

Cookbook for Zeeland High Schools

Created by HPS Menu Planner

Table of Contents

Chicken Nuggets & Dinner Roll

Pepperoni Pizza

Smothered Burrito

Breaded Chicken Patty on a Bun

Cheese Pizza

Baked Mozzarella Cheese Sticks & Marinara

Cheeseburger on Bun

Meat Lovers Pizza

Popcorn Chicken & Cornbread Mini Loaf

Hamburger on Bun

Spicy Chicken Patty on Bun

Hawaiian Pizza

Supreme Pizza

Buffalo Chicken Pizza

Chicken Teriyaki Hot Sub

Pizza Sub

Turkey & Swiss on a Pretzel Bun

Cheddar Cheese Stix & Tomato Soup

Turkey & Cheese Hot Sub

Ham & Cheese Hot Sub

Chicken Fajitas

Southern Pimento Crunch

Pinwheels

Romaine Caesar Salad w/Chicken

Italian Sub

Sausage Pizza (Homemade)

Yogurt Parfait

MAC & CHEESE BAR

Breaded Ravioli with Marinara Sauce

German Pretzel with Cheese sauce

MEXICAN BAR

BREAKFAST BAR

BBQ BAR

Sloppy Joe Meat

Pico De Gallo

Chicken Nuggets & Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13277

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	5 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.	558040
Honey Wheat Tea Roll BB	1 Each	READY_TO_EAT	4365

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN.

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 Serving

Amount Per Serving

Calories	310.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	560.00mg		
Carbohydrates	30.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.00mg	Iron	8.00mg

Pepperoni Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13336

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
PEPPERONI SLCD 14-16/Z 2- 12.5 GCHC	40 Slice		729973
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900

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: 8.00			
Serving Size: 1.00 Slice			
Amount Per Serving			
Calories	431.67		
Fat	22.83g		
SaturatedFat	10.25g		
Trans Fat	0.17g		
Cholesterol	40.00mg		
Sodium	1036.67mg		
Carbohydrates	34.33g		
Fiber	2.00g		
Sugar	5.50g		
Protein	22.50g		
Vitamin A	0.00IU	Vitamin C	3.00mg
Calcium	430.00mg	Iron	2.10mg

Smothered Burrito

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13418
School:	Zeeland Cityside & Creekside Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	40 Each		497221
SAUCE ENCHILADA MILD 4-1GAL GRSZ	1 Gallon		598461
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Cup		150250

Preparation Instructions

REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED.

Place 40 Burritos in a pan, cover with 1-gallon enchilada sauce bake CONVECTION OVEN 280 DEGREES FOR 16-22 MINUTES or until internal temperature reaches 155 degrees or above.

After removing from the oven scatter 2-1/2 cups of cheddar cheese on top

Keep in a warmer of 145 degrees or higher until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	389.50		
Fat	17.25g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	32.50mg		
Sodium	537.50mg		
Carbohydrates	40.65g		
Fiber	5.00g		
Sugar	3.20g		
Protein	17.75g		
Vitamin A	475.00IU	Vitamin C	1.20mg

Calcium 149.75mg **Iron** 1.44mg

Breaded Chicken Patty on a Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13419
School:	Zeeland Cityside & Creekside Middle Schools		

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
Hamburger Bun	1 Each	READY_TO_EAT	3159

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	380.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	650.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.00mg

Cheese Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13422
School:	Zeeland Cityside & Creekside Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNQ 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon		513733

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: 8.00
Serving Size: 1.00 Slice

Amount Per Serving

Calories	385.00
Fat	18.50g
SaturatedFat	8.75g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	880.00mg
Carbohydrates	34.00g
Fiber	2.00g
Sugar	5.50g
Protein	20.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	430.00mg	Iron	1.98mg

Baked Mozzarella Cheese Sticks & Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13425
School:	Zeeland Cityside & Creekside Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	READY_TO_EAT None	592714
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

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	0.36
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	338.57		
Fat	12.43g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	788.57mg		
Carbohydrates	37.29g		
Fiber	4.43g		
Sugar	4.86g		
Protein	20.43g		
Vitamin A	855.14IU	Vitamin C	5.22mg
Calcium	527.43mg	Iron	1.77mg

