

Cookbook for Prairie Heights Middle School

Created by HPS Menu Planner

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Bread & Butter Sandwich

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9540

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
MARGARINE SLD 30-1 GCHC	1 Tablespoon		733061

Preparation Instructions

1. Spread 1/2 tablespoon onto each slice of bread.
2. Place in pans and store in the walk-in cooler until service.

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	13.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	430.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	6.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

Fruit Juice

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9541

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each		118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	66.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.83mg
Carbohydrates	16.00g
Fiber	0.00g
Sugar	15.00g
Protein	0.00g

Vitamin A	0.00IU	Vitamin C	17.20mg
Calcium	8.95mg	Iron	0.11mg

Ranch Dressing

Servings:	256.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9543

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL GCHC	1 Gallon		472999
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Gallon		426598

Preparation Instructions

1. Mix the ingredients 1/2 and 1/2 in a gallon jug.
2. Cover and store in the refrigerator until use.

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: 256.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	109.89		
Fat	9.24g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	209.80mg		
Carbohydrates	5.99g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Homemade Croutons

Servings:	45.00	Category:	Grain
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9545

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	45 Each		380
SEASONING SALT 2-5 LAWR	1/3 Cup		266566
SPICE DILL WEED 5Z TRDE	1/8 Cup		513938
MARGARINE SLD 30-1 GCHC	1 Pound		733061
SPICE GARLIC POWDER 6 TRDE	1/8 Cup		513857

Preparation Instructions

1. Cut the bread into small squares.
2. Lay the squares out on sheet pans.
3. Put in a 375 degree oven for 5 minutes to dry out.
3. Mix together the remaining ingredients and coat the bread evenly.
4. Bake the croutons at 375 degrees for 5 more minutes.
5. Cool to room temperature.
6. Store in an airtight container until use.

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: 45.00

Serving Size: 1.00 Ounce

Amount Per Serving	
Calories	163.82
Fat	8.82g
SaturatedFat	3.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	774.33mg
Carbohydrates	17.55g
Fiber	2.06g
Sugar	3.00g
Protein	3.06g
Vitamin A	567.41IU
Vitamin C	0.02mg

Calcium

8.81mg

Iron

6.06mg

Refried Beans

Servings:	264.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9546

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	9 #10 CAN		293962
Salsa, Low-Sodium, Canned	2 #10 CAN	READY_TO_EAT	100330
CHEESE CHED MLD SHRD 4-5 LOL	8 Quart	2 quart per pan	150250
SPICE CHILI POWDER HOT 5.5 TRDE	3 1/2 Tablespoon		224715
SPICE CUMIN GRND 15Z TRDE	2 33/50 Tablespoon		273945
SPICE PAPRIKA SPANISH 16Z TRDE	2 1/2 Teaspoon		225002
SPICE ONION POWDER 19Z TRDE	2 1/2 Teaspoon		126993

Preparation Instructions

1. Mix all ingredients together except the cheese.
2. Spread evenly among the pans.
3. Bake at 350 degrees for 1 hour and 45 minutes or until temperature reaches 135 degrees.
4. Remove from the oven and add cheese evenly to the top of each pan.
5. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.48
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
OtherVeg	0.00
Legumes	0.22
Starch	0.00

Nutrition Facts

Servings Per Recipe: 264.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	184.63
Fat	6.13g
SaturatedFat	3.35g
Trans Fat	0.00g
Cholesterol	14.55mg
Sodium	589.30mg
Carbohydrates	22.37g
Fiber	6.07g
Sugar	1.67g
Protein	10.45g

Vitamin A	156.82IU	Vitamin C	0.00mg
Calcium	136.17mg	Iron	1.81mg

Baked Beans

Servings:	480.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9547

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	18 #10 CAN		298913
ONION DEHY CHPD 15 P/L	2 Cup		263036
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Cup		860221
SUGAR BROWN LT 50 BIG CHIEF	3/4 Quart		846775
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843
SAUCE BBQ 4-1GAL SWTBRAY	1 Gallon		655937
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN	READY_TO_EAT None	200621

Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	173.58
Fat	0.49g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	532.19mg
Carbohydrates	34.86g
Fiber	4.87g
Sugar	15.01g

Protein		7.78g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.69mg	Iron	1.94mg

Diced Turkey Grab 'N Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9548

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	1 1/2 Ounce		100121
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
Homemade Croutons- Prairie Heights	1 Ounce		
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
Baked Beans- Prairie Heights	1/4 Cup		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.50
GreenVeg	0.25
RedVeg	0.25
OtherVeg	0.25
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	911.26
Fat	42.47g
SaturatedFat	14.77g
Trans Fat	0.00g
Cholesterol	101.42mg
Sodium	2377.11mg
Carbohydrates	107.59g
Fiber	10.99g
Sugar	51.15g
Protein	27.95g
Vitamin A 750.37IU	Vitamin C 16.44mg

Calcium 247.62mg **Iron** 1.63mg

Taco Meat Grab 'n Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9550

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1 1/2 Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
Salsa, Low-Sodium, Canned	1/4 Cup	READY_TO_EAT	100330
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
BEAN REFRD 6-10 GRSZ	1/4 Cup		293962
Apple slices - 2 oz	1 1 pkg	READY_TO_EAT	04134
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce		163020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.95
Grain	2.50
Fruit	0.50
GreenVeg	0.00
RedVeg	0.56
OtherVeg	0.00
Legumes	0.13
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	706.37
Fat	37.42g
SaturatedFat	10.63g
Trans Fat	0.14g
Cholesterol	51.56mg
Sodium	1105.37mg
Carbohydrates	69.73g
Fiber	11.05g
Sugar	12.25g
Protein	22.01g

Vitamin A	980.06IU	Vitamin C	43.53mg
Calcium	334.62mg	Iron	2.99mg

Diced Ham Grab 'N Go (Friday)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9551

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	1 1/2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
PEAS FRZN 30	1/4 Cup	BAKE	100350
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
Strawberries, diced, Cups, frozen	1 Each		100256
Homemade Croutons- Prairie Heights	1 Ounce		
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Fluid Ounce		426598

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	791.88		
Fat	41.12g		
SaturatedFat	14.95g		
Trans Fat	0.00g		
Cholesterol	97.13mg		
Sodium	1954.54mg		
Carbohydrates	81.82g		
Fiber	9.18g		
Sugar	42.79g		
Protein	23.03g		
Vitamin A	437.83IU	Vitamin C	29.95mg

Calcium 240.95mg **Iron** 1.33mg

Diced Ham Grab 'N Go (Monday)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9552

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	1 1/2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
Homemade Croutons- Prairie Heights	1 Ounce		
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.23
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.25
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 771.38

