Cookbook for

Created by HPS Menu Planner

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Pepperoni Pizza Slice

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10733
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WGRAIN SLC 96-4.67Z MAX	100 Each		437440

Preparation Instructions

Arrange slices on cookie sheet, lined with parchment paper.

Bake at 425 degrees for 8-10 min.

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: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	280.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	780.00mg		
Carbohydrates	32.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	15.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	150.00mg	**Iron**	1.80mg

Chicken Nuggets

Servings:	100.00	**Category:**	Entree
Serving Size:	5.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10734
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHUNKS BRD WGRAIN .66Z 4-7	500 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

Preparation Instructions

Arrange chicken pieces on a cookie sheet with parchment paper.

Bake at 400 degrees for 8-10 min.

Serving size 5 pieces.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00 Each

Amount Per Serving			
Calories	240.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	470.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	39.00mg	**Iron**	2.00mg

Calzone (3 cheese)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10735
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN 60-4.69Z GILARDI	100 Each		658591

Preparation Instructions

Arrange calzones on a baking sheet with parchment paper.

Bake at 400 degrees for 8-10 minutes.

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: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	250.00		
Fat	5.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	430.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	410.00mg	**Iron**	2.70mg

Nachos

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10739
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	100 Serving	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHIP TORTL RND YEL 5-1.5 KE	1000 Each		163020
SAUCE CHS NACHO DLX 6-10 GCHC	100 Serving		323616

Preparation Instructions

Prepare taco filling in bag, in boiling water for 45-60 min. Temp to confirm 165 degrees.
Empty nacho cheese into a 1/2 pan, place in the steamer for 10 min to warm.
Arrange 8-10 chips in a paper food boat, add 3 oz taco meat and .5 oz nacho cheese.
#12 scoop for meat, #60 scoop for cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

Amount Per Serving			
Calories	442.50		
Fat	17.63g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	97.50mg		
Sodium	717.50mg		
Carbohydrates	46.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	23.75g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	93.00mg	**Iron**	2.22mg

Hamburger

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10740
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
Alpha Hamburger Bun 4in Wheat	100 Each	READY_TO_EAT	

Preparation Instructions

Bake beef patties on a baking sheet with parchment paper. 6-8 minutes at 400 degrees until temp is 165.

Hold in liquid of beef broth and onions.

Add beef patty to bun at service time, wrap or serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	280.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	560.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	18.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	60.00mg	**Iron**	2.52mg

Stuffed Crust Pizza

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10742
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WDG WGRAIN STFD 72CT MAX	100 Each		198952

Preparation Instructions

Arrange pizza slices on a cookie sheet lined with parchment paper.

Bake at 400 degrees for 8-10 minutes.

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: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	300.00		
Fat	9.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	500.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	16.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	370.00mg	**Iron**	2.40mg

Baby Carrots

Servings:	100.00	**Category:**	Vegetable
Serving Size:	2.00	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-10745
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 200-1.6Z RSS	100 Serving		786321

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.31
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 2.00

Amount Per Serving			
Calories	18.75		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	43.75mg		
Carbohydrates	5.00g		
Fiber	1.25g		
Sugar	2.50g		
Protein	0.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	18.00mg	**Iron**	0.00mg

Hash Brown Stars

Servings:	100.00	**Category:**	Vegetable
Serving Size:	7.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10746
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN STARZ .36Z 6-5 LAMB	100 Serving		233101

Preparation Instructions

Arrange hash browns on parchment lined cookie sheet. Bake 8-10 minutes or until temperature reaches 165*. Serve 7 each.

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: 100.00
Serving Size: 7.00 Each

Amount Per Serving			
Calories	148.81		
Fat	7.94g		
SaturatedFat	0.99g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	277.78mg		
Carbohydrates	16.87g		
Fiber	1.98g		
Sugar	0.00g		
Protein	1.98g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	7.94mg	**Iron**	0.99mg

Pretzel Bites w/ Cheese

Servings:	100.00	**Category:**	Entree
Serving Size:	5.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10747
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT NUGGET WGRAIN 330-.5Z J&J	100 Serving		500171
SAUCE CHS NACHO 6-10 PANCHV	100 Fluid Ounce		287229

Preparation Instructions

Arrange Pretzel Bites on parchment lined cookie sheet. Bake at 375* for 6-8 minutes until temp reaches 165*. Portion 1 oz of nacho cheese in to cups. Serve 5 pretzel bites, and 1 oz cheese.

#30 scoop cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 5.00

Amount Per Serving			
Calories	185.00		
Fat	2.50g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	345.00mg		
Carbohydrates	38.50g		
Fiber	5.00g		
Sugar	1.00g		
Protein	5.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	20.00mg	**Iron**	1.80mg

Steamed Broccoli

Servings:	100.00	**Category:**	Vegetable
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10748
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	100 Serving		285590

Preparation Instructions

Pour frozen broccoli into a slotted pan, place slotted pan in a full pan, cover and place in steamer for 30 min.
Portion into 1 cup servings.
#4 scoop.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

Amount Per Serving			
Calories	33.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	6.67g		
Fiber	4.00g		
Sugar	1.33g		
Protein	4.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	46.67mg	**Iron**	1.33mg

Macaroni and Cheese

Servings:	100.00	**Category:**	Entree
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10749
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	100 Serving		119122

Preparation Instructions

Place bags in boiling water for 30 min. Confirm temperature at 165 degrees. Pour contents into a full pan.
Serve with #8 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	1.49
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: 100.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	216.42		
Fat	8.21g		
SaturatedFat	4.48g		
Trans Fat	0.00g		
Cholesterol	22.39mg		
Sodium	731.34mg		
Carbohydrates	23.13g		
Fiber	1.49g		
Sugar	4.48g		
Protein	12.69g		
Vitamin A	559.70IU	**Vitamin C**	0.00mg
Calcium	29.85mg	**Iron**	0.81mg

Boneless Wings

Servings:	100.00	**Category:**	Entree
Serving Size:	5.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10751
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5	100 Serving	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301

Preparation Instructions

Evenly spread 1 bag of boneless wings onto a cookie sheet lined with parchment paper.