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13433
School:	Zeeland Cityside & Creekside Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
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 entirebag 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
Hamburger Bun ZPS	1 bun		3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	305.00
Fat	9.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	670.00mg
Carbohydrates	31.00g
Fiber	3.00g

Sugar		4.50g	
Protein		23.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	11.80mg

Meat Lovers Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13448
School:	Zeeland Cityside & Creekside Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNB 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	12 Ounce		645170
PEPPERONI SLCD 14-16/Z 2- 12.5 GCHC	20 Slice		729973
SAUSAGE ITAL CHNK CKD W/TVP40/Z 10PG	1/2 Cup		499552
BACON TOPPING 3/8 DCD 2-5 HRML	6 Ounce		104396
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900

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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	472.08		
Fat	26.04g		
SaturatedFat	11.31g		
Trans Fat	0.08g		
Cholesterol	68.75mg		
Sodium	1390.83mg		
Carbohydrates	33.92g		
Fiber	2.00g		
Sugar	5.00g		
Protein	26.50g		
Vitamin A	0.00IU	Vitamin C	1.50mg
Calcium	330.00mg	Iron	2.17mg

Popcorn Chicken & Cornbread Mini Loaf

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13453
School:	Zeeland Cityside & Creekside Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Piece	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.	327120
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Meal Components (SLE)

Amount Per Serving

Meat	0.61
Grain	1.30
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	244.21		
Fat	9.63g		
SaturatedFat	1.20g		
Trans Fat	0.00g		
Cholesterol	20.58mg		
Sodium	187.71mg		
Carbohydrates	31.91g		
Fiber	1.84g		
Sugar	15.28g		
Protein	6.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 31.21mg **Iron** 1.56mg

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13454
School:	Zeeland Cityside & Creekside Middle Schools		

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
Hamburger Bun ZPS	1 bun		3159

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 Serving

Amount Per Serving	
Calories	270.00
Fat	7.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	460.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	4.00g
Protein	20.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 24.00mg **Iron** 11.80mg

Spicy Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13456
School:	Zeeland Cityside & Creekside Middle Schools		

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
4" Whole Grain Hamburger Bun	1	READY_TO_EAT	3159

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

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 Sandwich

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 12.00mg

Hawaiian Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13938

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
CHEESE MOZZ SHRD 4-5 LOL	3 Cup		645170
SAUCE PIZZA PREP 6-10 ANGM	3/4 Cup		373800
BACON TOPPING 3/8 DCD 2-5 HRML	2 Ounce		104396
TURKEY HAM DCD 2-5 JENNO	6 Ounce		202150
PINEAPPLE TIDBITS IN JCE 6- 10 GCHC	1/2 Cup		189979
OIL OLIVE XVRGN ITAL 6- 2LTR PG	2 Tablespoon		432050

Preparation Instructions

- 1) Spray 16" Pizza Screen with pan spray
- 2) Place dough on Pizza Screen.
- 3) Brush crust with seasoned oil.

- 4) Place 6oz of sauce in center of dough. Spread sauce evenly over crust, leaving clear a 1" border around the edge.
- 5) Weigh out 12 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered.
- 6) Sprinkle oregano over cheese.
- 7) Add ham, pineapple and bacon evenly over pizza.
- 8) Cover and freeze for transport. Hold frozen at 0°F or below.

1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust hold have some color. For Impinger Oven Bake at 500F for 4.5-5.5 minutes
2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan before cutting into 8 equal pieces. If holding hot for service, do not cut until last minute.

CCP: Hold hot at 140°F or above until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.06
GreenVeg	0.00
RedVeg	0.09
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	401.25		
Fat	18.88g		
SaturatedFat	8.63g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	1048.75mg		
Carbohydrates	35.00g		
Fiber	1.88g		
Sugar	6.50g		
Protein	22.75g		
Vitamin A	0.00IU	Vitamin C	1.58mg
Calcium	327.50mg	Iron	2.25mg

Supreme Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13946

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP 6-10 ANGM	3/4 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon		513733
SAUSAGE ITAL CHNK CKD W/TVP40/Z 10PG	1/2 Cup		499552
ONION RED JUMBO 25 MRKN	1/4 Cup		198722
PEPPERS COLORED MIXED ASST 12CT P/L	1/2 Cup		491012

