21.45		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	148.72mg		
Carbohydrates	4.29g		
Fiber	0.00g		
Sugar	1.43g		
Protein	0.00g		
Vitamin A	254.54IU	Vitamin C	2.86mg
Calcium	24.31mg	Iron	0.00mg

Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13409

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	2 Tablespoon	READY_TO_EAT None	452841

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	0.17
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	69.33mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.67g		
Protein	0.00g		
Vitamin A	118.67IU	Vitamin C	1.33mg
Calcium	11.33mg	Iron	0.00mg

Loaded Tater Tots (PS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13421

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TOTS 6-5# SIMPL	8 Each		231141
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Thaw product under refrigeration for 3 days prior to preparation.	722330
SAUCE CHS CHED POUCH 6-106Z LOL	1 1/2 Ounce	Use 2 oz spoodle to serve cheese sauce.	135261

Preparation Instructions

SERVING = 8 TATER TOTS, 2 OZ TACO MEAT AND 1.5 OZ (2 OZ SPOODLE) CHEESE SAUCE

Tater tots: Preheat convection to 450 degrees. Place frozen tots in a single layer on baking pans. Bake for 10-15 minutes (times will vary depending on how many trays per oven).

Taco Meat: Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. Or you can open the bags and pour thawed taco meat into steamtable pan, cover with foil and heat in oven until product reaches serving temperature.

Cheese Sauce: Unopened pouch may be heated in boiling water or steamer (peel off label prior to "in pouch" heating). Boiling method: 15-18 minutes. Steamer method: 12-15 minutes. Do not microwave.

Meal Components (SLE)

Amount Per Serving

Meat	1.81
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	275.28		
Fat	15.34g		
SaturatedFat	5.51g		
Trans Fat	0.18g		
Cholesterol	37.08mg		
Sodium	674.16mg		
Carbohydrates	21.40g		
Fiber	2.26g		
Sugar	1.26g		
Protein	12.83g		
Vitamin A	406.94IU	Vitamin C	3.15mg
Calcium	182.62mg	Iron	1.26mg

Loaded Tater Tots (MS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13447

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TOTS 6-5# SIMPL	8 Each		231141
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Thaw product under refrigeration for 3 days prior to preparation.	722330
SAUCE CHS CHED POUCH 6-106Z LOL	1 1/2 Ounce	Use 2 oz spoodle to serve cheese sauce.	135261

Preparation Instructions

SERVING = 8 TATER TOTS, 2 OZ TACO MEAT AND 1.5 OZ (1/4 CUP) CHEESE SAUCE

Tater tots: Preheat convection to 450 degrees. Place frozen tots in a single layer on baking pans. Bake for 10-15 minutes (times will vary depending on how many trays per oven).

Taco Meat: Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. Or you can open the bags and pour thawed taco meat into steamtable pan, cover with foil and heat in oven until product reaches serving temperature.

Cheese Sauce: Unopened pouch may be heated in boiling water or steamer (peel off label prior to "in pouch" heating). Boiling method: 15-18 minutes. Steamer method: 12-15 minutes. Do not microwave.

Meal Components (SLE)

Amount Per Serving

Meat	1.81
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	275.28		
Fat	15.34g		
SaturatedFat	5.51g		
Trans Fat	0.18g		
Cholesterol	37.08mg		
Sodium	674.16mg		
Carbohydrates	21.40g		
Fiber	2.26g		
Sugar	1.26g		
Protein	12.83g		
Vitamin A	406.94IU	Vitamin C	3.15mg
Calcium	182.62mg	Iron	1.26mg

Loaded Baked Potato with Taco Meat

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13450

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER BABY WHL 6-2.5 RSTWRKS	1/2 Cup	Bake potatoes in convection oven at 375 degrees for 13-18 minutes in a single layer on a sheet pan.	697990
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Thaw product under refrigeration for 3 days prior to preparation.	722330
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce	Use 3 oz spoodle to serv the cheese sauce.	135261

Preparation Instructions

SERVING = 1/2 CUP BABY BAKER POTATOES, 2 OZ TACO MEAT and 3 OZ (3 OZ SPOODLE) CHEESE SAUCE

Baby Bakers: Bake in convection oven at 375 degrees for 13-18 minutes in a single layer on sheet pan.

Taco Meat: Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. Or you can open the bags and pour thawed taco meat into steamtable pan, cover with foil and heat in oven until product reaches serving temperature.

Cheese Sauce: Unopened pouch may be heated in boiling water or steamer (peel off label prior to "in pouch" heating). Boiling method: 15-18 minutes. Steamer method: 12-15 minutes. Do not microwave.

Meal Components (SLE)

Amount Per Serving

Meat	2.36
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	320.28		
Fat	15.59g		
SaturatedFat	7.89g		
Trans Fat	0.18g		
Cholesterol	52.08mg		
Sodium	964.16mg		
Carbohydrates	24.65g		
Fiber	1.26g		
Sugar	1.26g		
Protein	18.58g		
Vitamin A	406.94IU	Vitamin C	3.15mg
Calcium	349.37mg	Iron	2.06mg

Nutri-grain Bar (assorted)

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13480

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each	1 CASE = 96 BARS	209761
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each	1 CASE = 96 BARS	209741
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each	1 CASE = 96 BARS	498170

Preparation Instructions

READY-TO-EAT

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	160.00		
Fat	4.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	30.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	2.00g		
Vitamin A	750.07IU	Vitamin C	0.00mg
Calcium	199.99mg	Iron	1.80mg

Food Court Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	8.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13482

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811500
JUICE ORNG 100 4-1GAL HV	4 Cup	KEEP REFRIGERATED. READY TO USE.	693671
APPLESAUCE UNSWT 6-10 GCHC	4 Cup	REFRIGERATE CANS OF APPLESAUCE	271497

Preparation Instructions

1. Combine yogurt, orange juice in 8 quart or larger measurement-marked storage container: stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled, refrigerate if not serving immediately. May also refrigerate overnight.

TIP: Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

9 OZ CUPS = GFS #792220 LIDS = GFS # 792201 STRAWS = GFS #171511

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving	
Calories	926.36
Fat	5.97g
SaturatedFat	5.97g
Trans Fat	0.00g
Cholesterol	29.85mg
Sodium	481.92mg
Carbohydrates	192.55g
Fiber	0.11g
Sugar	137.26g
Protein	30.35g
Vitamin A 0.00IU	Vitamin C 18.00mg
Calcium 1079.90mg	Iron 0.00mg

Variety of Fresh Fruit (apple slices, orange or banana)

Servings:	75.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13504

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES FANCY 72-88CT MRKN	25 Each		198005
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769
APPLE SLCD FRSH	25 Package		530851

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: 75.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		60.15	
Fat		0.17g	
SaturatedFat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.02mg	
Carbohydrates		15.83g	
Fiber		2.30g	
Sugar		9.33g	
Protein		0.68g	
Vitamin A	93.10IU	Vitamin C	19.68mg
Calcium	13.79mg	Iron	0.14mg

Cheese Sauce

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13505

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup	1/4 cup = approx. 2.2 oz = credits .75 oz m/ma	135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.73
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	100.00
Fat	7.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	400.00mg
Carbohydrates	3.00g
Fiber	0.00g
Sugar	0.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 209.00mg	Iron 0.00mg

Cheese Sauce

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13506

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	2 Tablespoon	1/8 cup = approx. 1.1 oz = credits .25 oz m/ma	135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.25
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: 2.00 Tablespoon

Amount Per Serving

Calories	50.00		
Fat	3.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	200.00mg		
Carbohydrates	1.50g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	104.50mg	Iron	0.00mg