Bake at 400 degrees for 8-10 minutes, confirm temp of 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00

Amount Per Serving			
Calories	200.00		
Fat	8.75g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	337.50mg		
Carbohydrates	12.50g		
Fiber	2.50g		
Sugar	0.00g		
Protein	17.50g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	11.25mg	**Iron**	1.25mg

Mozzarella Dippers w/ Marinara

Servings:	100.00	**Category:**	Entree
Serving Size:	2.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10752
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 5192-1.93	100 Serving		148067
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	100 Each	READY_TO_EAT None	677721

Preparation Instructions

Break into 2 stick serving sizes. Arrange on cookie sheet lined with parchment paper. Bake at 400 degrees for 8-10 minutes. Confirm temp of 165 degrees. Serve with one Marinara dip cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 2.00

Amount Per Serving			
Calories	360.00		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	880.00mg		
Carbohydrates	40.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	16.00g		
Vitamin A	362.00IU	**Vitamin C**	6.00mg
Calcium	314.00mg	**Iron**	1.60mg

Hot Dog on Bun

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10754
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	100 Serving		304913
Hot Dog Bun (Alpha Baking)	100 Each		

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: 100.00
Serving Size: 1.00

Amount Per Serving			
Calories	170.00		
Fat	16.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	580.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	6.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	40.11mg	**Iron**	0.76mg

Cheeseburger on Bun

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10764

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hamburger Bun (Alpha Baking)	100 Each		
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
American Cheese Sliced RF	100 Slice		666204

Preparation Instructions

Arrange beef patties on a cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Place 1 slice of cheese on each patty, then place in a bun. Wrap or serve.

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: 100.00
Serving Size: 1.00

Amount Per Serving			
Calories	175.00		
Fat	12.00g		
SaturatedFat	5.25g		
Trans Fat	0.50g		
Cholesterol	47.50mg		
Sodium	500.00mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	0.50g		
Protein	15.50g		
Vitamin A	30.00IU	**Vitamin C**	0.00mg
Calcium	120.00mg	**Iron**	1.44mg

Bacon Cheeseburger on Bun

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10766

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hamburger Bun (Alpha Baking)	100 Each		
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
American Cheese Sliced RF	100 Slice		666204
BACON CKD SLCD 2-150CT ARMR	100 Slice		563315

Preparation Instructions

Arrange beef patties on a cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Place 1 slice of cheese on each patty, break one slice of bacon in half and place on the cheese, then place in a bun. Wrap in foil or serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

Amount Per Serving			
Calories	201.67		
Fat	14.03g		
SaturatedFat	5.95g		
Trans Fat	0.50g		
Cholesterol	53.50mg		
Sodium	572.53mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	0.50g		
Protein	17.47g		
Vitamin A	30.00IU	**Vitamin C**	0.00mg

Calcium	120.00mg	**Iron**	1.44mg

Tacos (hard shell)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10767

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	100 Serving	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
SHELL TACO CORN WGRAIN 8-48CT GCHC	200 Each		197191

Preparation Instructions

Prepare taco filling in bag, in boiling water for 45-60 min. Temp to confirm 165 degrees.
Arrange 2 taco shells in a paper food boat, add 3 oz taco meat.
Heaping #12 scoop of meat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

Amount Per Serving			
Calories	258.33		
Fat	11.83g		
SaturatedFat	2.92g		
Trans Fat	0.00g		
Cholesterol	97.50mg		
Sodium	375.00mg		
Carbohydrates	17.17g		
Fiber	1.33g		
Sugar	1.50g		
Protein	20.83g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	13.33mg	**Iron**	1.50mg

Grilled Cheese Sandwich

Servings:	100.00	**Category:**	Entree
Serving Size:	0.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN IW 72-4.19Z	100 Each		786360

Preparation Instructions

Arrange sandwiches on a cookie sheet, leave in the oven safe bags. Bake at 400 degrees for 6-8 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.00

Amount Per Serving			
Calories	280.30		
Fat	9.90g		
SaturatedFat	5.60g		
Trans Fat	0.00g		
Cholesterol	32.00mg		
Sodium	580.80mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	18.50g		
Vitamin A	523.96IU	**Vitamin C**	0.00mg
Calcium	465.89mg	**Iron**	1.64mg

Cheese Omelet

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	100 Each		240080

Preparation Instructions

Arrange omelets on cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

Amount Per Serving			
Calories	120.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	165.00mg		
Sodium	300.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	83.00mg	**Iron**	1.00mg

Dominos Smart Slice (Cheese)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-10770

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dominos Cheese Pizza	100 Slice		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.02
Grain	2.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

Amount Per Serving			
Calories	303.24		
Fat	14.15g		
SaturatedFat	8.09g		
Trans Fat	0.00g		
Cholesterol	45.49mg		
Sodium	3.03mg		
Carbohydrates	31.33g		
Fiber	4.04g		
Sugar	3.03g		
Protein	15.16g		
Vitamin A	15.16IU	**Vitamin C**	10.11mg
Calcium	35.38mg	**Iron**	10.11mg

Spaghetti with Meatballs

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10771

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL BEEF PRECKD 30 960-.5Z	500 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f.	147681
PASTA ROTINI WGRAIN 2-10 COMM	100 Cup		869490
SAUCE SPAGHETTI 6-10 GCHC	25 Cup		144207

Preparation Instructions

Pour dry pasta into full size steam table pan. (6 lbs of noodles/pan) Fill 1/2 full of water. Steam for 17-20 min or until noodles are done. Drain water.

Arrange meatballs on parchment lined cookie sheets, bake at 375* for 8-10 min or until temperature reaches 165*.

Open cans, warm sauce in steam table pans or on stove.

Serve: 1 cup pasta, 5 Meatballs, .25 cup sauce

#4 scoop pasta

#16 scoop sauce

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 100.00
Serving Size: 1.00

Amount Per Serving	
Calories	364.00
Fat	9.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	504.00mg
Carbohydrates	49.00g
Fiber	6.50g

Sugar		6.50g	
Protein		23.50g	
Vitamin A	100.00IU	**Vitamin C**	1.20mg
Calcium	50.00mg	**Iron**	2.34mg

Baked Beans

Servings:	100.00	**Category:**	Vegetable
Serving Size:	0.75 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10787

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	100 Serving		298913

Preparation Instructions

Open cans. Pour 2 cans of beans per full size pan. Cover and place in steamer on high for 20 minutes, until temp reaches 165.

Serve with #6 scoop.

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	0.75
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75 Cup

Amount Per Serving			
Calories	225.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	645.00mg		
Carbohydrates	43.50g		
Fiber	7.50g		
Sugar	13.50g		
Protein	12.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	81.00mg	**Iron**	3.00mg

Black Beans

Servings:	100.00	**Category:**	Vegetable
Serving Size:	0.75	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10788

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	100 Serving		231981

Preparation Instructions

Open cans. Pour 2 cans of beans per full size pan. Cover and place in steamer on high for 20 minutes, until temp reaches 165.

Serve with #6 scoop.