Preparation Instructions

1) Spray 16" Pizza Screen with pan spray

- 2) Place dough on Pizza Screen.
 - 3) Brush crust with seasoned oil.
 - 4) Place 6oz of sauce in center of dough. Spread sauce evenly over crust, leaving clear a 1" border around the edge.
 - 5) Weigh out 16 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered.
 - 6) Sprinkle oregano over cheese.
 - 7) Spread Pepperoni in 3 rings on pizza, leaving center of pizza free of pepperoni. Add sausage evenly over pizza. Add onion, red peppers, black olives.
 - 8) Cover and freeze for transport. Hold frozen at 0°F or below.
1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust should have some color.
 2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan before cutting into 8 equal pieces. If holding hot for service, do not cut until last minute.
- CCP: Hold hot at 140°F or above until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.09
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	404.17
Fat	20.14g
SaturatedFat	9.31g
Trans Fat	0.00g
Cholesterol	33.75mg
Sodium	890.35mg
Carbohydrates	34.60g
Fiber	1.93g
Sugar	5.66g
Protein	21.50g
Vitamin A 250.08IU	Vitamin C 14.87mg
Calcium 434.30mg	Iron 2.11mg

Buffalo Chicken Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
CHEESE MOZZ SHRD 4-5 LOL	3 Cup		645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon		513733
DRESSING RNCH DISPNSR PK 2- 1.5GAL HNZ	8 Ounce		676210
SAUCE REDHOT 24-5FLZ FRNKS	1 Teaspoon		311138
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	6 Ounce	UNSPECIFIED Not currently available	570533

Preparation Instructions

- 1) Spray 16" Pizza Screen with pan spray
- 2) Place dough on Pizza Screen. Cover and store in cooler overnight.
- 3) Allow crust to reach room temp and double in size. Brush crust with seasoned oil.
- 4) Place 8 oz of sauce in center of dough. Spread sauce evenly over crust, leaving clear a 1" border around the

edge. Be sure to thin it out in center so it cooks evenly

5) Weigh out 12 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered.

6) Spread chicken evenly on pizza, leaving center of pizza free.

7) Sprinkle parsley over cheese

8) Cover and refrigerate until ready to bake. Hold in cooler at 40°F or below.

1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust hold have some color. For Impinger Oven Bake at 500F for 4.5-5.5 minutes

2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan before cutting into 8 equal pieces. If holding hot for service, do not cut until last minute.

CCP: Hold hot at 140°F or above 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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories		437.61	
Fat		25.25g	
SaturatedFat		8.88g	
Trans Fat		0.00g	
Cholesterol		41.25mg	
Sodium		835.00mg	
Carbohydrates		31.25g	
Fiber		1.00g	
Sugar		4.00g	
Protein		21.00g	
Vitamin A	25.00IU	Vitamin C	0.00mg
Calcium	329.25mg	Iron	2.05mg

Chicken Teriyaki Hot Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13980

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVENTIONAL OVEN: 25-30 MINUTES AT 350°F FROM FROZEN.,CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM ,FROZEN. BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
SAUCE TERYK MRND LO SOD 6-.5GAL KIKK	1 Tablespoon		176721
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	1 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831

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 Serving

Amount Per Serving

Calories	295.00
Fat	10.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	785.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	4.00g
Protein	21.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	89.00mg	Iron	1.44mg

Pizza Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13982

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA 6-10 REDPK	2 Tablespoon	READY_TO_EAT None	502141
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
PORK CRMBL CKD 120/Z W/TVP 10 PG	1/4 Cup		499595
PEPPERONI SLCD 14-16/Z 2-5 GCHC	5 Piece		729981
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.92
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	416.25
Fat	20.31g
SaturatedFat	7.25g
Trans Fat	0.00g
Cholesterol	61.88mg
Sodium	883.75mg
Carbohydrates	35.00g
Fiber	2.50g
Sugar	7.50g
Protein	23.88g
Vitamin A 0.00IU	Vitamin C 0.60mg
Calcium 218.50mg	Iron 4.97mg

Turkey & Swiss on a Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14032

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE SWS 160CT SLCD PROC 4-5 GCHC	1 Slice		164348
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each		500162

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.03
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	301.23		
Fat	8.52g		
SaturatedFat	4.01g		
Trans Fat	0.00g		
Cholesterol	53.05mg		
Sodium	676.16mg		
Carbohydrates	30.00g		
Fiber	3.00g		
Sugar	2.50g		
Protein	25.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	102.50mg	Iron	1.80mg