Fat 41.07g

SaturatedFat 14.93g

Trans Fat 0.00g

Cholesterol 97.13mg

Sodium 1988.67mg

Carbohydrates 78.07g

Fiber 6.63g

Sugar 43.04g

Protein 20.28g

Vitamin A 313.65IU **Vitamin C** 1.57mg

Calcium 279.30mg **Iron** 1.60mg

Popcorn Chicken - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9553

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	8 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
PEAS FZ 30 COMM	1/4 Cup		110510
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	
BEAN GARBANZO LO SOD 6-10 P/L	1/4 Cup		597991
Lettuce Chopped Romaine 2#	1 Cup		2784

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.75
Fruit	0.50
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.25

Starch

0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 792.00

Fat 41.90g

SaturatedFat 12.90g

Trans Fat 0.00g

Cholesterol 131.00mg

Sodium 1126.00mg

Carbohydrates 72.60g

Fiber 10.90g

Sugar 28.50g

Protein 29.95g

Vitamin A 460.00IU **Vitamin C** 0.00mg

Calcium 276.00mg **Iron** 2.90mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9556

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	1 Each	BOIL boil to internal temp of 165	570662
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each	READY_TO_EAT No baking necessary.	4040

Preparation Instructions

1. Boil the hot dogs until the internal temperature reaches 165 degrees.
2. Transfer to pans and cover.
3. Store in hot boxes until service.
4. Then place each hot dog into a bun.

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	13.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	322.60mg		
Carbohydrates	34.00g		
Fiber	3.00g		
Sugar	7.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.67mg	Iron	10.88mg

Harvest Fries

Servings:	600.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9557

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	75 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES.	273660
FRIES 3/8 R/C CRSPY COAT 6-5 LAMB	150 Pound		547115

Preparation Instructions

1. Spread an even mix of both fries on sheet pans.
2. Bake in a 350 degree oven for 9-13 minutes or until the temperature reaches 135 degrees.
3. Store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.32
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	323.01		
Fat	15.18g		
SaturatedFat	3.31g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	521.72mg		
Carbohydrates	44.13g		
Fiber	3.96g		
Sugar	6.49g		
Protein	3.31g		
Vitamin A	3225.81IU	Vitamin C	3.87mg
Calcium	12.90mg	Iron	1.19mg

Caesar Salad

Servings:	700.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9558

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	700 Cup		735787
CHEESE MOZZ SHRD 4-5 LOL	15 Pound		645170
DRESSING CAESAR 4-1 GAL GFS	10 1/2 Cup		818201
380 - Aunt Millie's WG Honey White Bread	360 Each		380
SEASONING SALT 2-5 LAWR	2 16/25 Cup		266566
SPICE DILL WEED 5Z TRDE	1 Cup		513938
MARGARINE SLD 30-1 GCHC	8 Pound		733061
SPICE GARLIC POWDER 21Z TRDE	1 Cup		224839

Preparation Instructions

1. Add 2 bags of romaine lettuce per grey tub.
2. Add the croutons and cheese and mix together.
3. Add the dressing and mix again.
4. Cover and store in the walk-in cooler until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.34
Grain	0.51
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 700.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	138.28
Fat	8.03g
SaturatedFat	3.09g
Trans Fat	0.00g
Cholesterol	6.34mg
Sodium	491.14mg
Carbohydrates	11.60g
Fiber	2.06g
Sugar	3.01g

Protein	4.97g		
Vitamin A	291.81IU	Vitamin C	0.01mg
Calcium	90.81mg	Iron	3.47mg

Chili

Servings:	490.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9559

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	50 Pound		158704
ONION SPANISH JUMBO 50 MRKN	3 Each		200778
SPICE CHILI POWDER HOT 5.5 TRDE	4 Cup		224715
SPICE CUMIN GRND 15Z TRDE	1 Cup		273945
TOMATO CRSHD A/P 6-10 REDPK	2 #10 CAN	READY_TO_EAT None	248096
SAUCE TOMATO MW 6-10 GCHC	4 #10 CAN		306347
BEAN PINTO 6-10 GCHC	7 #10 CAN		261475
BEAN CHILI MEX STYLE 6-10 GCHC	7 #10 CAN		192015
BEANS BLACK LO SOD 6-10 BUSH	5 #10 CAN		231981
JUICE TOMATO 100 12-46FLZ SACRM	5 #5 CAN	READY_TO_EAT None	302414
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Tablespoon		225088
SUGAR BROWN MED 25 GFS	2 Cup	UNSPECIFIED	108626
SALT IODIZED 25 CARG	1 Cup		108286

Preparation Instructions

1. Cook and grind the beef the day before.
 2. Cover and store in the walk-in cooler.
 3. The day of, mix all ingredients together in a pot and cook to 165 degrees.
 4. Distribute evenly among 7 pots.
 5. Cover and store in hot boxes until service.
- Beans credit as meat/meat alternate in this recipe.

Meal Components (SLE)

Amount Per Serving

Meat	1.12
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.27
OtherVeg	0.01
Legumes	0.32
Starch	0.00

Nutrition Facts

Servings Per Recipe: 490.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	248.85		
Fat	9.30g		
SaturatedFat	3.67g		
Trans Fat	0.61g		
Cholesterol	30.61mg		
Sodium	736.06mg		
Carbohydrates	24.22g		
Fiber	7.53g		
Sugar	3.36g		
Protein	15.62g		
Vitamin A	14.72IU	Vitamin C	0.10mg
Calcium	52.20mg	Iron	3.25mg

Green Beans

Servings:	432.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9560

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	18 #10 CAN	BAKE	100307
Tap Water for Recipes	1 Quart	UNPREPARED	000001WTR
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1 Pound		110611

Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

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: 432.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	19.86		
Fat	0.17g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	288.90mg		
Carbohydrates	3.41g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.22mg	Iron	0.00mg

Taco Salad

Servings:	450.00	Category:	Entree
Serving Size:	3.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9562

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	60 Pound		722330
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	60 Pound	3 cases	242489
CHEESE CHED MLD SHRD 4-5 LOL	40 Pound	2 cases	150250

Preparation Instructions

1. Mix the lettuce and cheese together in gray tubs dividing equally.
2. Cover and hold in refrigerators until service.
3. Add 2 quarts of meat to each pan right before serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.79
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.09
OtherVeg	0.49
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 450.00

Serving Size: 3.00 Cup

Amount Per Serving

Calories	243.76		
Fat	16.31g		
SaturatedFat	9.89g		
Trans Fat	0.20g		
Cholesterol	66.93mg		
Sodium	476.04mg		
Carbohydrates	6.76g		
Fiber	2.32g		
Sugar	2.32g		
Protein	18.74g		
Vitamin A	867.85IU	Vitamin C	3.36mg
Calcium	325.07mg	Iron	1.35mg

Oriental Vegetables

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9563

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ORIENTAL 30 GCHC	60 Pound		285720
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Cup		184622
SEASONING VEGETABLE NO SALT 21Z TRDE	1 Tablespoon		647230