Roasted Broccoli

Servings:	60.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13508

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	6 Pound		610902
OIL OLV XVGRN 3-1GAL FILIPPO	1/2 Cup		645142
SPICE GARLIC POWDER 21Z TRDE	3/4 Teaspoon		224839
SALT IODIZED 18-2.25 GCHC	3/4 Teaspoon		350732
SPICE PEPR BLK REG GRIND 16Z TRDE	3/4 Teaspoon		225037

Preparation Instructions

1. Preheat convection oven to 400 degrees F or conventional oven to 425 degrees F.
2. Spray an 18x26 sheet pan with non-stick spray or use a pan liner sheet that has been sprayed with non-stick spray.
3. In a large bowl, whisk the olive oi, garlic powder, salt and pepper. Add the broccoli and using a spatula, toss to coat evenly.
4. Place the broccoli in a single layer on two full-size sheet pand (3 lbs per sheet pan).
5. Roast for 25-30 minutes, or until fork-tender and tips are beginning to brown.
6. Transfer the broccoli to 2 1/2 in deep full size steamtable pans for service.
7. Serve 1/4 cup portions with a 2 oz spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.90
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	46.13
Fat	1.87g
SaturatedFat	0.27g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	22.94mg
Carbohydrates	6.05g
Fiber	3.61g
Sugar	1.20g

Protein		3.61g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.03mg	Iron	1.20mg

Jonny Pop Fruit Bar

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13509

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ POP STRAWB BAN 96-1.55FLZ	1 Each		857571
NOVELTY FZ POP TRPL BERRY 96-1.55FLZ	1 Each		134142

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	0.75g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	25.00mg		
Carbohydrates	10.50g		
Fiber	0.50g		
Sugar	10.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	20.00mg	Iron	0.00mg

Soft Shell Taco (taco beef, shell and cheese)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	Refrigerated Product that can be used directly from the bag. SHELF LIFE: cooler = 90 days from the date of production.	882690
TACO FILLING BEEF REDC FAT 6-5 COMM	2 2/5 Ounce	Thaw product under refrigeration for 3 days prior to preparation.	722330
CHEESE MOZZ SHRD 4-5 LOL	1/4 Ounce		645170
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce		150250

Preparation Instructions

Place Sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. Avoid overloading kettles where bags can be trapped against side of kettle or pot. Open bag with caution as it will be hot.

1 SERVING:

1 TORTILLA SHELL

2.4 OZ TACO FILLING

1/2 OZ SHREDDED CHEESE (mixture of 1/4 oz shredded cheddar and 1/4 oz shredded mozzarella)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	224.34
Fat	9.96g
SaturatedFat	5.24g
Trans Fat	0.22g
Cholesterol	37.75mg
Sodium	388.50mg
Carbohydrates	19.29g
Fiber	3.51g
Sugar	2.76g
Protein	15.19g

Vitamin A	563.33IU	Vitamin C	3.79mg
Calcium	152.04mg	Iron	2.23mg

Popcorn Chicken (10 each)

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13511

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Each

Amount Per Serving

Calories	260.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	550.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

French Toast Sticks

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13512

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN 100-3CT	3 Each	Prepare from frozen. Heat and serve.	667462

Preparation Instructions

Heat and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

Amount Per Serving			
Calories	210.00		
Fat	9.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	290.00mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	Iron	1.00mg

Breaded Chicken Patty on WG bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13513

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD FLLT WGRAIN CKD 120-4Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531
Hamburger Bun WGW 16 ct pkg	1 Each		6693

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 Serving

Amount Per Serving

Calories	336.00		
Fat	9.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	750.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	2.08mg

Fruit Slushie Cup

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13514

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.63
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	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	31.25mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Spaghetti w/ meat sauce (PS)

Servings:	266.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13515

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	40 Pound		272691
PASTA SPAG 51 WGRAIN 2-10	20 Pound		221460
SAUCE SPAGHETTI FCY 6-10 REDPK	12 #10 CAN		852759

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 266.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	306.34		
Fat	10.22g		
SaturatedFat	3.99g		
Trans Fat	0.00g		
Cholesterol	33.27mg		
Sodium	559.06mg		
Carbohydrates	36.62g		
Fiber	6.39g		
Sugar	9.18g		
Protein	17.51g		
Vitamin A	781.38IU	Vitamin C	7.97mg
Calcium	35.95mg	Iron	1.88mg

Spaghetti w/ meat sauce (HS)

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13517

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	40 Pound		272691
PASTA SPAG 51 WGRAIN 2-10	20 Pound		221460
SAUCE SPAGHETTI FCY 6-10 REDPK	12 #10 CAN		852759

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	407.43
Fat	13.59g
SaturatedFat	5.31g
Trans Fat	0.00g
Cholesterol	44.25mg
Sodium	743.55mg
Carbohydrates	48.71g
Fiber	8.50g
Sugar	12.20g
Protein	23.29g
Vitamin A 1039.24IU	Vitamin C 10.60mg
Calcium 47.81mg	Iron 2.50mg

Nacho Supreme (PS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13518

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 2/5 Ounce		722330
SAUCE CHS QUESO JALAP POU 6-106Z LOL	1/4 Cup	1/4 cup=2.2 oz=.5 m/ma	135271
CHIP TORTL YEL RND 12-16Z SHEAR	1/2 Ounce	1/2 oz = approx 5 chips= .5 oz grain credit	512530

Preparation Instructions

SERVING: 2.4 OZ TACO MEAT, 1/4 CUP CHEESE SAUCE AND 1/2 OZ TORTILLA CHIPS

Meal Components (SLE)

Amount Per Serving

Meat	2.51
Grain	0.63
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	249.34
Fat	13.71g
SaturatedFat	6.11g
Trans Fat	0.22g
Cholesterol	46.50mg
Sodium	696.00mg
Carbohydrates	16.79g
Fiber	2.51g
Sugar	1.51g
Protein	15.69g
Vitamin A 488.33IU	Vitamin C 3.79mg
Calcium 240.04mg	Iron 1.81mg

Twisted Garlic Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13565

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	Prepare from frozen state.	644051

Preparation Instructions

SERVING: 1 breadstick = 2 oz grain

Preheat convection oven to 350 degrees F.

Place frozen breadsticks on a baking sheet and bake for 6-8 minutes.

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	150.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

Tri Taters

Servings:	1.00	Category:	Vegetable
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13566

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN TRIANGLE TNY 6-5# SIMPL	5 Each	5 EACH = 5 OZ	446751

Preparation Instructions

Convection Oven: Preheat oven to 400 degrees F. Arrange taters in a single layer on sheet pans. Bake for 10-15 minutes.

Standard Oven: Preheat oven to 400 degrees F. Arrange Taters in a single layer on sheet pans. Bake for 20-25 minutes.

CASE: 6/5# BAGS = 96 SERVINGS (5 EACH) = CREDITS 1/2 CUP STARCHY VEG

BAG: 5# = 16 SERVINGS (5 EACH) = CREDITS 1/2 CUP STARCHY VEG

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: 1.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	220.00		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.90mg

French Toast Sticks

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13570

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN 100-3CT	3 Each	Prepare from frozen. Heat and serve.	667462

Preparation Instructions

Heat and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

Amount Per Serving			
Calories	210.00		
Fat	9.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	290.00mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	Iron	1.00mg

Sausage Links (2 each)

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13571

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LINK LO SOD CKD 160-1Z JDF	2 Each	Precooked links	278201

Preparation Instructions

Preheat oven to 325 degrees F.