Cheddar Cheese Stix & Tomato Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14033

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN TWST 96CT	2 Each		480982
SOUP TOMATO 12-5 HNZ	1/2 Cup		102008

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 Serving

Amount Per Serving			
Calories	410.00		
Fat	12.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	1080.00mg		
Carbohydrates	58.00g		
Fiber	4.00g		
Sugar	16.00g		
Protein	20.00g		
Vitamin A	300.00IU	Vitamin C	2.40mg
Calcium	20.00mg	Iron	0.72mg

Turkey & Cheese Hot Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14039
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
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

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.17
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	286.67		
Fat	8.25g		
SaturatedFat	2.08g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	708.33mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	23.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.30mg

Ham & Cheese Hot Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14040
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.83
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	265.00		
Fat	7.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	47.50mg		
Sodium	760.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	96.00mg	Iron	0.72mg

Chicken Fajitas

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14620

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 13/16 Ounce	<p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVENTIONAL OVEN: 25-30 MINUTES AT 350°F FROM FROZEN., CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM ,FROZEN. BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	150160
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690

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 Serving

Amount Per Serving

Calories	301.33		
Fat	11.53g		
SaturatedFat	4.87g		
Trans Fat	0.00g		
Cholesterol	74.67mg		
Sodium	458.00mg		
Carbohydrates	31.87g		
Fiber	4.00g		
Sugar	2.00g		
Protein	18.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 48.40mg **Iron** 1.44mg

Southern Pimento Crunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21182
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	2 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
CHIP POT REG 6-1 LAYS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	577014
BACON CKD MED SLCD 3-100CT GFS	1 Slice		314196
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159
CHEESE SPRD PIMENTO 2-5 GCHC	1 Tablespoon		249326

Preparation Instructions

Ingredients:

Mini Breaded Chicken Patties - 2

Potato Chips - 3 pieces

Pimento Cheese Spread - 1 TBL Spoon

Bacon - 1 Piece

Hamburger Bun - Aunt Millies - 3159

Starting with the bottom hamburger bun;

Place three potato chips

One Mini chicken patty

Tablespoon of Pimento Cheese Spread

One Mini Chicken patty

One slice of Bacon

Top of the Hamburger Bun

1/2 wrap sandwich using deli sheet and put in a 1# tray
Place in sandwich warmer with open facing out.

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

Amount Per Serving

Calories	592.50
Fat	28.25g
SaturatedFat	5.55g
Trans Fat	0.01g
Cholesterol	31.50mg
Sodium	1028.45mg
Carbohydrates	58.00g
Fiber	6.00g
Sugar	6.50g
Protein	24.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 71.00mg	Iron 12.50mg

Pinwheels

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21186
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	Refrigerated: BRING TO ROOM TEMPERATURE.	690141
CHEESE CREAM GRDN VEG TUB 4-3 PAULY	2 Tablespoon	READY_TO_EAT	781061
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 1/2 Slice		722360
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
TOMATO 6X6 LRG 10 MRKN	3 Slice		199001

Preparation Instructions

Ingredients:

Tortilla Flour 10" - 690141 - 1 ea
Garden Cheese Spread - 781061 - 2 TBLS.
Romaine Lettuce - 735787 - 1 Cup
American Cheese - 722360 - 1/1/2 slices
Sliced Turkey - 244190 - 5 Slices
Tomatoes - 199001 - 3 slices cut in half

Preparation:

Lay Tortilla shell down
Spread Garden Cheese Spread
Lay Turkey slices on Garden Spread.
Add 1/12 slices of American Cheese,
1 Cup of Romain Lettuce, and two slices of tomato cut in half
Roll up the pinwheel and cut into 8 pieces
place them flat down in a Tangerine container #820421
place a label on it.