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	0.75
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75

Amount Per Serving			
Calories	180.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	34.50g		
Fiber	9.00g		
Sugar	1.50g		
Protein	10.50g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	90.00mg	**Iron**	2.70mg

Refried Beans

Servings:	100.00	**Category:**	Vegetable
Serving Size:	0.75 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10789

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 COMM	75 Cup		120540

Preparation Instructions

Open cans. Pour 2 cans of beans per full size pan. Cover and place in steamer on high for 20 minutes, until temp reaches 165.

#6 scoop.

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	0.75
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75 Cup

Amount Per Serving			
Calories	165.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	30.00g		
Fiber	7.50g		
Sugar	1.50g		
Protein	10.50g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Chocolate Chip Cookie

Servings:	100.00	**Category:**	Grain
Serving Size:	1.00	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-10791

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CHOC CHIP WGRAIN 384-1Z	100 Each		243371

Preparation Instructions

Arrange frozen cookie dough on a cookie sheet lined with parchment paper. Bake in convection oven at 375 degrees for 10-12 minutes. Let cool. Place cooled cookies in individual fry bags for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

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

Double Stuffed Pizza

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-11041

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 3X5 WGRAIN STFD 96-3.74Z	100 Each	Spread pizzas evenly and bake on parchment lined cookie sheet at 375 for 13-17 minutes. Confirm temp of 165 degrees.	437400

Preparation Instructions

Spread pizzas evenly and bake on parchment lined cookie sheet at 375 for 13-17 minutes. Confirm temp of 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	240.00		
Fat	7.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	490.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	15.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	270.00mg	**Iron**	2.20mg

Breaded Chicken Sandwich

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-11044

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 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 (Alpha Baking)	100 Each		

Preparation Instructions

Arrange chicken patties on parchment lined cookie sheets. Bake at 375 for 8-10 minutes. Confirm temperature of 165 degrees. Place 1 patty into each hamburger bun. Wrap in foil or serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	240.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	460.00mg		
Carbohydrates	15.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	14.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	35.00mg	**Iron**	2.00mg

Curly Fries

Servings:	100.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-11045

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL 6-4 REDSTNCAN	50 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	181501

Preparation Instructions

Arrange frozen curly fries on a parchment lined cookie sheet. Bake at 375 degrees for 12-14 minutes, rotating as necessary.

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	0.94

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	207.55		
Fat	10.38g		
SaturatedFat	0.94g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	471.70mg		
Carbohydrates	26.42g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.89g		
Vitamin A	188.68IU	**Vitamin C**	6.79mg
Calcium	0.00mg	**Iron**	0.00mg

Pears

Servings:	100.00	**Category:**	Fruit
Serving Size:	0.50 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-11814

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD XL/S 6-10 GCHC	50 Cup		262706

Preparation Instructions

Drain pears in a colander, scoop 1/2 cup into individual portion cups. Lids if necessary.
#8 scoop.

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: 100.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Celery Sticks

Servings:	1.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-11818

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY 24CT 65 AVG P/L	1/2 Cup		840980

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: 0.50 Cup

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

Strawberry Cup

Servings:	100.00	**Category:**	Fruit
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-11915

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	100 Each		655010

Preparation Instructions

Thaw in refrigerator night before service.

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: 100.00
Serving Size: 1.00 Each

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

Pudding Cup

Servings:	100.00	**Category:**	Condiments or Other
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-11916

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING CUP CHOC 48-3.75Z KOZY SHACK	100 Each		650942

Preparation Instructions

Thaw in refrigerator night before 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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	120.00		
Fat	2.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	130.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	18.00g		
Protein	3.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	111.00mg	**Iron**	0.00mg

Cheese Pizza Slice

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-11933

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN SLC 96-4.67Z MAX	100 Each		437430

Preparation Instructions

BAKE ON PARCHMENT LINED PAN 12 TO 16 MINUTES AT 375 DEGREES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165*F.

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	730.00mg		
Carbohydrates	32.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	15.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	240.00mg	**Iron**	2.10mg

General Tso's Rice Box

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-11936

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE GEN TSO 4-.5GAL ASIAN	100 Tablespoon		802850
CHIX STRP FAJT SEAS FC 8-4.99 TYS	300 Ounce	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
RICE BRN PARBL WGRAIN 25 GCHC	100 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

COOK CHICKEN AS DIRECTED. ADD GENERAL TSO SAUCE TO CHICKEN, COAT EVENLY. COOK RICE AS DIRECTED. SCOOP 1 CUP COOKED RICE INTO CARRY OUT CONTAINER, ADD 3 OZ OF SAUCE COATED CHICKEN. SERVE.

#4 scoop rice

Heaping #12 scoop chicken/sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	845.00		
Fat	13.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	500.00mg		
Carbohydrates	154.00g		
Fiber	4.00g		
Sugar	7.00g		
Protein	32.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	9.00mg	**Iron**	0.00mg

Fortune Cookie

Servings:	100.00	**Category:**	Condiments or Other
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-11937

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	100 Each		565142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.17
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	11.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.67g		
Fiber	0.00g		
Sugar	1.67g		
Protein	0.17g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Corn Dog

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-11940

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	100 Each		620220

Preparation Instructions

ARRANGE CORN DOGS ON PARCHMENT LINED COOKIE SHEETS. BAKE FOR 12-14 MINUTES AT 375* OR UNTIL INTERNAL TEMPERATURE REACHES 165*.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

Tator Tots

Servings:	100.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12030

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	50 Cup		563840

Preparation Instructions

Arrange tator tots on a parchment lined cookie sheet. Bake at 375* for 8-10 minutes, until golden brown or until temperature reaches 165*.

#8 scoop or gloved hand.

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	0.79

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	142.86		
Fat	5.56g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	269.84mg		
Carbohydrates	22.22g		
Fiber	3.17g		
Sugar	0.00g		
Protein	1.59g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.57mg

Chicken Sticks

Servings:	100.00	**Category:**	Entree
Serving Size:	8.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12031

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	800 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.	283562

Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375* for 6-8 minutes until temperature reaches 165*

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 8.00 Each

Amount Per Serving			
Calories	230.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	340.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	32.00mg	**Iron**	2.00mg

Mandarin Oranges

Servings:	100.00	**Category:**	Fruit
Serving Size:	0.50 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12032

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mandarin Oranges	50 Cup		3802

Preparation Instructions

Wash/wipe can. Open can and drain with strainer. Portion oranges into 1/2 cup servings, in portion cups. #8 scoop.

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: 100.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	1.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	10.00mg	**Iron**	1.00mg

Personal Pan Pizza (Pepperoni)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12033

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5 RND WGRAIN 60-5.05Z MAX	100 Each		110480

Preparation Instructions

Arrange pizzas on parchment lined cookie sheet. Bake at 375* for 8-10 minutes, until temperature reaches 165*

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	320.00		
Fat	11.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	620.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	130.00mg	**Iron**	2.90mg

Personal Pan Pizza (Cheese)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12034

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5 RND WGRAIN 60-5.05Z MAX	100 Each		110470

Preparation Instructions

Arrange pizza on parchment lined cookie sheet. Bake at 375* for 6-8 minutes until temperature reaches 165*.