Preparation Instructions

1. Spread ingredients evenly between your pans.
2. Bake at 350 degrees until the food reaches 165 degrees.
3. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.91		
Fat	1.56g		
SaturatedFat	0.31g		
Trans Fat	0.02g		
Cholesterol	0.00mg		
Sodium	4.17mg		
Carbohydrates	2.58g		
Fiber	0.83g		
Sugar	0.83g		
Protein	0.42g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.42mg	Iron	0.17mg

Ham & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.16
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	282.50		
Fat	7.75g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	57.50mg		
Sodium	850.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	1.50mg
Calcium	96.00mg	Iron	0.90mg

Chicken Noodle Soup

Servings:	600.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10285

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX 12-5 COLLEGE INN	25 #5 CAN		264865
BASE CHIX LO SOD NO MSG 6-1 MINR	8 Pound		580589
Tap Water for Recipes	15 Gallon	UNPREPARED	000001WTR
CARROT JUMBO 50 P/L	5 Pound		198501
SPICE PEPR BLK REST GRIND 5 TRDE	2 Tablespoon		242179
PASTA NOODL EGG FZ 4-3 REAMES	20 Pound		245046
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	40 Pound	UNSPECIFIED Not currently available	570533

Preparation Instructions

1. First thing in the morning, add all the liquids, base, and meat to a pot and bring to a boil.
2. After breakfast break (9 am), put in the noodles and cook for 15 minutes.
3. Distribute evenly into 10 pans.
4. Cover and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.93
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.06
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	95.40
Fat	2.61g
SaturatedFat	0.67g
Trans Fat	0.00g
Cholesterol	35.56mg
Sodium	304.00mg
Carbohydrates	9.05g
Fiber	0.14g
Sugar	0.47g
Protein	7.77g

Vitamin A	781.63IU	Vitamin C	0.17mg
Calcium	6.23mg	Iron	0.91mg

Spiced Apples

Servings:	570.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10286

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD MI 7+1 30 GCHC	90 Pound		270954
SUGAR BROWN MED 25 GFS	20 Pound	UNSPECIFIED	108626
SPICE CINNAMON GRND 5 TRDE	2 Cup		224731
MARGARINE SLD 30-1 GCHC	2 Pound		733061
FLAVORING VANILLA IMIT 1-1GAL KE	2 Cup		110744
JUICE PINEAPPLE 100 12-46FLZ DOLE	8 Quart	READY_TO_EAT Ready to Eat	566144

Preparation Instructions

1. Thaw the apples overnight in the cooler.
2. Next day, mix together the remaining ingredients.
3. Divide the apples evenly between 9 pans.
4. Divide the mixture evenly between the 9 pans of apples.
5. Toss to coat the apples.
6. Bake the apples in a 350 degree oven until the temperature reaches 135 degrees.
7. Remove from the oven, cover, and store in hot boxes until service.

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: 570.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	91.40
Fat	1.24g
SaturatedFat	0.51g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	23.21mg
Carbohydrates	18.96g
Fiber	0.72g
Sugar	17.52g

Protein	0.72g		
Vitamin A	228.57IU	Vitamin C	1.73mg
Calcium	0.04mg	Iron	0.26mg

BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10287

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

1. Bake the BBQ rib in a 350 degree oven for 13 minutes or until the ribs reach 155 degrees.
2. Place the rib on a bun before service.

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	360.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	860.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	14.00g
Protein	20.00g
Vitamin A 400.00IU	Vitamin C 1.20mg
Calcium 40.00mg	Iron 1.80mg

Strawberries & Blueberries

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10288

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Blueberries, Frozen	1/4 Cup	THAW Thaw and use	110624
Strawberries, Sliced Frz	1/4 Cup	BAKE	100254

Preparation Instructions

1. Combine the strawberries and blueberries.
2. Scoop into 4 oz cups.
3. Hold in tubs in the walk-in cooler until use.

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	65.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.50mg		
Carbohydrates	16.50g		
Fiber	2.50g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Golden Corn

Servings:	548.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10292

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	120 Pound	BAKE	285620
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 33/50 Cup	1/3 cup per pan	184622
SEASONING VEGETABLE NO SALT 21Z TRDE	5 Tablespoon	1 Tbsp. per pan	647230

Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the hot boxes.

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: 548.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	95.87		
Fat	1.57g		
SaturatedFat	0.14g		
Trans Fat	0.01g		
Cholesterol	0.00mg		
Sodium	4.46mg		
Carbohydrates	18.85g		
Fiber	1.78g		
Sugar	1.78g		
Protein	2.68g		
Vitamin A	89.23IU	Vitamin C	2.14mg
Calcium	0.00mg	Iron	0.32mg

Turkey Deli Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	2 1/2 Ounce		100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113

Preparation Instructions

1. Place 2-1/2 ounces of turkey on each bun.
2. Place the cheese on top.
3. Hold in pans in the walk-in cooler until service.

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	283.05		
Fat	7.64g		
SaturatedFat	2.82g		
Trans Fat	0.00g		
Cholesterol	51.53mg		
Sodium	822.96mg		
Carbohydrates	32.57g		
Fiber	2.00g		
Sugar	4.50g		
Protein	23.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.00mg

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10296

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce		158704
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

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	377.50		
Fat	18.50g		
SaturatedFat	6.75g		
Trans Fat	1.13g		
Cholesterol	56.25mg		
Sodium	238.75mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	21.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.35mg

Cole Slaw

Servings:	295.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10298

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CABBAGE GREEN 45 P/L	50 Pound		198463
DRESSING COLE SLAW 4-1GAL GCHC	1 Gallon		106992
DRESSING SALAD 4-1GAL GFS	1 Cup		107042
SUGAR CANE GRANUL 25 GFS	1 Cup		108642

Preparation Instructions

1. Cut the cabbage the day before, using some green outside leaves for color added to the other cabbage.
2. Divide between 4 gray tubs.
3. Mix together the dressings and sugar.
4. Distribute the dressing evenly between the 4 tubs.
5. Mix well and refrigerate overnight.