Keep in cooler at between 35-41 degrees until 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	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	426.32
Fat	19.90g
SaturatedFat	9.75g
Trans Fat	0.00g
Cholesterol	73.75mg
Sodium	986.71mg
Carbohydrates	37.13g
Fiber	4.83g
Sugar	6.63g
Protein	27.02g
Vitamin A 562.28IU	Vitamin C 9.25mg
Calcium 286.75mg	Iron 2.46mg

Romaine Caesar Salad w/Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21202
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
DRESSING CAESAR 4-1 GAL GFS	2 Tablespoon		818201
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each		327120
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each		786520
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
TOMATO 6X6 LRG 10 MRKN	1/2 Cup		199001
CROUTON HMSTYL SEAS 10-2 GCHC	6 Piece		748500
CHEESE PARM IMIT SHRD FCY 4-5 SCHRBR	2 Tablespoon		803840

Preparation Instructions

Romaine Lettuce- 735787 - 1 Cup

Diced Tomatoes - 199001 - 1/2 cup

Parmesan Cheese - 803840 - 1 TBLS

Caesar Dressing - 818201 - 2 TBLS This will be placed in a cup w/lid

Croutons - 748500 - 6 pieces

You can choose one of these types Chicken:

Popcorn Chicken - 327120 - 12 pcs., 1 Grilled Chicken - 786520, or 1 Breaded Chicken Patty - 558061

Use container #820421

Place your romaine lettuce in the container

Tomatoes - wash and dice

Parmesan cheese

Use one of the chicken choices (if using grilled or breaded chicken please cut jillion style.

Top with croutons

Put your dressing that is already cupped on the side before closing the container lid.

Keep products in a 35-41 degree cooler until the time of 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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	726.20		
Fat	43.20g		
SaturatedFat	8.05g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	1474.50mg		
Carbohydrates	42.50g		
Fiber	8.10g		
Sugar	6.50g		
Protein	45.80g		
Vitamin A	849.70IU	Vitamin C	12.33mg
Calcium	96.00mg	Iron	5.33mg

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21295
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	6 Slice	Two slices of each kind of meat	199721
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun		5113
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice	1 slice cut in half	726532

Preparation Instructions

Take a sheet pan and put a liner on it

Open up the sub bun and place it on the sheet pan

put two of each kind of meat (ham, salami, pepperoni) on the sub bun (the meat will fill both sides of the bun)

Cut provolone cheese in half and place 1/2 on each side (opposite from each other) of the sandwich

Slide it in the pizza oven and then half wrap and put it in a 1# tray (537273)

Keep it in a warmer of 145 degrees or higher until 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	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	353.30
Fat	15.30g
SaturatedFat	5.70g
Trans Fat	0.00g
Cholesterol	73.00mg
Sodium	880.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	4.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 3.20mg
Calcium 195.00mg	Iron 1.32mg

Sausage Pizza (Homemade)

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21345
School:	Zeeland Cityside & Creekside Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNQ 20-16RICH	1 Slice	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon		513733
SAUSAGE ITAL CHNK CKD W/TVP40/Z 10PG	1 Cup		499552

Preparation Instructions

Take pizza pan and spray with oil
place pizza crust on a pan and spread oil blend over the crust
spread 1 cup (8oz) pizza sauce all over crust leaving 1" from the edge.

add 4 cups (32oz) of mozzarella cheese over the sauce

Sprinkle with Oregano or Italian Seasoning

Add 1 cup (8oz) of Italian Sausage over the cheese

Bake in the pizza oven and keep warm at 145 degrees or above until 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	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

Amount Per Serving

Calories	282.50
Fat	19.13g
SaturatedFat	8.56g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	623.75mg
Carbohydrates	9.13g
Fiber	1.13g
Sugar	3.75g
Protein	17.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 417.50mg	Iron 0.66mg

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21428
School:	Zeeland Cityside & Creekside Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	3/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811490
BLUEBERRY FREE-FLOW IQF 30 GFS	1/2 Cup		119873
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/2 Cup		621420

Preparation Instructions

You will be using one of each: 20oz cup #672292, Insert 4oz 819340 and Dome 820360

Start by placing 1/2 cup of Yogurt in the bottom of the cup

1/2 cup fruit (either blueberry or strawberry) on top of the yogurt

Then add another 1/2 cup of yogurt and 1/2 cup of fruit (either blueberry or strawberry)

You will measure 3/4 cup of granola into the insert and place it on top of the berries

Finish with placing a dome lid on top

label and keep in the cooler at 41 or below until 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	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories	762.76		
Fat	12.49g		
SaturatedFat	2.49g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	428.81mg		
Carbohydrates	145.54g		
Fiber	6.50g		
Sugar	89.67g		
Protein	19.43g		
Vitamin A	0.00IU	Vitamin C	1.80mg
Calcium	537.31mg	Iron	1.98mg