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	320.00		
Fat	12.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	580.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	150.00mg	**Iron**	1.20mg

Banana

Servings:	100.00	**Category:**	Fruit
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12061

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA 13-3# P/L	100 Each		644482

Preparation Instructions

Separate from bunch and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

Pancakes w/ Chocolate Chips

Servings:	100.00	**Category:**	Entree
Serving Size:	2.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12062

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	200 Each		617650
CHOC CHIPS SMISWT MINI 4000/4-4	100 Ounce		283630

Preparation Instructions

Arrange pancakes on parchment lined cookie sheet. Bake 6-8 minutes at 375* or until 165*. Portion 1 oz of chocolate chips into cup. Serve 2 pancakes, 1 oz chocolate chips.

#30 scoop for chocolate chips.

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: 100.00
Serving Size: 2.00 Each

Amount Per Serving			
Calories	222.33		
Fat	8.00g		
SaturatedFat	2.67g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	220.00mg		
Carbohydrates	37.33g		
Fiber	3.00g		
Sugar	11.33g		
Protein	4.33g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	5.00mg	**Iron**	2.20mg

Apple Slices

Servings:	100.00	**Category:**	Fruit
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12068

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

Sweet Potato Fries

Servings:	100.00	**Category:**	Vegetable
Serving Size:	3.10 Ounce	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12095

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	310 Ounce	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

Preparation Instructions

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON PARCHMENT LINED COOKIE SHEET. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 3.10 Ounce

Amount Per Serving			
Calories	170.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	230.00mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	1.00g		
Vitamin A	5000.00IU	**Vitamin C**	6.00mg
Calcium	20.00mg	**Iron**	0.36mg

String Cheese

Servings:	100.00	**Category:**	Condiments or Other
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12096

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	100 Each		786580

Preparation Instructions

Store in refrigerator, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	6.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	200.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.00g		
Vitamin A	200.00IU	**Vitamin C**	0.00mg
Calcium	200.00mg	**Iron**	0.00mg

Yogurt

Servings:	100.00	**Category:**	Condiments or Other
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12097

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	100 Each	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

Store in refrigerator, ready to eat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

SideKicks Slush Cup

Servings:	100.00	**Category:**	Condiments or Other
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12099

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	100 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

Preparation Instructions

Store in freezer, pull 1-2 hours prior to service. Ready to eat.

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	22.00g		
Fiber	0.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	1000.00IU	**Vitamin C**	60.00mg
Calcium	80.00mg	**Iron**	0.00mg

Pineapple

Servings:	100.00	**Category:**	Fruit
Serving Size:	0.50 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12102

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GCHC	50 Cup		189952

Preparation Instructions

DRAIN PINEAPPLE IN A STRAINER. SCOOP INTO 1/2 C SERVINGS INTO PORTION CUPS. COVER OR SERVE.

#8 scoop.

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: 100.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	**Vitamin C**	12.00mg
Calcium	0.00mg	**Iron**	0.00mg

Peaches

Servings:	100.00	**Category:**	Fruit
Serving Size:	0.50 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GFS	50 Cup		610267

Preparation Instructions

DRAIN PEACHES IN A STRAINER, PORTION INTO 1/2 C SERVINGS. COVER OR SERVE.

#8 scoop.

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	12.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	0.00g		
Vitamin A	300.00IU	**Vitamin C**	1.20mg
Calcium	0.00mg	**Iron**	0.00mg

Applesauce

Servings:	100.00	**Category:**	Fruit
Serving Size:	0.50 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12104

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 72-4Z GCHC	100 Each		122200

Preparation Instructions

READY TO EAT. SERVE.

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: 100.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Pizza Hut Pizza (Cheese)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12106

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Hut Cheese Pizza Slice	100 Each	UNSPECIFIED	1

Preparation Instructions

HOT HOLD AFTER DELIVERY FOR SERVICE. READY TO EAT.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	9.00g		
SaturatedFat	3.90g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	530.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	21.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Dinner Roll

Servings:	100.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12114
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll (Alpha Baking)	100 Each		

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: 100.00
Serving Size: 1.00 Each

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

Mashed Potato Bowl

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES BAG 12-26Z SIMPL	77 Ounce		182303
CORN WHL KERNEL FCY GRADE 6-10 GCHC	25 Cup		118966
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 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

Preparation Instructions

Potatoes: MEASURE INTO A HALF SZ 6" DEEP STEAMTABLE PAN 1 GALLON HOT OR BOILING WATER. ADD ONE POUCH OF POTATOES ALL AT ONCE, USING SPOON OR WIRE WHIP TO DISTRIBUTE EVENLY AND WET ALL POTATOES. LET STAND ONE MINUTE, THEN MIX. PLACE ON STEAMTABLE AND SERVE. FOR A CREAMIER MASHED POTATO, ADD MORE HOT OR BOILING WATER.

Corn: Add 2 cans corn to steam pan, steam 8-10 minutes.

Chicken: Arrange chicken chunks on parchment lined cookie sheet. Bake at 375* for 6-8 min until 165*

Portion: #6 scoop potatoes (3/4 C), 12 pieces chicken, #16 scoop corn (1/4 C) into bowl.

Serve with Dinner Roll.

Meal Components (SLE)

Amount Per Serving

Meat	0.36
Grain	0.18
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	1.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving	
Calories	208.33
Fat	4.67g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	3.33mg
Sodium	568.33mg
Carbohydrates	35.33g
Fiber	4.50g
Sugar	5.17g

Protein		6.33g	
Vitamin A	0.00IU	**Vitamin C**	2.40mg
Calcium	25.50mg	**Iron**	1.09mg

Popcorn Chicken

Servings:	100.00	**Category:**	Entree
Serving Size:	12.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12295

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Serving		327120

Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375* for 6-8 minutes, until 165*.

Serve 12 ea.

Serve with dinner roll.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 12.00 Each

Amount Per Serving			
Calories	230.01		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.01mg		
Carbohydrates	14.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	14.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	33.00mg	**Iron**	2.00mg

Thai Chicken w/ Rice (Sweet Chile)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12319

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	300 Ounce	UNSPECIFIED Not currently available	570533
RICE BRN PARBL WGRAIN 25 GCHC	100 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
SAUCE SWEET CHILI 12-56Z GFS	200 Tablespoon		271862

Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375* for 8-10 minutes until 165*.

Place 1 bag rice in steamer pan filled 1/4 with hot water. Place uncovered pan in steamer for 20 minutes. Strain if necessary.