Heat 10-12 minutes if frozen and 8-10 minutes if thawed.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	240.00		
Fat	24.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	180.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

Loaded Baked Potato with Chili

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13572

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER BABY WHL 6-2.5 RSTWRKS	1/2 Cup	Bake potatoes in convection oven at 375 degrees for 13-18 minutes in a single layer on a sheet pan.	697990
CHILI BEEF W/BEAN 6-5 COMM	3 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce	Use 3 oz spoodle to serve the cheese sauce.	135261

Preparation Instructions

SERVING = 1/2 CUP BABY BAKER POTATOES, 3 OZ JTM CHILI and 3 OZ (3 oz spoodle) CHEESE SAUCE

Baby Bakers: Bake in convection oven at 375 degrees for 13-18 minutes in a single layer on sheet pan.

Chili: Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. Or you can open the bags and pour thawed taco meat into steamtable pan, cover with foil and heat in oven until product reaches serving temperature.

Cheese Sauce: Unopened pouch may be heated in boiling water or steamer (peel off label prior to "in pouch" heating). Boiling method: 15-18 minutes. Steamer method: 12-15 minutes. Do not microwave.

Meal Components (SLE)

Amount Per Serving

Meat	2.12
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	328.21
Fat	15.07g
SaturatedFat	7.62g
Trans Fat	0.00g
Cholesterol	45.95mg
Sodium	898.35mg
Carbohydrates	29.22g
Fiber	2.06g
Sugar	2.57g
Protein	17.19g

Vitamin A	644.25IU	Vitamin C	9.78mg
Calcium	349.74mg	Iron	2.34mg

Sausage Links (1 each)

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13574

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LINK LO SOD CKD 160-1Z JDF	1 Each	Precooked links	278201

Preparation Instructions

Preheat oven to 325 degrees F.

Heat 10-12 minutes if frozen and 8-10 minutes if thawed.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	90.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

Cheeseburger on WG bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13587

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

Place heated hamburger patty and slice of cheese on hamburger bun. Wrap in foil and hold in warming cabinet until time of service.

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	275.00		
Fat	11.50g		
SaturatedFat	4.75g		
Trans Fat	0.50g		
Cholesterol	47.50mg		
Sodium	450.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	18.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.00mg	Iron	9.08mg

French Fries Baked

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13588

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8" C/C DP GROOVE 6-5#	1/2 Cup		797720

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	100.00		
Fat	4.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

Animal Crackers

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13708

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER ANIMAL WGRAIN 150-1Z KEEB	1 Package		682840

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 Package

Amount Per Serving

Calories	120.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.80mg

Bosco Sticks (MS)

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13709

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none">1. Preheat oven to 400° F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks may be thawed in packaging.4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

Preparation Instructions

CONVECTION

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Sticks on a baking sheet.
3. THAWED: 7-9 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

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: 2.00 Each

Amount Per Serving			
Calories		300.00	
Fat		10.00g	
SaturatedFat		5.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		440.00mg	
Carbohydrates		34.00g	
Fiber		4.00g	
Sugar		2.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	444.00mg	Iron	2.00mg

Chicken Gravy

Servings:	34.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13710

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Package		552061
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR

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: 34.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	30.08		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	3.76mg		
Sodium	97.75mg		
Carbohydrates	4.51g		
Fiber	0.00g		
Sugar	0.75g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Fried Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13711

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup		676463

Preparation Instructions

Pre-heat convection oven to 350 degrees F.

Spray full size steam table pan with vegetable spray.

Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil.

Cook for 45-50 minutes or until temperature reaches 165 degrees F.

Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking.

Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

1/2 CUP SERVING (2.95 oz weight) = CREDITS 1 OZ GRAIN

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.07

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	135.00		
Fat	1.25g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	1.50g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.00mg

Fried Rice

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13712

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	1 Cup	Cook from frozen.	676463

Preparation Instructions

Pre-heat convection oven to 350 degrees F.

Spray full size steam table pan with vegetable spray.

Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil.

Cook for 45-50 minutes or until temperature reaches 165 degrees F.

Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking.

Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

1 CUP SERVING (5.9 oz weight) = CREDITS 2 OZ GRAIN

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	270.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	440.00mg		
Carbohydrates	54.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	4.00mg

Broccoli Steamed

Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13713

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	1/4 Cup		610902

Preparation Instructions

Remove broccoli from freezer. Open and layer in steamtable pan.

Spray with virgin oil and sprinkle with seasoning salt.

Cook to 165 degrees or until broccoli texture is reached, Hold in warmer 145 degrees or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	10.00g		
Fiber	6.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.00mg

Roasted Broccoli (1/2 c)

Servings:	30.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13715

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	6 Pound		610902
OIL OLV XVGRN 3-1GAL FILIPPO	1/2 Cup		645142
SPICE GARLIC POWDER 21Z TRDE	3/4 Teaspoon		224839
SALT IODIZED 18-2.25 GCHC	3/4 Teaspoon		350732
SPICE PEPR BLK REG GRIND 16Z TRDE	3/4 Teaspoon		225037

Preparation Instructions

1. Preheat convection oven to 400 degrees F or conventional oven to 425 degrees F.
2. Spray an 18x26 sheet pan with non-stick spray or use a pan liner sheet that has been sprayed with non-stick spray.
3. In a large bowl, whisk the olive oi, garlic powder, salt and pepper. Add the broccoli and using a spatula, toss to coat evenly.
4. Place the broccoli in a single layer on two full-size sheet pand (3 lbs per sheet pan).
5. Roast for 25-30 minutes, or until fork-tender and tips are beginning to brown.
6. Transfer the broccoli to 2 1/2 in deep full size steamtable pans for service.
7. Serve 1/4 cup portions with a 2 oz spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.80
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	92.26
Fat	3.73g
SaturatedFat	0.53g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	45.88mg
Carbohydrates	12.10g
Fiber	7.21g
Sugar	2.40g

Protein		7.21g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	84.06mg	Iron	2.41mg

Taco in a Bag (MS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13716

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 2/5 Ounce	Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches 165 degrees. Avoid overloading kettles where bags can be trapped against side of kettle or pot. Open bag with caution as it will be hot.	722330
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package	Pull open the easy open strip to reveal the product. Cover product with toppings.	815803

Preparation Instructions

SERVING SIZE:

2.4 OZ TACO MEAT

1-PKG TOP N GO NACHO CHEESE CHIPS (1.4 OZ PKG)

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	274.34		
Fat	10.71g		
SaturatedFat	2.36g		
Trans Fat	0.22g		
Cholesterol	26.50mg		
Sodium	501.00mg		
Carbohydrates	31.79g		
Fiber	3.51g		
Sugar	2.51g		
Protein	12.69g		
Vitamin A	488.33IU	Vitamin C	3.79mg
Calcium	81.04mg	Iron	1.91mg

Taco in a Bag (HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13717

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches 165 degrees. Avoid overloading kettles where bags can be trapped against side of kettle or pot. Open bag with caution as it will be hot.	722330
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package	Pull open the easy open strip to reveal the product. Cover product with toppings.	815803

Preparation Instructions

SERVING SIZE:

3.17 OZ TACO MEAT

1-PKG TOP N GO NACHO CHEESE CHIPS (1.4 OZ PKG)

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 Serving

Amount Per Serving

Calories	301.40		
Fat	11.90g		
SaturatedFat	2.80g		
Trans Fat	0.29g		
Cholesterol	35.00mg		
Sodium	571.90mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	15.80g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	91.00mg	Iron	2.40mg

Bosco Sticks (HS)

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13718

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 7 WGRAIN 108CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Bosco Sticks on a baking sheet. THAWED: 7-9 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> Preheat oil to 350° F. THAWED ONLY: 1-2 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep Bosco Sticks covered while thawing. Bosco Sticks may be thawed in packaging. Bosco Sticks have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p>	555982