MAC & CHEESE BAR

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21595
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

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

Breaded Ravioli with Marinara Sauce

Servings:	1.00	Category:	Entree
Serving Size:	14.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21596
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS BRD ITAL WGRAIN 3.3Z 6-5#	2 Ounce		214570
SAUCE MARINARA A/P 6-10 REDPK	1 Ounce	READY_TO_EAT None	592714

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: 14.00

Amount Per Serving			
Calories	65.71		
Fat	1.57g		
SaturatedFat	0.29g		
Trans Fat	0.00g		
Cholesterol	4.29mg		
Sodium	200.00mg		
Carbohydrates	10.43g		
Fiber	1.57g		
Sugar	1.71g		
Protein	3.57g		
Vitamin A	138.57IU	Vitamin C	2.14mg
Calcium	34.29mg	Iron	0.51mg

German Pretzel with Cheese sauce

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21609
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT STIX 6 4-36CT EURO	1 Each	THAW KEEP FROZEN UNTIL READY TO USE. THAW & SERVE.	564003
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	4 Ounce		722110

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: 0.00

Amount Per Serving	
Calories	236.00
Fat	18.00g
SaturatedFat	10.60g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	866.00mg
Carbohydrates	4.00g
Fiber	0.00g
Sugar	0.00g
Protein	14.00g
Vitamin A 800.00IU	Vitamin C 0.00mg
Calcium 404.00mg	Iron 0.00mg

MEXICAN BAR

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21611
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

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: 0.00

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

BREAKFAST BAR

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21612
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

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

BBQ BAR

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21652
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

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

Sloppy Joe Meat

Servings:	832.00	Category:	Entree
Serving Size:	2.50 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21654
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	130 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
SALT IODIZED 25 CARG	1/4 Cup		108286
SPICE PEPR BLK REST GRIND 5 TRDE	1/4 Cup		242179
ONION DEHY CHPD 15 P/L	2 1/4 Cup		263036
CELERY STIX 4-3 RSS	2 1/4 Ounce		781592
KETCHUP FCY JUG W/PUMP 6-114Z REDG	228 Ounce	READY_TO_EAT None	695530
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Cup		860221
VINEGAR WHT DISTILLED 4 4-1GAL	1 Cup		517582
SOUP CRM OF CELERY 12-5 HNZ	3 #5 CAN		101613
SOUP CRM OF CHIX 12-5 HNZ	3 #5 CAN		101656
SAUCE BBQ 4-1GAL GCHC	1 1/2 Gallon		734136
SUGAR BROWN MED 25 GFS	2 Quart	UNSPECIFIED	108626

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 832.00

Serving Size: 2.50 Ounce

Amount Per Serving			
Calories		153.49	
Fat		7.40g	
SaturatedFat		3.09g	
Trans Fat		0.00g	
Cholesterol		30.26mg	
Sodium		682.05mg	
Carbohydrates		8.39g	
Fiber		0.14g	
Sugar		5.00g	
Protein		13.19g	
Vitamin A	129.96IU	Vitamin C	0.33mg
Calcium	22.87mg	Iron	1.83mg

Pico De Gallo

Servings:	24.00	Category:	Condiments or Other
Serving Size:	2.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21657
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 6X6 LRG 25 MRKN	18 Ounce	wash all veggies and dice	199036
ONION SPANISH JUMBO 10 MRKN	3 Ounce	wash all veggies and dice	109620
PEPPERS JALAPENO 10	1 1/2 Ounce	chopped	303186
JUICE LIME SWEETENED 12-1LTR	3 Fluid Ounce		401680
CILANTRO CLEANED 4-1 RSS	1/4 Cup	chopped	219550
SALT IODIZED 25 CARG	1/2 Teaspoon	combine all ingredients and mix well. store in refrigerator	108286

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: 24.00

Serving Size: 2.00

Amount Per Serving	
Calories	7.58
Fat	0.10g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	50.11mg
Carbohydrates	1.79g
Fiber	0.45g
Sugar	1.04g
Protein	0.24g
Vitamin A	178.77IU
Vitamin C	4.96mg

Calcium 3.67mg **Iron** 0.10mg