Put #4 scoop (1C) rice into take out box. Add heaping #12 scoop of chicken (3oz). Top with 2 TBSP Thai chili sauce. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.61
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	860.43		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	275.00mg		
Carbohydrates	157.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	34.00g		
Vitamin A	100.00IU	**Vitamin C**	0.00mg
Calcium	7.00mg	**Iron**	1.00mg

Pulled Pork Sandwich

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12320

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce		498702
Hamburger Bun (Alpha Baking)	100 Each		

Preparation Instructions

Fill Kettle with boiling water. Place bags of pork in boiling water, heat until 165* or higher.

Put 2 bags of pork per 1/2 pan. Add 4oz of pork (#8 scoop) to 1 Alpha bun, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	230.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	250.00mg		
Carbohydrates	16.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	21.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Cheese Ravioli w/ Red Sauce

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Serving	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12475

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	700 Each		524650
SAUCE MARINARA 6-10 GFS	50 Cup		144215

Preparation Instructions

Place 2 bags frozen ravioli per deep pan, 1/2 full of water. Steam 10-12 minutes. Drain.

Warm 2 cans of marinara per deep pan. Pour 1/2 C sauce on 7 each ravioli. Serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	210.00		
Fat	6.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	710.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	11.00g		
Protein	10.00g		
Vitamin A	200.00IU	**Vitamin C**	3.60mg
Calcium	120.00mg	**Iron**	1.80mg

Cheese Filled Breadstick

Servings:	100.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12476

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	100 Each	CONVECTION Convection Oven 1. Preheat oven to 400º F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry 1. Preheat oil to 350º F. 2. THAWED: 1-2 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before cooking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	787440

Preparation Instructions

Arrange sticks on parchment lined cookie sheet. Bake at 375* for 10 min or until 165*

Serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.50

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	3.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	140.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	6.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	106.00mg	**Iron**	1.00mg

Bistro Box (Cereal)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12492

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	100 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CHEESE STRING MOZZ IW 168-1Z LOL	100 Each		786580
CARROT BABY WHL PETITE 4-5 RSS	25 Cup		768146
Apple slices - 2 oz	100 1 pkg	READY_TO_EAT	04134
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	100 Package		770960
YOGURT STRAWB L/F POUC 4Z 6-8CT YOPL	100 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

Preparation Instructions

Assemble boxes with 1 each. Serve with milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving	
Calories	448.67
Fat	12.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	579.67mg
Carbohydrates	70.00g
Fiber	3.67g
Sugar	33.00g
Protein	13.17g

Vitamin A	700.00IU	**Vitamin C**	35.00mg

Calcium	638.67mg	**Iron**	8.00mg

Bistro Box (Nachos)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12494

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	25 Cup		768146
Apple slices - 2 oz	100 1 pkg	READY_TO_EAT	04134
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	100 Package		770960
CHIP TORTL YEL RND WGRAIN 80-1.5Z	100 Each		510876
GUACAMOLE CLSC 48-2Z WHOLLY GUAC	100 Each		558401
SAUCE CHS NACHO DLX 6-10 GCHC	100 Fluid Ounce	#30 scoop or 1 oz of cheese into portion cup with lid	323616
YOGURT STRAWB L/F POUC 4Z 6-8CT YOPL	100 Each		707193

Preparation Instructions

Assemble boxes with 1 each. Serve with milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	3.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving	
Calories	613.67
Fat	27.75g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	914.67mg
Carbohydrates	81.00g
Fiber	6.67g
Sugar	25.00g
Protein	10.67g

Vitamin A	500.00IU	**Vitamin C**	37.40mg

Calcium	354.67mg	**Iron**	5.30mg

Fruit and Yogurt Parfait

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12500

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	25 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN FF 4-5# UPSTFM	100 Cup	READY_TO_EAT Keep refrigerated until ready to serve.	675591
STRAWBERRY IQF 30 COMM	13 Cup		150450
BLUEBERRY FREE-FLOW IQF 30 GFS	13 Cup		119873

Preparation Instructions

Assemble parfaits with 1/2 C yogurt, .25 cup of blueberry/strawberry mixture, 1/2 C yogurt. Cover with lid. Fill top piece with 1/4 C granola.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.58
Fruit	0.13
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	283.87		
Fat	3.13g		
SaturatedFat	0.33g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	168.85mg		
Carbohydrates	55.48g		
Fiber	2.04g		
Sugar	37.86g		
Protein	7.33g		
Vitamin A	0.00IU	**Vitamin C**	1.67mg
Calcium	600.00mg	**Iron**	0.36mg

Bistro Box (Fruit and Yogurt Parfait)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12502

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	100 Each		557991
CHEESE COLBY JK CUBE IW 200-1Z LOL	100 Each		680130
CARROT BABY WHL PETITE 4-5 RSS	25 Cup		768146
CRANBERRY DRIED 300-1.16Z COMM	100 Each		765981

Preparation Instructions

Assemble the box with 1 of each product. Add Yogurt Parfait from Recipe #12500

Serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	408.67		
Fat	13.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	324.67mg		
Carbohydrates	63.00g		
Fiber	5.67g		
Sugar	42.00g		
Protein	11.17g		
Vitamin A	400.00IU	**Vitamin C**	0.00mg
Calcium	246.67mg	**Iron**	1.44mg

Bistro Box (Protein Pack)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-12503

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS TRADITIONAL 2-3.75 GREC	100 Tablespoon	portion #30 scoop into portion cups.	108171
CHEESE COLBY JK CUBE IW 200-1Z LOL	100 Each		680130
GRAPES RED LUNCH BUNCH 21AVG MRKN	50 Cup	Wash and portion into 1/2 C servings	280895
CARROT BABY WHL PETITE 4-5 RSS	25 Cup		768146
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	100 Package	READY_TO_EAT Ready to Eat	893711
EGG HARD CKD PLD BIB 4-2.5 GCHC	50 Each	Slice eggs in half	229431
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	100 Package		770960
YOGURT STRAWB L/F POUC 4Z 6-8CT YOPL	100 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

Preparation Instructions

Assemble 1 of each product into compartments of clamshell container. Serve with milk.

Meal Components (SLE)

Amount Per Serving

Meat	3.13
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving	
Calories	528.67
Fat	18.25g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	117.50mg
Sodium	677.17mg
Carbohydrates	73.00g
Fiber	4.67g
Sugar	32.00g

Protein		18.67g	
Vitamin A	800.00IU	**Vitamin C**	0.00mg
Calcium	582.67mg	**Iron**	6.70mg

Cauliflower

Servings:	100.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12688
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GCHC	50 Cup		610882

Preparation Instructions

Pour 1 bag cauliflower into straining half pan. Fill half pan with water, add strain pan, steam for 10-12 minutes until 165*.