Preparation Instructions

CONVECTION

Convection Oven

- Preheat oven to 400° F.
- Place Bosco Sticks on a baking sheet.
- THAWED: 7-9 minutes.
- Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and

or temperature as necessary.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 2.00 Each

Amount Per Serving

Calories	420.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	540.00mg
Carbohydrates	50.00g
Fiber	4.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 422.00mg	Iron 4.00mg

Popcorn Chicken (12 each)

Servings:	1.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13719

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	12 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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: 12.00 Each

Amount Per Serving

Calories	312.00
Fat	15.60g
SaturatedFat	3.60g
Trans Fat	0.00g
Cholesterol	84.00mg
Sodium	660.00mg
Carbohydrates	20.40g
Fiber	3.60g
Sugar	0.00g
Protein	22.80g
Vitamin A 240.00IU	Vitamin C 0.00mg
Calcium 24.00mg	Iron 1.73mg

Cheeseburger on WG bun (HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13720

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef Steak Patty	1 Each	Do not thaw. Prepare from frozen.	661880
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

Preparation Instructions

CONVECTION OVEN (preheated to 350 degrees F)

Place frozen beef patty flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree preheated oven and set timer for 7-9 minutes. Remove from oven when internal temperature of 160 degrees or higher.

STEAMER: Place bag of burgers in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees. Cook time will depend on amount of product in steamer.

Place heated hamburger patty and slice of cheese on hamburger bun. Wrap in foil and hold in warming cabinet until time of service.

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	398.00
Fat	19.00g
SaturatedFat	7.05g
Trans Fat	0.90g
Cholesterol	67.50mg
Sodium	713.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	4.50g
Protein	24.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	Iron 12.00mg

Orange Chicken

Servings:	1.00	Category:	Entree
Serving Size:	3.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13721

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 3/5 Ounce	Keep frozen.	550512

Preparation Instructions

Prepare from frozen state. Place a single layer of chicken on baking sheet.
Heat at 400 degrees F for 16-20 minutes until internal temperature reaches 165 degrees F.
Heat sauce in steamer, low boil in the bag or microwave.
Add sauce to chicken just prior to serving.
Mix thoroughly to cover all chicken pieces.
SERVING SIZE: 3.6 oz serving

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: 3.60 Ounce

Amount Per Serving

Calories	150.00		
Fat	3.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	280.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.72mg

Breaded Chicken Patty on WG bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13722

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD FLLT WGRAIN CKD 120-4Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531
Bun Hamburger 12/ct Bimbo Bakeries	1 Each		3447

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 Serving

Amount Per Serving

Calories	376.00		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	810.00mg		
Carbohydrates	49.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	220.00mg	Iron	2.88mg

Nacho Supreme (MS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13723

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 2/5 Ounce		722330
SAUCE CHS QUESO JALAP POU6 6-106Z LOL	1/4 Cup	1/4 cup=2.2 oz=.5 m/ma	135271
CHIP TORTL YEL RND 12-16Z SHEAR	1 Ounce	1 oz = credits 1.25 oz grain	512530

Preparation Instructions

SERVING: 2.4 OZ TACO MEAT, 1/4 CUP CHEESE SAUCE AND 1 OZ TORTILLA CHIPS

Meal Components (SLE)

Amount Per Serving

Meat	2.51
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	314.34		
Fat	16.71g		
SaturatedFat	6.36g		
Trans Fat	0.22g		
Cholesterol	46.50mg		
Sodium	751.00mg		
Carbohydrates	26.79g		
Fiber	3.51g		
Sugar	1.51g		
Protein	16.69g		
Vitamin A	488.33IU	Vitamin C	3.79mg
Calcium	240.04mg	Iron	2.11mg

Nacho Supreme (HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13724

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce		722330
SAUCE CHS QUESO JALAP POU 6-106Z LOL	1/4 Cup	1/4 cup=2.2 oz=.5 m/ma	135271
CHIP TORTL YEL RND 12-16Z SHEAR	2 Ounce	1 oz tortilla chips credits 1.25 oz grain	512530

Preparation Instructions

SERVING: 2.4 OZ TACO MEAT, 1/4 CUP CHEESE SAUCE AND 1/2 OZ TORTILLA CHIPS

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.50
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 Serving

Amount Per Serving			
Calories	471.40		
Fat	23.90g		
SaturatedFat	7.30g		
Trans Fat	0.29g		
Cholesterol	55.00mg		
Sodium	931.90mg		
Carbohydrates	48.00g		
Fiber	6.00g		
Sugar	2.00g		
Protein	21.80g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	250.00mg	Iron	3.20mg

Chicken Fajita Meat

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13728

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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: 2.00 Ounce

Amount Per Serving			
Calories	93.33		
Fat	4.67g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	53.33mg		
Sodium	266.67mg		
Carbohydrates	1.33g		
Fiber	0.00g		
Sugar	0.00g		
Protein	11.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.33mg	Iron	0.67mg

Chicken Fajita Meat (HS)

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13729

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390

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: 3.00 Ounce

Amount Per Serving			
Calories	140.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	400.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

Tortilla Shell (6 inch)

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13730

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	This is a refrigerated product that can be used directly from the bag.	882690

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	90.00		
Fat	2.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Tortilla Shell (8 inch)

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13731

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	This is a refrigerated product that can be used directly from the bag.	882700

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	3.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Sweet Potato Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13732

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 5/16 S/C SVRY 6-2.5	1/2 Cup	CONVECTION PREHEAT OVEN TO 425° F. (FULL OVEN). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 34 TO 38 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (ONE SHEET). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	817730

Preparation Instructions

Convection Oven from Frozen. Preheat oven to 425 degrees F.

Spread evenly on a shallow baking sheet.

Bake for 32-34 minutes, turning once for uniform cooking.

CCP: Hold for hot service at 135 degrees F or higher.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	160.00		
Fat	7.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	23.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	4500.06IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.36mg

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13733

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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	210.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	340.00mg
Carbohydrates	22.00g
Fiber	2.00g
Sugar	5.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 1.50mg

Goldfish Grahams

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13734

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510

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	120.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	7.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	2.00mg

Granola

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13735

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

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	120.00		
Fat	3.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

Chicken Tenders (4 each)

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	4 Piece		533830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories	320.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	540.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.16mg

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13738

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	6 Each	BAKE CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.	497360

Preparation Instructions

SERVING SIZE: 6 EACH

SERV PER CASE: 40

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	4.50
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: 6.00 Each

Amount Per Serving

Calories	270.00		
Fat	12.00g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	480.00mg		
Carbohydrates	30.00g		
Fiber	0.00g		
Sugar	7.50g		
Protein	10.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	1.50mg

Fortune Cookie (2 ea)

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13739

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	2 Each		565142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	23.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	5.33g		
Fiber	0.00g		
Sugar	3.33g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.12mg

Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13740

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup		117897

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	400.00IU	Vitamin C	18.00mg
Calcium	20.00mg	Iron	0.36mg

Yogurt Cup

Servings:	2.00	Category:	Entree
Serving Size:	1.00 4 OZ CUP	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13741

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	READY_TO_EAT	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT	885750

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 4 OZ CUP

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	0.00mg

Tomato Slices

Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13742

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 5X6 XL 5 MRKN	1/8 Cup		438197

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	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Slice

Amount Per Serving			
Calories	4.21		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.17mg		
Carbohydrates	0.91g		
Fiber	0.29g		
Sugar	0.65g		
Protein	0.21g		
Vitamin A	194.92IU	Vitamin C	3.21mg
Calcium	2.34mg	Iron	0.06mg

Sour Cream Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13743

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM PKT 400-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00		
Fat	5.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	50.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	0.00mg