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: 295.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		99.72	
Fat		4.18g	
SaturatedFat		0.69g	
Trans Fat		0.00g	
Cholesterol		4.77mg	
Sodium		124.07mg	
Carbohydrates		15.17g	
Fiber		3.07g	
Sugar		10.29g	
Protein		2.20g	
Vitamin A	132.15IU	Vitamin C	61.70mg
Calcium	79.03mg	Iron	0.29mg

Broccoli Parmesan

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10299

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound		110473
CHEESE PARM GRTD 12-1 PG	4 Cup		164259
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	2 Cup		184622

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the butter evenly to the pans.
5. Toss to coat.
6. Add cheese evenly to the top of each pan.
7. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	44.81		
Fat	1.81g		
SaturatedFat	0.44g		
Trans Fat	0.02g		
Cholesterol	0.00mg		
Sodium	34.59mg		
Carbohydrates	5.34g		
Fiber	3.20g		
Sugar	1.07g		
Protein	3.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.43mg	Iron	0.00mg

Spaghetti with Meat Sauce

Servings:	600.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10307

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	40 Pound		221460
CHEESE PARM GRTD 12-1 PG	2 Pound		164259
SAUCE SPAGHETTI FCY 6-10 REDPK	24 #10 CAN		852759
SEASONING ITAL HRB 6Z TRDE	1 Cup		428574
SPICE OREGANO GRND 12Z TRDE	1 Cup		513725
SALT IODIZED 25 CARG	2 Cup		108286
BEEF CRMBL CKD 6-5 COMM	40 Pound		785840

Preparation Instructions

1. Cook the meat the day before until it reaches a temperature of 165 degrees and grind it.
2. The day of, boil the water then add the noodles for about 13 minutes.
3. Drain the noodles then add the meat, sauce, and dry ingredients.
4. Cook in a pot until it reaches an temperature of 165 degrees.
5. Transfer to pans, cover, and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00

Amount Per Serving	
Calories	198.32
Fat	1.87g
SaturatedFat	0.43g
Trans Fat	0.00g
Cholesterol	14.40mg
Sodium	916.77mg
Carbohydrates	33.54g
Fiber	6.20g
Sugar	8.14g
Protein	13.67g

Vitamin A	692.82IU	Vitamin C	7.07mg
Calcium	49.32mg	Iron	2.03mg

Chicken & Noodles

Servings:	576.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10308

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	40 Pound		100101
PASTA NOODL EGG FZ 4-3 REAMES	72 Pound		245046
Tap Water for Recipes	14 Gallon	UNPREPARED	000001WTR
BROTH CHIX 12-5 COLLEGE INN	12 #5 CAN		264865
BASE CHIX LO SOD NO MSG 6-1 MINR	8 Cup		580589

Preparation Instructions

1. Add the water, base, broth, and meat to a pot.
2. Bring to a boil.
3. Add the noodles.
4. Return to a boil and lower the heat to a simmer.
5. Simmer for 1 hour.
6. Distribute evenly into 8 pans.
7. Cover and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 576.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	202.43		
Fat	3.26g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	83.33mg		
Sodium	168.67mg		
Carbohydrates	30.18g		
Fiber	0.00g		
Sugar	0.15g		
Protein	11.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 1.18mg **Iron** 2.00mg

Rosy Applesauce

Servings:	504.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10309

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE SWT 6-10 KE	21 #10 CAN		179990
GELATIN MIX STRAWB 12-24Z GCHC	24 Ounce		524581

Preparation Instructions

1. Dissolve 1 bag (24 oz) of jello in 1 quart of hot water in a strawberry bucket.
2. Add 1 can of applesauce, stir in 1 quart of cold water.
3. Pour 1-1/2 gallons in cake pans.
4. Do this 13 times.
5. Cover and store in the walk-in cooler until use.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 504.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.49		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.13mg		
Carbohydrates	21.70g		
Fiber	1.08g		
Sugar	18.47g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	98.08mg
Calcium	0.00mg	Iron	0.00mg

Glazed Carrots

Servings:	296.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10310

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	60 Pound		100352
MARGARINE SLD 30-1 GCHC	1 Pound		733061
HONEY CLOVER 4-6 GCHC	2 Cup		225614
SUGAR BROWN MED 25 GFS	2 Quart	UNSPECIFIED	108626

Preparation Instructions

1. Put the frozen carrots in the steamer and cook for 15 minutes at 150 degrees.
2. Divide the carrots among 4 pans.
3. Mix together the melted margarine, honey and brown sugar.
4. Pour the glaze over the carrots, dividing it evenly between the 4 pans.
5. Toss well to coat.
6. Cover the pans and keep warm in hot 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: 296.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	70.68		
Fat	2.45g		
SaturatedFat	0.49g		
Trans Fat	0.00g		
Cholesterol	30.16mg		
Sodium	65.93mg		
Carbohydrates	14.57g		
Fiber	2.51g		
Sugar	10.69g		
Protein	0.00g		
Vitamin A	81.08IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sloppy Joe on Bun

Servings:	525.00	Category:	Entree
Serving Size:	3.63 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10313

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	100 Pound		158704
KETCHUP CAN NAT LO SOD 6-10 REDG	8 #10 CAN	READY_TO_EAT None	200621
SUGAR CANE GRANUL 25 GFS	5 Cup		108642
SUGAR BROWN MED 25 GFS	5 Cup	UNSPECIFIED	108626
ONION DEHY CHPD 15 P/L	5 Cup		263036
SALT IODIZED 25 CARG	1/2 Cup		108286
4 inch whole grain hamburger buns - 30 ct	525 bun		3480

Preparation Instructions

1. Cook the beef the day before until it reaches a temperature of 165 degrees and grind it.
2. The day of, add all ingredients together in a pot and cook until it reaches 165 degrees.
3. Transfer to pans, cover, and store in hot boxes until service.
4. Then add one scoop to each bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.10
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: 525.00

Serving Size: 3.63 Ounce

Amount Per Serving

Calories	459.56
Fat	18.77g
SaturatedFat	6.86g
Trans Fat	1.14g
Cholesterol	57.14mg
Sodium	505.63mg
Carbohydrates	16.73g
Fiber	2.06g
Sugar	20.32g
Protein	22.05g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.95mg	Iron	1.38mg

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10314

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		400.00	
Fat		15.00g	
SaturatedFat		2.50g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		650.00mg	
Carbohydrates		44.00g	
Fiber		5.00g	
Sugar		5.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 35.00mg **Iron** 2.00mg

Poptart Variety- 2 count

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10317

Ingredients

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

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	368.00		
Fat	5.83g		
SaturatedFat	1.93g		
Trans Fat	0.03g		
Cholesterol	0.00mg		
Sodium	382.33mg		
Carbohydrates	76.00g		
Fiber	5.73g		
Sugar	30.33g		
Protein	4.70g		
Vitamin A	666.67IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10319

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty and a slice of cheese on each bun.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00
Fat	9.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	610.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	5.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.80mg

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10320

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

1. Bake chicken patties for 8-10 minutes at 400 degrees or until the internal temperature reaches 165 degrees.
2. Hold on sheet pans in the hot boxes until service.
3. Then add one chicken patty to each bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	430.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	46.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.00mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10321

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
380 - Aunt Millie's WG Honey White Bread	2 Each		380
BUTTER PRINT SLTD GRD AA 36-1 GFS	2 Teaspoon		191205

Preparation Instructions

1. Melt the butter and spread it on sheet pans with a brush.
2. Layout 20 pieces of bread per pan.
3. Put 2 slices of cheese on each piece of bread.
4. Then dip the top bread in butter and put it butter side up on the cheese.
5. Cook in a 350 degree oven for 8 minutes.
6. Hold in hot boxes until service.