Serve with #4 scoop, 1 cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

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

Fish Bites

Servings:	100.00	**Category:**	Entree
Serving Size:	8.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12770

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BITE BRD WGRAIN .5Z 10 HILNR	800 Each		402655

Preparation Instructions

Arrange bites, evenly on a parchment lined pan. Bake at 375* for 8-10 minutes until 165*.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 8.00 Each

Amount Per Serving			
Calories	250.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	260.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	20.00mg	**Iron**	1.08mg

Corn

Servings:	100.00	**Category:**	Vegetable
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12850
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE 6-10 GCHC	50 Cup		118966

Preparation Instructions

Add 2 cans to 1/2 pan and steam for 6-8 minutes until 165*. Drain water, serve with #8 scoop, 1/2 C.

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	2.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	160.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.80mg

Walking Taco (WG Doritos)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12851
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	100 Package		815803
CHIX TACO FILLING CKD 4-5.03 TYS	200 Ounce	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHEESE CHED MLD SHRD 4-5 LOL	50 Ounce		150250

Preparation Instructions

Boil chicken taco meat in bags in the kettle until 165*. Open individual Doritos, top with 2oz chicken taco meat (#16 scoop) and .5 oz (#60 scoop) or appropriate pinch of cheese. Serve.

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	355.00		
Fat	16.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	625.00mg		
Carbohydrates	31.50g		
Fiber	2.00g		
Sugar	2.00g		
Protein	19.50g		
Vitamin A	150.00IU	**Vitamin C**	0.00mg
Calcium	149.50mg	**Iron**	1.40mg

Taco (Soft Shell)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-12853
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	200 Ounce	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
TORTILLA WRP 12 WHL WHEAT 6-12CT - Mission Foods - M	100 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	364390
CHEESE CHED MLD SHRD 4-5 LOL	50 Ounce		150250

Preparation Instructions

Thaw tortillas in refrigerator. Boil taco filling in bags in the kettle until 165*. Fill taco shell with 2 oz (#16 scoop) taco filling and .5 oz shredded cheese (pinch or #60 scoop). Wrap and serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.83
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	455.00		
Fat	16.50g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	965.00mg		
Carbohydrates	52.50g		
Fiber	6.00g		
Sugar	1.00g		
Protein	25.50g		
Vitamin A	150.00IU	**Vitamin C**	0.00mg

Calcium	329.50mg	**Iron**	3.88mg

Green Beans

Servings:	100.00	**Category:**	Vegetable
Serving Size:	0.75 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13282
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	75 Cup		100307

Preparation Instructions

Pour 2 cans into deep pan. Steam for 10-12 minutes until 165*. Strain and serve. 3/4 C or heaping #6 scoop.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75 Cup

Amount Per Serving			
Calories	24.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	4.50g		
Fiber	3.00g		
Sugar	1.50g		
Protein	1.50g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Chicken Tenders

Servings:	100.00	**Category:**	Entree
Serving Size:	3.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13283
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	300 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.	283951

Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375* for 8-10 minutes until 165*. Serve 3 each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 3.00 Each

Amount Per Serving			
Calories	260.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	36.00mg	**Iron**	2.00mg

Mashed Potatoes

Servings:	100.00	**Category:**	Vegetable
Serving Size:	0.75 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13285
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	650 Ounce	BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	860560

Preparation Instructions

BOIL

COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.

Serve. 3/4 cup or heaping #6 scoop.

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	0.75

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75 Cup

Amount Per Serving			
Calories	164.37		
Fat	4.48g		
SaturatedFat	1.49g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	283.91mg		
Carbohydrates	26.90g		
Fiber	2.99g		
Sugar	0.00g		
Protein	2.99g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	29.89mg	**Iron**	1.08mg

Gravy

Servings:	100.00	**Category:**	Condiments or Other
Serving Size:	2.00 Tablespoon	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13288
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX TKY 12-15Z GCHC	200 Tablespoon		242440

Preparation Instructions

1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140*F- 180*F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

Serving size 1 oz (1 oz ladle)

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: 100.00
Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	50.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	760.00mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	14.00mg	**Iron**	0.00mg

Syrup

Servings:	100.00	**Category:**	Condiments or Other
Serving Size:	1.00 Ounce	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-13290
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK MAPL 4-1GAL KE	100 Fluid Ounce		107611

Preparation Instructions

1 serving = 1 fluid oz

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: 100.00
Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	100.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	28.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	9.00g		
Protein	0.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Rice Krispie Treat

Servings:	100.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-13291
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TREAT RICE KRISPIE MINI 600-.39Z KELL	100 Each		859570

Preparation Instructions

n/a

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories		45.00	
Fat		1.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		50.00mg	
Carbohydrates		8.00g	
Fiber		0.00g	
Sugar		4.00g	
Protein		1.00g	
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.30mg

Tossed Salad

Servings:	100.00	**Category:**	Vegetable
Serving Size:	1.50 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-13299
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD SEP BAGS 4-5 RSS	150 Cup		242071

Preparation Instructions

Mix salad ingredients. Offer 1.5 C servings with gloved hand.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.50 Cup

Amount Per Serving			
Calories	17.29		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	17.29mg		
Carbohydrates	3.46g		
Fiber	1.73g		
Sugar	1.73g		
Protein	1.73g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	20.74mg	**Iron**	0.00mg

Mini Corn Dogs

Servings:	100.00	**Category:**	Entree
Serving Size:	6.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13302
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	600 Each		497360

Preparation Instructions

Arrange mini corn dogs on parchment lined cookie sheet. Bake at 375* for 8-10 minutes until 165*. Serve 6 each.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	4.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 6.00 Each

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

Grapes

Servings:	100.00	**Category:**	Entree
Serving Size:	0.50 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13303
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 5 MRKN	50 Cup		121893

Preparation Instructions

Wash grapes, arrange into .5 C servings in portion cups.

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: 100.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	55.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	0.50g		
Sugar	12.00g		
Protein	0.50g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	7.50mg	**Iron**	0.50mg

French Fries

Servings:	100.00	**Category:**	Vegetable
Serving Size:	0.75 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13305
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 RC CRISPY ON DEL 6-5 LAMB	75 Cup		772520

Preparation Instructions

Arrange french fries on parchment lined cookie sheet. Bake at 375* for 10-12 minutes until crispy. Open oven at 6 minutes and turn fries. Serve 3/4 C.

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	0.75

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75 Cup

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

Chocolate Chip French Toast

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13308
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	100 Package		498492

Preparation Instructions

Leave in individual bags. Arrange French Toast, on parchment lined cookie sheets. Bake at 375* for 8-10 minutes until 165*. Serve 1 each.