Diced Tomatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13744

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 5X6 XL 5 MRKN	1/4 Cup		438197

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	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	8.10		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.25mg		
Carbohydrates	1.75g		
Fiber	0.55g		
Sugar	1.25g		
Protein	0.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	4.50mg	Iron	0.12mg

Sun Chips Salsa

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13745

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696900

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	140.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

Sun Chips Cheddar

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13746

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	140.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.70mg

Salad Mix

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13747

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Ounce		600504

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	5.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.33mg		
Carbohydrates	1.00g		
Fiber	0.33g		
Sugar	0.33g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.33mg	Iron	0.33mg

Cucumber Slices

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13748

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 6CT MRKN	1/2 Cup		592323

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	3.90		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.50mg		
Carbohydrates	1.00g		
Fiber	0.15g		
Sugar	0.50g		
Protein	0.15g		
Vitamin A	27.30IU	Vitamin C	0.73mg
Calcium	4.16mg	Iron	0.08mg

Ketchup Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13750

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

BBQ Sauce Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13751

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ CUP DUNK LO SOD 250-1Z REDG	1 Each	READY_TO_EAT None	141201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	65.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

BBQ Sauce

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13752

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ 4-1GAL SWTBRAY	2 Tablespoon		655937

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	290.00mg		
Carbohydrates	18.00g		
Fiber	0.00g		
Sugar	17.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Fresh Orange

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13753

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	44.10		
Fat	0.25g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	10.50g		
Fiber	2.25g		
Sugar	0.00g		
Protein	0.95g		
Vitamin A	207.00IU	Vitamin C	43.65mg
Calcium	36.00mg	Iron	0.08mg

Syrup Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13754

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK CUP 200-1.5Z GFS	1 Each		160090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	31.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Onions Diced

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13755

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO 10 MRKN	2 Tablespoon		596973

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	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	5.65		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.55mg		
Carbohydrates	1.50g		
Fiber	0.25g		
Sugar	0.50g		
Protein	0.15g		
Vitamin A	0.29IU	Vitamin C	1.05mg
Calcium	3.26mg	Iron	0.03mg

Baby Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13756

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	28.89		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	48.89mg		
Carbohydrates	6.67g		
Fiber	2.22g		
Sugar	3.33g		
Protein	0.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.22mg	Iron	0.00mg

Goldfish Cheddar Crackers

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13759

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481

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 Package

Amount Per Serving

Calories	90.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Peaches Diced

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13760

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1/2 Cup		268348

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Rice Krispie Treat

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13761

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TREAT RICE KRISPIE MINI WGRAIN 600CT	1 Each		565002

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.00mg		
Carbohydrates	9.00g		
Fiber	0.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

Romaine Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13762

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	5.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	1.00g		
Fiber	0.50g		
Sugar	0.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.00mg

Scooby Graham Crackers

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13763

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

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 Package

Amount Per Serving			
Calories	120.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	8.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.72mg

Ranch Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13764

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH HMSTYL 4-1GAL KENS	1 Tablespoon		223158

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	50.00		
Fat	5.50g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	125.00mg		
Carbohydrates	0.50g		
Fiber	0.00g		
Sugar	0.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Ranch Dressing Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13765

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	250.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bug Bite Grahams

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13766

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560

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 Package

Amount Per Serving

Calories	120.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	8.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.72mg

Garlic Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13767

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

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 Slice

Amount Per Serving

Calories	80.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	10.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	1.00mg

Chocolate Chip Cookie (PS)

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CHOC CHIP WGRAIN 384-1Z	1 Each		243371

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	85.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	8.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

Chocolate Chip Cookie (MS & HS)

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CHOC CHP WGRAIN 192-1.85Z	1 Each		169992

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	192.40		
Fat	5.80g		
SaturatedFat	2.10g		
Trans Fat	0.00g		
Cholesterol	19.00mg		
Sodium	173.30mg		
Carbohydrates	34.00g		
Fiber	3.60g		
Sugar	17.00g		
Protein	3.10g		
Vitamin A	56.50IU	Vitamin C	0.03mg
Calcium	19.10mg	Iron	1.20mg

Stuffed Crust Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13770

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each		261680

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	310.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	640.00mg		
Carbohydrates	35.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	2.60mg

Stuffed Crust Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13771

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each		259910

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	340.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	890.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	190.00mg	Iron	2.00mg

Stir Fry Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13773

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GCHC	1/2 Cup	DO NOT THAW PRIOR TO COOKING.	440884

Preparation Instructions

Place in minum amount of boiling water while still frozen. The low temperature of the frozen vegetables will cool the water and stop boiling.

Bring to second boil and cook until tender.

Avoid overcooking for best flavor and color.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	4.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bacon Bits

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13774

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	2 Tablespoon	THAW IN REFRIGERATOR OVERNIGHT	814781

Preparation Instructions

FULLY COOKED, JUST HEAT AND SERVE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	50.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	220.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Refried Beans

Servings:	33.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13775

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	1 Package		703753

Preparation Instructions

RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Season if desired, stir, serve.

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	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	86.15		
Fat	0.76g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	309.14mg		
Carbohydrates	15.20g		
Fiber	5.07g		
Sugar	0.00g		
Protein	5.07g		
Vitamin A	0.00IU	Vitamin C	0.45mg
Calcium	25.79mg	Iron	1.16mg

Potato Wedges

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13776

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 10CUT 6-5# SIMPL	1/2 Cup	COOK FROM FROZEN	446673

Preparation Instructions

CONVECTION OVER:

PREHEAT OVEN TO 400 DEGREES F.

ARRANGE FRIES IN A SINGLE LAYER ON SHEET PANS.

BAKE FOR 7-12 MINUTES

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	110.00		
Fat	3.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	230.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.70mg

Potato Wedges Seasoned

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13777

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Wedge Fries Savory	1/2 Cup	COOK FROM FROZEN	412661

Preparation Instructions

CONVECTION OVEN:

PREHEAT OVEN TO 375 DEGREES F.

ARRANGE FRIES IN A SINGLE LAYER ON SHEET PANS.

BAKE FOR 12-15 MINUTES.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	140.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	370.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	0.00mg	Iron	0.36mg

Cherry Smooth Slushie

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13778

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE CHERRY SMTH 84-4.4FLZ	1 Each	READY_TO_EAT Thaw for 15 minutes before serving Smooth-frozen for effortless spoonability	824040

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	100.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	25.00mg
Carbohydrates	25.00g
Fiber	0.00g
Sugar	21.00g
Protein	0.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Sausage Gravy & Biscuit (HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13779

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/2 Cup		464694
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	2 Each	<p>BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.</p>	631902

Preparation Instructions

SERVING = 1/2 CUP SAUSAGE GRAVY AND 2 BISCUITS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	580.00
Fat	34.00g
SaturatedFat	18.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1300.00mg
Carbohydrates	58.00g
Fiber	4.00g
Sugar	4.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 300.00mg	Iron 2.16mg

Breakfast Sandwich (HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13780

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each		277722
MUFFIN ENG 100WHLWHT 2Z 6- 12CT THMAS	1 Each		880111

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	435.00
Fat	28.50g
SaturatedFat	9.75g
Trans Fat	0.00g
Cholesterol	147.50mg
Sodium	730.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	1.50g
Protein	18.50g

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	206.00mg	Iron	2.68mg

Pancake on a Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each	THAW UNDER REFRIGERATION IN ORIGINAL PACKAGE. DO NOT THAW AT ROOM TEMPERATURE.	497202

Preparation Instructions

CONVECTION OVEN: 350 DEGREES F.

FROZEN: 20 MINUTES

THAWED: 13 MINUTES

FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING.

HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

CASE: 56/2.85 OZ EACH

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

CEREAL BOWL (ASSORTED)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13782

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

Preparation Instructions

CEREAL BOWL: CREDITS 1 GRAIN

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	1.75g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	23.50g		
Fiber	2.00g		
Sugar	7.75g		
Protein	1.50g		
Vitamin A	325.00IU	Vitamin C	3.90mg
Calcium	120.00mg	Iron	4.28mg

BAGEL WG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13783

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	KEEP FROZEN UNTIL READY TO USE	217911

Preparation Instructions

FOR BEST RESULTS USE TOASTER OR TOASTER OVEN TO WARM OR TOAST

CASE: 72 BAGELS

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	140.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	29.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Strawberry Cream Cheese Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13784

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each	PRODUCT MUST BE HELD UNDER REFRIGERATION. CANNOT BE FROZEN.	863106

Preparation Instructions

CASE: 100/1 OZ CUPS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	7.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	90.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	300.00IU	Vitamin C	1.20mg
Calcium	20.00mg	Iron	0.00mg

Cream Cheese Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13785

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM CUP 100-1Z GCHC	1 Each	PRODUCT MUST BE HELD UNDER REFRIGERATION. CANNOT BE FROZEN.	228427

Preparation Instructions

CASE: 100/1 OZ CUPS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	9.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	95.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

Grape Tomatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13787

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631

Preparation Instructions

10# BOX: 500-700 COUNT

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	16.20		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.50mg		
Carbohydrates	3.50g		
Fiber	1.10g		
Sugar	2.50g		
Protein	0.80g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	9.00mg	Iron	0.25mg

Butter Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13788

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER CUP 720-5GM 8 GFS	1 Each		272001

Preparation Instructions

10# BOX: 500-700 COUNT

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	40.00		
Fat	4.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	11.00mg		
Sodium	31.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Glazed WG Donut

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13789

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RNG HMSTYL YST RSD 84-2.1Z RICH	1 Each		131940
GLAZE DONUT HNY DIP 24# RICH	1 Tablespoon		889442

Preparation Instructions

DONUTS: Place on lined sheet pans. Thaw 60 minutes at room temperature. Heat in 375 degree oven for 2-3 minutes.

GLAZE: Store at room temperature. Stir glaze before applying to hot donuts. Dip or pour glaze over hot donuts. Allow to dry on cooling rack 10-15 minutes. Securely tighten lid after each use.

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	325.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	41.00g		
Fiber	1.00g		
Sugar	19.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Glazed WG Donut

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13790

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RNG HMSTYL YST RSD 84-2.1Z RICH	1 Each		131940
GLAZE DONUT HNY DIP 24# RICH	1 Tablespoon		889442

Preparation Instructions

DONUTS: Place on lined sheet pans. Thaw 60 minutes at room temperature. Heat in 375 degree oven for 2-3 minutes.

GLAZE: Store at room temperature. Stir glaze before applying to hot donuts. Dip or pour glaze over hot donuts. Allow to dry on cooling rack 10-15 minutes. Securely tighten lid after each use.

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	325.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	41.00g		
Fiber	1.00g		
Sugar	19.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Raisins Sour Watermelon

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 1.3 oz pkg	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13791

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SOUR WTRMLN 250-1.3Z AMAZIN	1 Package	READY TO EAT	512132

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: 1.00

Serving Size: 1.00 1.3 oz pkg

Amount Per Serving

Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Sugar	22.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	0.72mg

Banana Bread Slice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13792

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each	THAW AND SERVE.	230361

Preparation Instructions

CASE: 70 SLICES

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	260.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	159.00mg	Iron	1.00mg

Wild Berry Bread Slice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13793

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WILD BRY IW 70-3.4Z SUPBAK	1 Piece	THAW AND SERVE	523222

Preparation Instructions

CASE: 70 SLICES

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	270.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	46.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	1.00mg

Spaghetti w/meat sauce (MS)

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13794

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	22 1/2 Pound		573201
PASTA SPAG 51 WGRAIN 2-10	3 Pound		221460
ONION DEHY CHPD 15 P/L	1/4 Cup		263036
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	226.49		
Fat	6.94g		
SaturatedFat	2.57g		
Trans Fat	0.00g		
Cholesterol	50.51mg		
Sodium	266.64mg		
Carbohydrates	22.67g		
Fiber	3.25g		
Sugar	7.13g		
Protein	16.21g		
Vitamin A	594.18IU	Vitamin C	17.45mg
Calcium	47.64mg	Iron	2.47mg

Taco Meat Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13795

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	2 1/4 Ounce	Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	123.75		
Fat	5.63g		
SaturatedFat	1.69g		
Trans Fat	0.00g		
Cholesterol	73.13mg		
Sodium	281.25mg		
Carbohydrates	3.38g		
Fiber	0.00g		
Sugar	1.13g		
Protein	14.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.13mg

Taco Salad (MS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13796

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	2 1/4 Ounce	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHIP TORTL YEL RND 12-16Z SHEAR	1 Ounce		512530

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	253.75		
Fat	11.63g		
SaturatedFat	2.19g		
Trans Fat	0.00g		
Cholesterol	73.13mg		
Sodium	391.25mg		
Carbohydrates	23.38g		
Fiber	2.00g		
Sugar	1.13g		
Protein	16.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.73mg

Sausage Gravy & Biscuit (MS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13809

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup		464694
BISCUIT BTRMLK GLDN 2.25Z 5-24CT	1 Each	BAKE Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	109830

Preparation Instructions

SERVING = 1/2 CUP SAUSAGE GRAVY AND 2 BISCUITS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00		
Fat	16.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	860.00mg		
Carbohydrates	31.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Seasoned Potato Cubes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13810

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CUBES 6-5 REDSTNCAN	1/2 Cup	PREPARE FROM FROZEN	271880

Preparation Instructions

SERVING: 1/2 CUP (3.2 OZ WEIGHT)

CONVECTION OVEN: PREHEAT OVEN TO 425 DEGREES F.

SPREAD FROZEN CUBES EVENLY ON A SHALLOW BAKING SHEET.

BAKE FOR 12-14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE.

ALWAYS COOK TO LIGHT GOLDEN COLOR. DO NOT OVERCOOK.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	120.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	470.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Gold Rush Juice Box

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13811

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each		597380

Preparation Instructions

CASE: 40 / 4.23 OZ JUICE BOXES

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	5000.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

Egg & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13813

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WRAP BKFST EGG CHS 75-3.1Z CARG	1 Each	PREPARE FROM FROZEN STATE OR THAW BEFORE USE UNDER REFRIGERATION	449422

Preparation Instructions

CASE: 75 / 3.1 OZ PACKAGES
CONVECTION OVEN: 325 DEGREES F.
10-12 MINUTES IF THAWED.
20-25 MINUTES IF FROZEN.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	180.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	170.00mg		
Sodium	410.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	10.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.72mg

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13814

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

Colby Jack Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13817

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese Stix Colby Jk	1 Each	READY_TO_EAT Ready to eat.	807821

Preparation Instructions

CASE: 168 / 1 oz sticks

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	9.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	200.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	203.00mg	Iron	0.00mg

Marinara Sauce (1/4 cup)

Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13818

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	READY TO USE	592714

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	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	20.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	194.00IU	Vitamin C	3.00mg
Calcium	8.00mg	Iron	0.00mg

Cook's Choice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13824

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Assorted Cereal

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13835

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	1.75g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	23.50g		
Fiber	2.00g		
Sugar	7.75g		
Protein	1.50g		
Vitamin A	325.00IU	Vitamin C	3.90mg
Calcium	120.00mg	Iron	4.28mg

Loaded Baked Potato with Chili (200 serv)

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13872

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER BABY WHL 6-2.5 RSTWRKS	100 Cup	Bake potatoes in convection oven at 375 degrees for 13-18 minutes in a single layer on a sheet pan.	697990
CHILI BEEF W/BEAN 6-5 COMM	600 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
SAUCE CHS CHED POUCH 6-106Z LOL	600 Ounce	Use 3 oz spoodle to serve the cheese sauce.	135261

Preparation Instructions

SERVING = 1/2 CUP BABY BAKER POTATOES, 3 OZ JTM CHILI and 3 OZ (3 oz spoodle) CHEESE SAUCE

Baby Bakers: Bake in convection oven at 375 degrees for 13-18 minutes in a single layer on sheet pan.