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	326.67		
Fat	14.33g		
SaturatedFat	7.67g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	680.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

Spaghetti & Meat Sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10322

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	17 1/2 Pound		100158
SAUCE SPAGHETTI FCY 6-10 REDPK	3 1/4 #10 CAN		852759
Tap Water for Recipes	12 Gallon		000001WTR
PASTA SPAG 51 WGRAIN 2-10	9 1/2 Pound		221460

Preparation Instructions

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.
CCP: Heat to 165°F or above for at least 15 seconds.
2. Add spaghetti sauce. Purchase a canned spaghetti sauce with no more than 700 mg of sodium and 2 mg of fat per 1/2-cup serving.
CCP: Hold at 135o F or higher.
3. Bring water to a boil.
4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir noodles into meat sauce.
6. Divide mixture equally into steam table pans (12 x 20 x 4) which have been lightly coated with pan release spray. Use 3 pans for every 100 servings.
7. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135°F or greater) per pan and mix gently.
CCP: Hold at 135°F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.63
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	371.15
Fat	13.68g
SaturatedFat	4.18g
Trans Fat	2.09g
Cholesterol	0.00mg
Sodium	434.22mg
Carbohydrates	39.78g
Fiber	5.91g
Sugar	7.26g
Protein	22.82g
Vitamin A 562.92IU	Vitamin C 5.74mg
Calcium 32.43mg	Iron 1.37mg

Beef & Noodles

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10323

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Seasoned Beef Tips	21 Pound		5840
BROTH BF NO MSG 12-49Z HRTHSTN	3 1/4 Gallon		504599
SPICE SAGE GRND 8Z TRDE	1 1/2 Teaspoon		513911
SPICE PEPR BLK 30 MESH REG GRIND 5	2 1/4 Teaspoon		225045
SALT IODIZED 25 CARG	2 1/4 Teaspoon		108286
ONION DEHY CHPD 15 P/L	1/4 Cup		263036
FLOUR H&R A/P 2-25 GCHC	2 Cup		227528
PASTA NOODL EGG 1/8 MED 2-5 GCHC	5 5/16 Pound	5 lb. 5 oz.	270393

Preparation Instructions

1. Add the water, base, broth, and meat to a pot.
2. Bring to a boil.
3. Add the noodles.
4. Return to a boil and lower the heat to a simmer.
5. Simmer for 1 hour.
6. Distribute evenly into 8 pans.
7. Cover and store in the hot boxes until service.

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: 75.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 293.08

Fat 5.81g

SaturatedFat 2.03g

Trans Fat 0.00g

Cholesterol 94.33mg

Sodium 966.58mg

Carbohydrates 31.32g

Fiber 1.24g

Sugar 1.84g

Protein 28.86g

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

Calcium 19.84mg **Iron** 1.22mg

Cereal

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10347

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.00		
Fat	0.75g		
SaturatedFat	0.38g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	162.50mg		
Carbohydrates	24.00g		
Fiber	2.25g		
Sugar	7.50g		
Protein	2.00g		
Vitamin A	125.00IU	Vitamin C	6.75mg
Calcium	0.00mg	Iron	2.48mg

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10348

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

1. Bake the sausage patties in a 350 degree oven for 7-8 minutes or until the internal temperature reaches 155 degrees.
2. Bake the biscuits in a 350 degree oven for 12-16 minutes.
3. Assemble the sausage biscuits and hold on a sheet pan in the hot boxes until service.

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	291.00
Fat	18.00g
SaturatedFat	8.20g
Trans Fat	0.00g
Cholesterol	26.00mg
Sodium	552.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	2.00g
Protein	10.00g

Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	1.08mg

BBQ Chicken Sandwich

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10368

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	10 Pound		100101
SAUCE BBQ 4-1GAL SWTBRAY	3/4 Gallon		655937
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	70 bun	BAKE	3480

Preparation Instructions

1. Thaw the chicken overnight in the walk-in cooler.
2. Evenly distribute the chicken between 2 pans.
3. Evenly distribute the BBQ sauce over the chicken.
4. Stir to coat.
5. Bake in a 350 degree oven for 2 hours.
6. Remove from the oven and shred.
7. Cover and store in hot boxes until service.

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: 70.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	338.19		
Fat	4.29g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	48.00mg		
Sodium	651.33mg		
Carbohydrates	53.66g		
Fiber	2.00g		
Sugar	27.29g		
Protein	19.71g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Meat Gravy

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10409

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Seasoned Beef Tips	8 Pound		5840
GRAVY MIX BEEF 12-15Z GCHC	3 Package		822861
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1/2 Cup		110611
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR

Preparation Instructions

1. Combine meat, base, and water in steam kettle.
2. Simmer.
3. Prepare gravy mix according to package.
4. Add gravy to kettle.
5. Transfer to (2)1/2 SIZE 6 IN PANS.
6. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	114.53		
Fat	3.00g		
SaturatedFat	0.62g		
Trans Fat	0.00g		
Cholesterol	24.59mg		
Sodium	1039.78mg		
Carbohydrates	13.64g		
Fiber	0.00g		
Sugar	0.00g		
Protein	8.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.10mg	Iron	0.00mg

Homemade Pizza with Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10410

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	2 1/2 Ounce	HEAT_AND_SERVE	100117
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE SPAGHETTI FCY 6- 10 REDPK	1/4 Cup		852759

Preparation Instructions

1. Thaw the flatbread according to package instructions.
2. Assemble the pizza by placing sauce on the flatbread, topped with the chicken and then the cheese.
3. Heat in a 350 degree oven for about 10 minutes or until the internal temperature reaches 135 degrees.
4. Hold in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
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: 1.00 Each

Amount Per Serving

Calories	475.11
Fat	19.94g
SaturatedFat	9.47g
Trans Fat	0.00g
Cholesterol	84.41mg
Sodium	1376.93mg
Carbohydrates	36.91g
Fiber	4.81g
Sugar	9.10g
Protein	35.05g

Vitamin A	355.66IU	Vitamin C	3.63mg
Calcium	440.89mg	Iron	1.44mg

Strawberry Smoothie

Servings:	22.00	Category:	Fruit
Serving Size:	9.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10411

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F 4-5 GCHC	10 Pound		640171
Strawberries, Whole fzn	1 Gallon	BAKE	100253
JUICE APPLE 100 12-46FLZ HV	1 Cup		100374

Preparation Instructions

1. Place all ingredients in a blender.
2. Blend for 3 minutes on high, or until it is smooth.
3. Pour into 12 oz cups and top with a lid.
4. Place cups on sheet pan and store in the walk-in cooler until use.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.82
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 9.00 Fluid Ounce

Amount Per Serving

Calories	1589.45
Fat	14.55g
SaturatedFat	7.27g
Trans Fat	0.00g
Cholesterol	72.73mg
Sodium	876.77mg
Carbohydrates	314.09g
Fiber	2.91g
Sugar	255.73g
Protein	50.91g
Vitamin A 0.00IU	Vitamin C 5.32mg
Calcium 5090.91mg	Iron 5.24mg

Chicken Slider

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10844

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DINNER ROLL, W GRAIN, AM	1 roll	READY_TO_EAT	4372

Preparation Instructions

1. Bake the chicken patties in a 400 degree oven for 10-12 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Remove from the oven and place each chicken patty on a roll.
3. Place on a sheet pan and store in the hot boxes until service.