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	210.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	5.00g		
Vitamin A	1000.00IU	**Vitamin C**	0.00mg
Calcium	260.00mg	**Iron**	3.60mg

Juice Box- Dragon Punch

Servings:	100.00	**Category:**	Vegetable
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-13310
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	100 Each	READY_TO_EAT Thaw before serving. Any unused thawed portions can be refrigerated for upto 14 days	510571

Preparation Instructions

Ready to eat. Thaw day before 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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	500.00IU	**Vitamin C**	30.00mg
Calcium	0.00mg	**Iron**	0.00mg

Jonny Pop (Strawberry/Banana)

Servings:	100.00	**Category:**	Condiments or Other
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-13462
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ POP STRAWB BAN 96-1.55FLZ	100 Each		857571

Preparation Instructions

Ready to Eat. Keep frozen, serve.

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	1.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	25.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	1.00g		
Vitamin A	0.00IU	**Vitamin C**	6.00mg
Calcium	20.00mg	**Iron**	0.00mg

Oreo Cookie Pack

Servings:	100.00	**Category:**	Grain
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-13463
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE OREO PC PKG 120-2CT	100 Package		843237

Preparation Instructions

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	4.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	85.00mg		
Carbohydrates	16.00g		
Fiber	0.00g		
Sugar	9.00g		
Protein	0.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	1.08mg

Rainbow Goldfish Crackers

Servings:	100.00	**Category:**	Condiments or Other
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-13466
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	100 Package		112702

Preparation Instructions

Ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	200.00IU	**Vitamin C**	0.00mg
Calcium	20.00mg	**Iron**	0.72mg

Steamed Carrots

Servings:	100.00	**Category:**	Vegetable
Serving Size:	1.00 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13469
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SMOOTH COIN CUT 2-5 RSS	100 Cup		313173

Preparation Instructions

Add 3 bags of carrots to a colander pan inside of a full pan. Steam for 8-10 minutes. Offer 1 C or #4 scoop.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Cup

Amount Per Serving			
Calories	11.11		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	2.67g		
Fiber	0.89g		
Sugar	1.33g		
Protein	0.22g		
Vitamin A	4755.56IU	**Vitamin C**	1.73mg
Calcium	9.33mg	**Iron**	0.08mg

Fresh Sugar Snap Peas

Servings:	100.00	**Category:**	Vegetable
Serving Size:	1.00 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-13471
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SGR SNAP STRINGLESS 10 P/L	100 Cup		778214

Preparation Instructions

Thoroughly wash peas, remove any noticeable stems. Offer 1 C or #4 scoop.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Cup

Amount Per Serving			
Calories	26.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.00mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	700.00IU	**Vitamin C**	37.80mg
Calcium	30.00mg	**Iron**	1.26mg

Tiny Tacos

Servings:	100.00	**Category:**	Entree
Serving Size:	2.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-13474
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 4.5 PRSD 24-12CT	200 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and letstand in 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).	558691
CHIX TACO FILLING CKD 4-5.03 TYS	200 Ounce	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHEESE CHED MLD SHRD 4-5 LOL	50 Cup		150250

Preparation Instructions

Thaw tortillas in refrigerator. Boil taco filling in bags in the kettle until 165*. Fill 2 taco shells with 2 oz (#16 scoop) taco filling (1 oz in each) and .5 oz shredded cheese (pinch or #60 scoop). Fold and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.33
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 2.00 Each

Amount Per Serving	
Calories	480.00
Fat	26.50g
SaturatedFat	14.50g
Trans Fat	0.00g
Cholesterol	125.00mg
Sodium	950.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	1.00g

Protein		31.00g	
Vitamin A	600.00IU	**Vitamin C**	0.00mg
Calcium	508.00mg	**Iron**	2.62mg

Rice

Servings:	100.00	**Category:**	Grain
Serving Size:	1.00 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-14463

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	100 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

Steam water and rice for 12-15 min or until water is absorbed.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Cup

Amount Per Serving			
Calories	680.00		
Fat	6.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	144.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	16.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Turkey and Gravy

Servings:	100.00	**Category:**	Entree
Serving Size:	4.00 Ounce	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-14480

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST COOK IN BAG 2-9.5AVG	19 Pound		581802
GRAVY MIX TKY 12-15Z GCHC	100 Fluid Ounce	BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140*F- 180*F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE Serving size 1 oz (1 oz ladle)	242440

Preparation Instructions

Bake 4 cases turkey roasts prior to turkey day. Bake turkey roasts for 5 hours. Cover Off. Cut into bite size pieces.

Mix 1 gallon of turkey pieces with 3 quarts of gravy. Pour into a 6 ½ pan. Temp 165°

Gravy: Make in big kettle. Add 1 gallon of warm water per bag of gravy. Whip together when you have 8 bags in kettle. Continue until all of gravy mix & water are into kettle and mixed well. Cover-stir. Whip every 15 minutes until thick. Takes 1 to 1 ½ hours. Temp 165°

Serve 4oz or #8 scoop.

Serve with Mashed Potatoes.

Meal Components (SLE)

Amount Per Serving

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

Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	164.00		
Fat	5.56g		
SaturatedFat	1.14g		
Trans Fat	0.00g		
Cholesterol	49.40mg		
Sodium	1124.80mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	17.96g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	29.20mg	**Iron**	0.82mg

Mixed Berry Fruit Cup

Servings:	100.00	**Category:**	Fruit
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-14648

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Berry Fruit Cup	100 Each	Thaw in refrigerator 3-4 hours prior to service.	110859

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	0.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Sweet Potato Tots

Servings:	100.00	**Category:**	Vegetable
Serving Size:	0.75 Cup	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-14649

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT MINI TATER PUFF 6-2.5 LAMB	75 Cup		872570

Preparation Instructions

Arrange tots on parchment lined paper. Cook for 6-8 min at 375* or until 165*. Rotate tots halfway through cooking to ensure crispiness.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75 Cup

Amount Per Serving			
Calories	304.48		
Fat	7.16g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	411.94mg		
Carbohydrates	60.90g		
Fiber	5.37g		
Sugar	28.66g		
Protein	1.79g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	41.19mg	**Iron**	0.00mg

Breakfast Bagel Sandwich (Ham/Egg/Cheese)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-14650

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 225-2.1Z SNYFR	100 Each	BAKE Convection or Combination Oven: Preheat oven to 350Â°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	554470
HAM BOILED DELI SLCD 10 6-2 GFS	100 Ounce		680621
BAGEL WHT WGRAIN IW 72-2Z LENDER	100 Each		217911

Preparation Instructions

Arrange omelets on parchment lined cookie sheets. Bake at 375* for 6-8 minutes or until 165*.