Chili: Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. Or you can open the bags and pour thawed taco meat into steamtable pan, cover with foil and heat in oven until product reaches serving temperature.

Cheese Sauce: Unopened pouch may be heated in boiling water or steamer (peel off label prior to "in pouch" heating). Boiling method: 15-18 minutes. Steamer method: 12-15 minutes. Do not microwave.

Meal Components (SLE)

Amount Per Serving

Meat	2.12
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	328.21
Fat	15.07g
SaturatedFat	7.62g
Trans Fat	0.00g
Cholesterol	45.95mg
Sodium	898.35mg
Carbohydrates	29.22g
Fiber	2.06g
Sugar	2.57g
Protein	17.19g

Vitamin A	644.25IU	Vitamin C	9.78mg
Calcium	349.74mg	Iron	2.34mg

100% Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14893

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	64.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.00mg		
Carbohydrates	16.20g		
Fiber	0.00g		
Sugar	14.80g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.80mg	Iron	0.00mg

Animal Crackers

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14898

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER ANIMAL WGRAIN 150-1Z KEEB	1 Package		682840

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 Package

Amount Per Serving

Calories	120.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.80mg

Cereal Bars, Assorted

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16379

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891

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

Cheese Ravioli w/sauce

Servings:	36.00	Category:	Entree
Serving Size:	7.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17824

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	5 Pound	KEEP FROZEN until ready to prepare	524650
SAUCE MARINARA A/P 6-10 REDPK	8 Cup	READY_TO_EAT None	592714

Preparation Instructions

1. Preheat convection oven to 375 degrees.
2. Spray bottom and sides of full steam table pan with non-stick cooking spray.
3. Pour 3 cups of room temperature, canned marinara sauce into the bottom of a pan and spread to cover the bottom.
4. Place 5 pounds of frozen ravioli and cover with 5 cups of room temperature canned marinara sauce.
5. Spread sauce over pasta to cover.
6. Lightly apply non-stick cooking spray to bottom of aluminum foil: cover pan tightly with the foil.
7. Bake for 50 minutes or until reaching a minimum internal temperature of 165 ° for at least 15 seconds in the coldest spot of pan.

NOTE: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 7.00 Each

Amount Per Serving

Calories	148.19		
Fat	4.34g		
SaturatedFat	1.53g		
Trans Fat	0.00g		
Cholesterol	25.58mg		
Sodium	407.83mg		
Carbohydrates	19.16g		
Fiber	2.29g		
Sugar	3.56g		
Protein	9.46g		
Vitamin A	451.00IU	Vitamin C	7.49mg

Calcium 112.49mg **Iron** 1.11mg

Augratin Potatoes

Servings:	31.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17826

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO AUGRATIN CLASSIC R/SOD 6-2.25	1 Package	BAKE 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	118575
Tap Water for Recipes	5 Quart	Heat to boiling	000001WTR
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Ounce		299405

Preparation Instructions

1. Add 5 quarts boiling water for convection over (4 1/2 quarts for conventional) and 4 ounces butter to a 2 1/2" deep full-size steamtable pan.
 2. Stir in sauce mix until dissolved.
 3. Add potato slices. Stir.
 4. Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes.
- TIPS: For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.

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: 31.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	131.37
Fat	3.89g
SaturatedFat	1.81g
Trans Fat	0.00g
Cholesterol	7.74mg
Sodium	253.35mg
Carbohydrates	23.22g
Fiber	1.06g

Sugar			3.17g
Protein			2.11g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.67mg	Iron	0.32mg

Hamburger on WG bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18595

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

Place heated hamburger patty and slice of cheese on hamburger bun. Wrap in foil and hold in warming cabinet until time of service.

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	240.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	240.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	9.08mg

Breakfast Sandwich (Biscuit, Egg, Cheese)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18654

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK GLDN 2.25Z 5-24CT	1 Each	BAKE Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	109830
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

No Preparation Instructions available.

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	295.00		
Fat	13.50g		
SaturatedFat	6.75g		
Trans Fat	0.00g		
Cholesterol	112.50mg		
Sodium	950.00mg		
Carbohydrates	31.00g		
Fiber	1.00g		
Sugar	3.50g		
Protein	10.50g		
Vitamin A	100.00IU	Vitamin C	0.00mg

Calcium 156.00mg **Iron** 2.16mg

Yogurt Parfait-MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18663

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	1 Ounce	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF 4-5 GFS	1/2 Cup		244630

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
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 Serving

Amount Per Serving

Calories	256.94
Fat	4.25g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	134.70mg
Carbohydrates	49.63g
Fiber	3.50g
Sugar	26.92g
Protein	6.73g
Vitamin A 0.00IU	Vitamin C 27.00mg
Calcium 144.33mg	Iron 1.08mg

Blueberry Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18964

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE-FLOW IQF 30 GFS	1/2 Cup		119873

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	151.94
Fat	1.25g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	59.70mg
Carbohydrates	31.63g
Fiber	2.00g
Sugar	22.42g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 1.80mg
Calcium 134.33mg	Iron 0.00mg

Strawberry Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18965

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF 4-5 GFS	1/2 Cup		244630

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	136.94
Fat	0.75g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	59.70mg
Carbohydrates	29.63g
Fiber	1.50g
Sugar	20.92g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 27.00mg
Calcium 144.33mg	Iron 0.36mg

Breakfast Sandwich (Biscuit, Sausage, Cheese)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18972

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK GLDN 2.25Z 5-24CT	1 Each	BAKE Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	109830
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	BAKE	277722

Preparation Instructions

No Preparation Instructions available.

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	475.00		
Fat	32.00g		
SaturatedFat	12.75g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	1000.00mg		
Carbohydrates	31.00g		
Fiber	1.00g		
Sugar	3.50g		
Protein	14.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.00mg	Iron	2.52mg

Sloppy Joe Meat (MS)

Servings:	300.00	Category:	Entree
Serving Size:	2.17 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18973

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	50 Pound		110520
KETCHUP CAN 33% FCY 6-10 REDG	2 #10 CAN	READY_TO_EAT None	137661
SUGAR BROWN LT 12-2 P/L	12 Ounce		860311
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE MUSTARD GRND 14Z TRDE	2 Tablespoon		224928
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SAUCE WORCESTERSHIRE 3-1GAL L&P	1/4 Cup		358851

Preparation Instructions

1. Brown ground beef and drain.
2. Add remaining ingredients and stir well
3. Heat to 165 degrees

Total Weight of Recipe = 40.68# = 650 oz

Serving Size = 2.17 oz by weight

Serve using 2 oz (blue) scoop

Meal Components (SLE)

Amount Per Serving

Meat	1.99
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: 300.00

Serving Size: 2.17 Ounce

Amount Per Serving

Calories 192.32

Fat 11.94g

SaturatedFat 3.98g

Trans Fat 1.99g

Cholesterol 51.74mg

Sodium 273.43mg

Carbohydrates 7.30g

Fiber 0.02g

Sugar 5.73g

Protein 13.95g

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

Calcium 0.28mg **Iron** 0.01mg

PBJ, Cheese Stick, Graham Snack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18979