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	185.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	340.00mg
Carbohydrates	23.00g
Fiber	3.50g
Sugar	2.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.00mg	Iron 9.00mg

Potato Soup

Servings:	500.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11322

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	5 Pound		191205
ONION SPANISH JUMBO 50 MRKN	4 Each		200778
Tap Water for Recipes	11 Gallon	Divided: 2 gallons hot water + 9 gallons cool water	000001WTR
POTATO DCD PLD FRSH 2-10 GCHC	40 Pound		422169
Ham, Cubed Frozen	20 Pound		100188-H
SALT IODIZED 25 CARG	1 Cup		108286
SPICE PEPR BLK REST GRIND 5 TRDE	3 Tablespoon		242179
MILK PWD INST FF 50 MMPA	20 Pound		113336
BASE SOUP CRM 6-28Z GCHC	6 Package		160780

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	0.13

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	188.94
Fat	6.52g
SaturatedFat	4.59g
Trans Fat	0.00g
Cholesterol	22.67mg
Sodium	720.95mg
Carbohydrates	22.34g
Fiber	0.69g

Sugar	11.23g
Protein	10.21g
Vitamin A 4.02IU	Vitamin C 1.37mg
Calcium 236.65mg	Iron 0.16mg

Chili

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11462

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	13 1/4 Pound		158704
ONION DEHY CHPD 15 P/L	1 1/8 Cup		263036
SPICE CHILI POWDER HOT 5.5 TRDE	5 Ounce		224715
SPICE CUMIN GRND 15Z TRDE	2 1/2 Tablespoon		273945
SPICE GARLIC POWDER 6 TRDE	1 1/2 Tablespoon		513857
TOMATO PASTE CALIF 26 6-10 GCHC	1/2 #10 CAN		100196
BEAN PINTO 6-10 GCHC	5 1/2 #10 CAN		261475
JUICE TOMATO 100 12-46FLZ SACRM	3 1/4 Quart		302414
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Tablespoon		225088

Preparation Instructions

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.
 2. Drain beans.
 3. Add remaining ingredients, except water, to ground beef.
 4. Add additional water or juice from canned beans to make approximately 19-20 quarts for every 100 3/4-cup servings. Add additional water during cooking to maintain volume if a significant amount of liquid evaporates.
- CCP: Heat to 160°F or higher for at least 15 seconds.
CCP: Hold hot for service at 135°F or above.

Notes:

- For less sodium, choose a fancy or very-low sodium chili powder.
- Older students may like the chili spicier and younger students may like it less spicy. Adjust the amounts of cayenne pepper, garlic, chili powder, cumin and onion to taste.
- May use 1 lb 6 oz of fresh onions per 100 servings in place of dried onions.
- May use minced garlic in place of garlic powder.
- May puree one can of the pinto beans prior to adding to chili. This will yield a thicker product

Meal Components (SLE)

Amount Per Serving

Meat	1.94
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.35
OtherVeg	0.00
Legumes	0.95
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	415.61		
Fat	16.50g		
SaturatedFat	6.36g		
Trans Fat	1.06g		
Cholesterol	53.00mg		
Sodium	489.79mg		
Carbohydrates	37.41g		
Fiber	17.89g		
Sugar	2.86g		
Protein	25.13g		
Vitamin A	96.00IU	Vitamin C	0.00mg
Calcium	123.49mg	Iron	5.93mg

Cheesy Macaroni

Servings:	560.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12937

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	40 Pound		229941
SAUCE CHS CHED POUCH 6-106Z LOL	90 Pound		135261
1 % White Milk	8 Gallon		1% White
MARGARINE SLD 30-1 GCHC	2 Pound		733061
SALT IODIZED 25 CARG	2 Cup		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Cup		225061

Preparation Instructions

1. Boil the noodles according to package instructions.
2. Drain the noodles.
3. Add the remaining ingredients and cook to 135 degrees.
4. Divide into 8 pans and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.86
Grain	1.14
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 560.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	271.93		
Fat	10.92g		
SaturatedFat	5.81g		
Trans Fat	0.00g		
Cholesterol	25.81mg		
Sodium	914.66mg		
Carbohydrates	29.81g		
Fiber	2.29g		
Sugar	4.00g		
Protein	11.71g		
Vitamin A	85.71IU	Vitamin C	0.00mg
Calcium	258.18mg	Iron	1.03mg

Peas & Carrots

Servings:	6.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14766

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT DCD 6-10 P/L	1 Cup	Divide 30# case into 2 vented 4" steam table pans. CCP: Put in preheated steam unit for 15 - 20 minutes or until internal temperature reaches 140° or higher. Keep a little firm. Remove from steam unit and put in 4" non vented steam table pans and CCP: hold for hot service at 140° or higher for no longer than 4 hours.	118907
PEAS 6-10 COMM	1 Cup		150550

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	0.25

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	28.67		
Fat	0.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	8.00mg		
Sodium	46.67mg		
Carbohydrates	5.67g		
Fiber	2.00g		
Sugar	1.33g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Potato Soup with Ham & Cheese

Servings:	190.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14843

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO DCD PLD FRSH 2-10 GCHC	48 Pound		422169
BASE SOUP CRM 6-25.22Z LEGO	6 Package		157001

Preparation Instructions

Offer with 2 oz. cup diced ham and 2 oz. cup shredded cheese.