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550

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	480.00		
Fat	22.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	595.00mg		
Carbohydrates	54.00g		
Fiber	5.00g		
Sugar	24.00g		
Protein	18.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	338.00mg	Iron	1.72mg

Sloppy Joe Meat (HS)

Servings:	300.00	Category:	Entree
Serving Size:	2.17 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18983

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	50 Pound		110520
KETCHUP CAN 33% FCY 6-10 REDG	2 #10 CAN	READY_TO_EAT None	137661
SUGAR BROWN LT 12-2 P/L	12 Ounce		860311
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE MUSTARD GRND 14Z TRDE	2 Tablespoon		224928
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SAUCE WORCESTERSHIRE 3-1GAL L&P	1/4 Cup		358851

Preparation Instructions

1. Brown ground beef and drain.
2. Add remaining ingredients and stir well
3. Heat to 165 degrees

Total Weight of Recipe = 40.68# = 650 oz

Serving Size = 2.17 oz by weight

Serve using 2 oz (blue) scoop

Meal Components (SLE)

Amount Per Serving

Meat	1.99
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: 300.00

Serving Size: 2.17 Ounce

Amount Per Serving

Calories 192.32

Fat 11.94g

SaturatedFat 3.98g

Trans Fat 1.99g

Cholesterol 51.74mg

Sodium 273.43mg

Carbohydrates 7.30g

Fiber 0.02g

Sugar 5.73g

Protein 13.95g

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

Calcium 0.28mg **Iron** 0.01mg

Baked Chicken Breast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19264

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	4 6/25 Ounce	1 breast = 4.24 oz	258610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	268.53		
Fat	15.55g		
SaturatedFat	3.53g		
Trans Fat	0.00g		
Cholesterol	98.93mg		
Sodium	664.27mg		
Carbohydrates	8.48g		
Fiber	1.41g		
Sugar	0.00g		
Protein	22.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.27mg	Iron	1.53mg

Baked Chicken Thigh

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19265

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	6 33/50 Ounce	1 thigh = 6.66 oz	258610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
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 Serving

Amount Per Serving			
Calories	421.80		
Fat	24.42g		
SaturatedFat	5.55g		
Trans Fat	0.00g		
Cholesterol	155.40mg		
Sodium	1043.40mg		
Carbohydrates	13.32g		
Fiber	2.22g		
Sugar	0.00g		
Protein	35.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.40mg	Iron	2.40mg

Baked Chicken Drumstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19266

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	3 81/91 Ounce	1 drumstick=3.89 oz	258610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	246.37		
Fat	14.26g		
SaturatedFat	3.24g		
Trans Fat	0.00g		
Cholesterol	90.77mg		
Sodium	609.43mg		
Carbohydrates	7.78g		
Fiber	1.30g		
Sugar	0.00g		
Protein	20.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.93mg	Iron	1.40mg

Pulled Pork (MS)

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19269

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ TRADITIONAL 4-5 GCHC	1/2 Cup		584050

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	200.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	860.00mg
Carbohydrates	17.00g
Fiber	1.00g
Sugar	14.00g
Protein	14.00g
Vitamin A 200.00IU	Vitamin C 3.60mg
Calcium 40.00mg	Iron 0.72mg

Coleslaw

Servings:	65.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	6 Cup		429406
SUGAR CANE GRANUL 25 GFS	1 Cup		108642
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Tablespoon		629640
SALT IODIZED 18-2.25 GCHC	1/2 Teaspoon		350732
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037
Milk White 1% WC	2 Cup	READY_TO_DRINK	2
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	5 Pound		361300

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: 65.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	63.47		
Fat	1.55g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	15.23mg		
Sodium	112.01mg		
Carbohydrates	12.01g		
Fiber	0.70g		
Sugar	6.18g		
Protein	0.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.41mg	Iron	0.00mg

Pulled Pork (HS)

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19436

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ TRADITIONAL 4-5 GCHC	1/2 Cup		584050

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	200.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	860.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	14.00g		
Vitamin A	200.00IU	Vitamin C	3.60mg
Calcium	40.00mg	Iron	0.72mg

Canned Fruit Choice

Servings:	4.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19438

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1 Each		699180
PEACH SLCD XL/S 6-10 P/L	1/2 Cup		256770
PEAR SLCD XL/S 6-10 GCHC	1/2 Cup		262706
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1/2 Cup		189979

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	62.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.25mg		
Carbohydrates	16.00g		
Fiber	1.25g		
Sugar	13.75g		
Protein	0.00g		
Vitamin A	75.00IU	Vitamin C	3.15mg
Calcium	0.00mg	Iron	0.18mg

Sub Sandwich (HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice	2 slices credits 1 oz m/ma	689541
TURKEY HAM UNCURED 6-2 JENNO	2 Slice	2 slices credits 1 oz m/ma	690041
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	1 slice credits .5 oz m/ma	722360
Whole Grain Hot Dog Bun - 2oz	1 Each		4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.51
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	290.62		
Fat	7.76g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	57.77mg		
Sodium	798.08mg		
Carbohydrates	30.50g		
Fiber	2.00g		
Sugar	5.50g		
Protein	24.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.36mg

Breakfast Egg Casserole

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19829

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 GCHC	2 Pound		316334
ONION DEHY CHPD 15 P/L	1/4 Cup		263036
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound		150250
EGG SHL LRG A GRD 6-30CT GCHC	12 Each		206539
1 % White Milk	2 Cup	READY_TO_DRINK	3601
Gravy Mix, Country Sausage	1 OZ PKG		300

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.67
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: 24.00

Serving Size: 1.00 Piece

Amount Per Serving			
Calories	149.74		
Fat	8.71g		
SaturatedFat	4.87g		
Trans Fat	0.00g		
Cholesterol	113.75mg		
Sodium	190.11mg		
Carbohydrates	9.19g		
Fiber	0.95g		
Sugar	1.40g		
Protein	9.28g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	157.34mg	Iron	0.78mg

EARLY DISMISSAL - NO LUNCH SERVED

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20072

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Snickerdoodle

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20791

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY SGR WGRAIN R/F 192-1.85Z	1 Each		170041
SUGAR CANE GRANUL 25 GFS	1/4 Teaspoon		108642
SPICE CINNAMON GRND 15Z TRDE	13/100 Teaspoon		224723

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	197.65		
Fat	6.00g		
SaturatedFat	2.10g		
Trans Fat	0.00g		
Cholesterol	18.00mg		
Sodium	200.00mg		
Carbohydrates	36.00g		
Fiber	3.70g		
Sugar	18.00g		
Protein	2.80g		
Vitamin A	106.50IU	Vitamin C	0.03mg
Calcium	14.60mg	Iron	1.00mg

Augratin Potatoes

Servings:	31.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21356

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO AUGRATIN CLASSIC R/SOD 6-2.25	1 Package	BAKE 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	118575
Tap Water for Recipes	5 Quart	Heat to boiling	000001WTR
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Ounce		299405

Preparation Instructions

1. Add 5 quarts boiling water for convection over (4 1/2 quarts for conventional) and 4 ounces butter to a 2 1/2" deep full-size steamtable pan.
 2. Stir in sauce mix until dissolved.
 3. Add potato slices. Stir.
 4. Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes.
- TIPS: For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.

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: 31.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	131.37
Fat	3.89g
SaturatedFat	1.81g
Trans Fat	0.00g
Cholesterol	7.74mg
Sodium	253.35mg
Carbohydrates	23.22g
Fiber	1.06g

Sugar			3.17g
Protein			2.11g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.67mg	Iron	0.32mg