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	0.63

Nutrition Facts

Servings Per Recipe: 190.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	3466.11		
Fat	180.45g		
SaturatedFat	90.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10463.76mg		
Carbohydrates	401.02g		
Fiber	2.07g		
Sugar	67.67g		
Protein	24.62g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.13mg	Iron	0.31mg

Carrots & Celery

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19896

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Carrots	1/2 Cup	UNSPECIFIED None	
Celery CHL STICKS 5 LB CS- Graves County Schools	1/4	READY_TO_EAT	15P55

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	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	30.83		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	57.67mg		
Carbohydrates	4.91g		
Fiber	1.48g		
Sugar	2.77g		
Protein	0.06g		
Vitamin A	36.00IU	Vitamin C	0.25mg
Calcium	3.00mg	Iron	0.02mg

Broccoli & Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19897

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Crowns	1/4 Cup		199043
Cauliflower Florets	1/4 Cup	READY_TO_EAT	6322

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: 1.00 Each

Amount Per Serving

Calories	7.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.50mg		
Carbohydrates	1.50g		
Fiber	0.50g		
Sugar	0.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bacon, Egg, & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each		433608
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 6-5 COMM	1 Slice		150260
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00
Fat	13.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	127.50mg
Sodium	825.01mg
Carbohydrates	22.50g
Fiber	1.00g

Sugar	1.50g
Protein	15.50g
Vitamin A 250.00IU	Vitamin C 0.00mg
Calcium 185.00mg	Iron 1.96mg

Cereal Bar Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20635

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal barsReady to eat cereal bars	265931
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	157.50
Fat	3.63g
SaturatedFat	0.38g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	106.25mg
Carbohydrates	29.75g
Fiber	3.00g
Sugar	8.75g
Protein	2.00g
Vitamin A 25.00IU	Vitamin C 0.30mg
Calcium 220.00mg	Iron 2.06mg

Tomato Soup

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20641

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Chicken Caesar Salad - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21014

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
DRESSING CAESAR 4-1 GAL GFS	2 Tablespoon		818201
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
Variety of Fruit	1/2 Cup	BAKE dish into 4 oz. portion cups	
Grape Tomatoes-pint	1/4 Cup	READY_TO_EAT	4281
BREADSTICK WGRAIN 1Z 12-20CT	2 Each		406321

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.50
Fruit	0.50
GreenVeg	0.50
RedVeg	0.25
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	605.00		
Fat	26.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	1100.00mg		
Carbohydrates	66.00g		
Fiber	8.50g		
Sugar	25.00g		
Protein	29.50g		
Vitamin A	375.00IU	Vitamin C	13.50mg

Calcium 288.00mg **Iron** 4.54mg

Fajita Wrap - Grab & Go

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21015

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	5 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup		712131
SALSA 103Z 6- 10 REDG	20 Tablespoon	READY_TO_EAT None	452841
DRESSING RNCH BTRMLK 4-1GAL GCHC	20 Tablespoon		426598
LETTUCE ROMAINE 12CT MRKN	20 Cup		200344
Variety of Fruit	10 Cup	BAKE dish into 4 oz. portion cups	
PEPPERS RED & GREEN STRIPS 6-10 MANC	5 Cup		457138
CHIP TORTL RND YEL 5-1.5 KE	20 Ounce		163020

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	15 Cup	<p>MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	<p>STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

Preparation Instructions

Start with large bowl , combined : fajita meat , cheese , salsa , ranch dressing , and mix well. Start with a Tortilla . Layer : 1 1/2 cups of lettuce , and 1 cup of the bowl mixture . Fold into a wrap , and cut in half . Place in a 5x5 container . Store in cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
Grain	3.25
Fruit	0.50
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.50
Legumes	0.13
Starch	0.25

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	872.28
Fat	28.11g
SaturatedFat	10.92g
Trans Fat	0.00g
Cholesterol	112.18mg
Sodium	1608.61mg
Carbohydrates	111.38g
Fiber	19.00g
Sugar	29.71g
Protein	45.18g
Vitamin A 1031.89IU	Vitamin C 20.05mg
Calcium 405.21mg	Iron 4.02mg

Buffalo Chicken Wrap - Grab & Go

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2- 5 TYSON	5 Pound	UNSPECIFIED Not currently available	570533
DRESSING RNCH BTRMLK 4-1GAL GCHC	40 Tablespoon		426598
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup		712131
SAUCE BUFF WNG REDHOT 4- 1GAL FRNKS	1 1/2 Cup		704229
LETTUCE ROMAINE CHOP 6- 2 RSS	20 Cup		735787
Variety of Fruit	20 1/2 cup	BAKE dish into 4 oz. portion cups	
Baby Carrots	10 Cup	UNSPECIFIED None	
CHIP CORN 104-1Z SSV FRITOS	20 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.	105040
TORTILLA FLOUR 10 ULTRGR 12- 12CT	20 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Start with a large bowl, combine: chicken, hot sauce, ranch dressing, and cheese and mix well. Start with a tortilla and layer: 1-1/2 cups of lettuce and 1 cup of the bowl mixture. Fold into a wrap and cut in half. Place in a container with the chips, fruit and carrots. Store in the cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	4.25
Grain	3.00
Fruit	0.50
GreenVeg	0.50
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	887.25
Fat	46.66g
SaturatedFat	14.00g
Trans Fat	0.00g
Cholesterol	103.34mg
Sodium	1707.44mg
Carbohydrates	75.01g
Fiber	10.33g
Sugar	21.67g
Protein	39.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 374.34mg	Iron 3.32mg

Big Mac Salad - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21022

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	2 Ounce	UNPREPARED	100158
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
PICKLE DILL SLCD HAMB 2900CT 5GAL	1/4 Ounce		149209
ONION SPANISH COLOSS 50 MRKN	2 Ounce		198706
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
DRESSING 1000 ISL PKT 60-1.5FLZ PMLL	1 Each		824901
Variety of Fruit	1 1/2 cup	BAKE dish into 4 oz. portion cups	
DOUGH ROLL WGRAIN 288-1.25Z RICH	1 Each		237702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	584.99		
Fat	33.46g		
SaturatedFat	10.99g		
Trans Fat	1.49g		
Cholesterol	35.00mg		
Sodium	794.51mg		
Carbohydrates	53.00g		
Fiber	8.00g		
Sugar	29.00g		
Protein	22.05g		
Vitamin A	301.14IU	Vitamin C	4.20mg

Calcium 239.10mg **Iron** 1.20mg

Chicken Club Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260
BACON CKD 3-100CT FAST N EASY	50 Ounce	Cook bacon according to directions.	125141
Aunt Millie's 4" Whole Grain Hamburger Bun	50 bun	BAKE	3159
TOMATO 6X7 MED 25 MRKN	1 Ounce	1 slice of tomato per sandwich	315133
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
DRESSING SALAD LT 4-1GAL GCHC	1 Tablespoon		429422
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331

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	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	353.40		
Fat	16.64g		
SaturatedFat	6.52g		
Trans Fat	0.00g		
Cholesterol	53.50mg		
Sodium	733.21mg		
Carbohydrates	0.73g		
Fiber	0.05g		
Sugar	0.65g		
Protein	12.83g		
Vitamin A	179.99IU	Vitamin C	0.49mg
Calcium	75.53mg	Iron	0.03mg

Chicken, Bacon, Ranch Wrap - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21420

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon		104396
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
Variety of Fruit	1/2 Cup	BAKE dish into 4 oz. portion cups	
Variety of Fresh Vegetables	1/4 Cup		
Potato Salad- Prairie Heights Middle School	3/4 Cup		R-21433
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Start with tortilla shell, layer: ranch dressing, lettuce, bacon, and chicken. Fold into a wrap and put in the container. Store in cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		795.35	
Fat		36.56g	
SaturatedFat		8.72g	
Trans Fat		0.00g	
Cholesterol		106.91mg	
Sodium		1453.89mg	
Carbohydrates		83.27g	
Fiber		11.31g	
Sugar		23.97g	
Protein		30.26g	
Vitamin A	415.82IU	Vitamin C	6.44mg
Calcium	173.45mg	Iron	4.23mg

Mandarin Orange Chicken Salad - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21421

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
BREADSTICK WGRAIN 1Z 12-20CT	2 Each		406321
RED ONION	1/4 Cup		15N63
CUCUMBER 1-24CT P/L	1/4 Cup		238653
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup		117897
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	1/4 Cup		124516
DRESSING ASIAN SESM GINGR 4-1GAL GFS	2 Tablespoon		166722

Preparation Instructions

Measure chow mein noodles. Put in a small bag & seal.
Place the mandarin oranges in a 4 oz cup with lid.
Package all ingredients together.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.50
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	536.95
Fat	21.03g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	840.25mg
Carbohydrates	66.50g
Fiber	4.08g
Sugar	27.25g
Protein	22.58g

Vitamin A	413.65IU	Vitamin C	18.37mg
Calcium	96.08mg	Iron	4.66mg

Chef Salad - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	1 1/2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
Homemade Croutons- Prairie Heights	1 Ounce		
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515
PEAS 6-10 COMM	1/4 Cup		150550
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1 Cup		15D44
BEAN GARBANZO LO SOD 6-10 P/L	1/4 Cup		597991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.20
Grain	3.00
Fruit	0.50
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.25
Legumes	0.25
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	902.32
Fat	42.57g
SaturatedFat	14.43g
Trans Fat	0.00g
Cholesterol	52.13mg
Sodium	2251.67mg
Carbohydrates	105.96g
Fiber	10.58g

Sugar	51.98g		
Protein	25.97g		
Vitamin A	313.65IU	Vitamin C	0.37mg
Calcium	390.08mg	Iron	1.79mg

Ham Deli Wrap - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21426

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
BACON TOPPING 1 DCD 10 HRML	13/100 Cup		827002
CHEESE CHED MLD SHRD 4-5 LOL	13/100 Cup		150250
Lettuce Chopped Romaine 2#	1 Cup		2784
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	
CUCUMBER 1- 24CT P/L	1/4 Cup		238653
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each		601133
Baby Carrots	1/2 Cup	UNSPECIFIED None	
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying).	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.50
RedVeg	0.50
OtherVeg	0.25
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	714.69		
Fat	36.08g		
SaturatedFat	10.51g		
Trans Fat	0.00g		
Cholesterol	88.06mg		
Sodium	1412.16mg		
Carbohydrates	62.69g		
Fiber	10.91g		
Sugar	17.42g		
Protein	32.66g		
Vitamin A	169.65IU	Vitamin C	2.13mg
Calcium	227.60mg	Iron	2.75mg

Turkey Club Wrap - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21427

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce Chopped Romaine 2#	1 Cup		2784
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
TURKEY HAM SLCD 12-1 JENNO	3 Slice		556121
BACON TOPPING 1 DCD 10 HRML	13/100 Cup		827002
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BREAD PITA CHIP RAW 15 GREC	6 Each		277270
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each		601133
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

Preparation Instructions

Wrap counts as 2.50 M/MA, 3.00 G, 0.50 fruit, 0.25 legumes, 0.50 green KM 12/5/19

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.50
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.25
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	772.20
Fat	37.12g
SaturatedFat	9.89g
Trans Fat	0.00g
Cholesterol	87.46mg
Sodium	1561.44mg
Carbohydrates	70.50g
Fiber	9.50g
Sugar	15.00g
Protein	36.94g
Vitamin A 150.00IU	Vitamin C 1.17mg
Calcium 242.65mg	Iron 5.81mg

BBQ Chicken Salad - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4- 7.5 TYS	1 Each		561331
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
CORN & BLK BEAN FLME RSTD 6-2.5	3/4 Cup	<p>MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760
CHEESE BLND CHED/MONTRY JK SHRD 4-5	13/100 Cup		712131
CHERRY TOMATOES	1/4 Cup		16P46
CHIP TORTL TRI- COLOR STRIP 10-1 GFS	1/4 Cup		403573
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
SAUCE BBQ 4- 1GAL SWTBRAY	2 Tablespoon		655937

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	
ROLL DNNR HI SLC 1.25Z 10-12CT	1 Each		516081

Preparation Instructions

Mix the ranch and BBQ together. Put in 2 oz cups.

Put the salsa in a cup.

Bag the tortilla strips.

Layer salad ingredients and add other components.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	1.25
Fruit	0.50
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.20
Starch	0.20

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	709.40		
Fat	33.38g		
SaturatedFat	7.02g		
Trans Fat	0.00g		
Cholesterol	58.00mg		
Sodium	1323.20mg		
Carbohydrates	75.52g		
Fiber	12.30g		
Sugar	35.50g		
Protein	29.44g		
Vitamin A	972.56IU	Vitamin C	19.38mg
Calcium	148.80mg	Iron	3.04mg

Potato Salad

Servings:	22.00	Category:	Vegetable
Serving Size:	0.66 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21433

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HRD CKD DCD IQF 4-5 GFS	5 Ounce		192198
Celery	1/4 Cup	UNSPECIFIED None	
ONION SPANISH COLOSS 50 MRKN	1/4 Cup		198706
RELISH SWT PICKLE 4-1GAL GCHC	1/2 Cup		517186
DRESSING SALAD 4-1GAL GFS	1 1/2 Cup		107042
SALT IODIZED 18- 2.25 GCHC	1 Teaspoon		350732
SPICE PEPR BLK REST GRIND 5 TRDE	1/2 Teaspoon		242179
MUSTARD YELLOW PREP 4- 1GAL CRWNCOLL	1 Tablespoon		860221
POTATO RDSKN UNSEAS 6-2.5 RSTWRK	5 Pound	BAKE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. CONVECTION OVEN: Preheat oven to 375F. Spray baking pan with non-stick cooking spray. Arrange potatoes in a single layer on pan. Bake for 15 to 20 minutes. For extra crispness, drizzle with 2 oz. of oil before baking. STANDARD OVEN: Preheat oven to 450F. Spray baking pan with non-stick cooking spray. Arrange potatoes in a single layer on pan. Bake for 25 to 30 minutes. For extra crispness drizzle with 2 oz. of oil before baking.	850675

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: 22.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories	182.91
Fat	6.21g
SaturatedFat	1.07g
Trans Fat	0.09g
Cholesterol	32.48mg
Sodium	318.02mg
Carbohydrates	25.10g
Fiber	2.47g
Sugar	3.27g
Protein	3.31g
Vitamin A 36.05IU	Vitamin C 0.24mg
Calcium 23.72mg	Iron 0.99mg