Assemble sandwiches with 1 omelette, 1 (1oz) slice ham, and 1 bagel. Wrap and hold for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	275.00		
Fat	9.75g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	205.00mg		
Sodium	590.00mg		
Carbohydrates	30.50g		
Fiber	4.00g		
Sugar	5.50g		
Protein	18.50g		
Vitamin A	400.00IU	**Vitamin C**	0.00mg

Calcium	120.00mg	**Iron**	2.72mg

Dragon Punch Juice Box

Servings:	100.00	**Category:**	Vegetable
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-14951

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	100 Each	READY_TO_EAT Thaw before serving. Any unused thawed portions can be refrigerated for upto 14 days	510571

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	500.00IU	**Vitamin C**	30.00mg
Calcium	0.00mg	**Iron**	0.00mg

Blueberries

Servings:	100.00	**Category:**	Fruit
Serving Size:	0.50 Cup	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-14952

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 30 COMM	50 Cup		764740

Preparation Instructions

Portion frozen strawberries into .5 cup servings (#8 scoop). Thaw and serve partially frozen.

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: 100.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	10.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Orange Slices

Servings:	100.00	**Category:**	Fruit
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-15036

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	100 Each		322326

Preparation Instructions

Wash all oranges. Slice using metal orange slicer. Place 5 slices in each portion cup. Serve.

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	36.65		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	9.00g		
Fiber	1.85g		
Sugar	7.50g		
Protein	0.75g		
Vitamin A	175.42IU	**Vitamin C**	41.48mg
Calcium	31.19mg	**Iron**	0.08mg

Spicy Chicken Sandwich

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-15037

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 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
Hamburger Bun (Alpha Baking)	100 Each		

Preparation Instructions

Arrange chicken patties on parchment lined cookie sheets. Bake at 375* for 8-10 min or until 165*. Place each patty inside a hamburger bun and foil wrap/hot hold for 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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	400.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	40.00mg	**Iron**	2.00mg

Chicken Sandwich Sliders

Servings:	100.00	**Category:**	Entree
Serving Size:	2.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-15107

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	200 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 (Alpha Baking)	200 Each		

Preparation Instructions

Arrange chicken patties on parchment lined cookie sheet. Bake at 325* for 6-8 min until temperature reaches 165*. Place 1 patty inside of sliced dinner roll. Serve 2 each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 2.00 Each

Amount Per Serving			
Calories	190.00		
Fat	9.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	430.00mg		
Carbohydrates	12.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	14.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	42.00mg	**Iron**	2.00mg

Apple

Servings:	100.00	**Category:**	Fruit
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-15166

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	100 Each	READY_TO_EAT Rinse under cool water and let dry	310

Preparation Instructions

Wash thoroughly and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	98.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	23.53g		
Fiber	4.00g		
Sugar	17.84g		
Protein	0.43g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	12.00mg	**Iron**	0.21mg

Brat on Bun

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-15168

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BRATWURST CKD W/GRLMK 5/ 2-5 JHNSVL	100 Each		206210
Hot Dog Bun (Alpha Baking)	100 Each		

Preparation Instructions

Arrange brats on a parchment lined baking pan. Bake at 375* for 8-10 min until 165*. Place 1 brat in each bun, wrap to hold for service or serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	320.00		
Fat	28.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	910.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	20.00mg	**Iron**	0.72mg

Papa Murphy's Cheese Pizza

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Slice	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-15292

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Papa Murphy's Cheese Pizza	**100 Slice**	**BAKE** **Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.**	

Preparation Instructions

BAKE

Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.50
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 Slice

Amount Per Serving			
Calories	271.00		
Fat	8.80g		
SaturatedFat	4.60g		
Trans Fat	0.00g		
Cholesterol	26.00mg		
Sodium	433.00mg		
Carbohydrates	34.70g		
Fiber	4.10g		
Sugar	0.00g		
Protein	13.40g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Papa Murphy's Pepperoni Pizza

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Slice	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-15293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Papa Murphy's Pepperoni Pizza	**100 Slice**	**Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.**	

Preparation Instructions

Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.15
Grain	2.50
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 Slice

Amount Per Serving			
Calories	296.00		
Fat	11.30g		
SaturatedFat	5.30g		
Trans Fat	0.00g		
Cholesterol	30.60mg		
Sodium	539.00mg		
Carbohydrates	34.70g		
Fiber	0.00g		
Sugar	1.70g		
Protein	14.10g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Papa Murphy's Sausage Pizza

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Slice	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-15294

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Papa Murphy's Sausage Pizza	**100 Slice**	**Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.**	

Preparation Instructions

Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	2.50
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 Slice

Amount Per Serving			
Calories	305.00		
Fat	11.10g		
SaturatedFat	5.10g		
Trans Fat	0.20g		
Cholesterol	35.70mg		
Sodium	598.00mg		
Carbohydrates	35.40g		
Fiber	4.10g		
Sugar	1.90g		
Protein	16.40g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Lasagna Roll Up

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-15428

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	100 Each		234041
SAUCE SPAGHETTI 6-10 GCHC	100 Cup		144207

Preparation Instructions

Pour 3 cups spaghetti sauce into a full steam table pan. Arrange frozen roll ups in full steam table pan, in a single layer, approximatly 18-20 rollups. Evenly pour 5 cups of spaghetti sauce on top of the roll ups. Cover pan and steam for 25-35 min until temperature reaches 165*.

Serve 1 each with 1/2 cup of sauce. (#8 scoop)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	400.00		
Fat	6.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	1390.00mg		
Carbohydrates	57.00g		
Fiber	8.00g		
Sugar	19.00g		
Protein	21.00g		
Vitamin A	400.00IU	**Vitamin C**	6.00mg
Calcium	340.00mg	**Iron**	3.24mg

Cheese Filled Breadstick

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-15429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	100 Each	CONVECTION Convection Oven 1. Preheat oven to 400º F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry 1. Preheat oil to 350º F. 2. THAWED: 1-2 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before cooking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	787440

Preparation Instructions

Arrange breadsticks on parchment lined cookie sheet. Bake at 375* for 5-7 min until 165*. Serve 1 each.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
Grain	1.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	3.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	140.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	6.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	106.00mg	**Iron**	1.00mg

Mini Waffles

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Package	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-15438

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW 72-2.65Z EGGO	100 Package		284811

Preparation Instructions

Arrange frozen packages on cookie sheets. Bake at 375* for 6-8 min or until 165*. Serve in packages, 1 each.

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: 100.00
Serving Size: 1.00 Package

Amount Per Serving			
Calories	200.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	1000.00IU	**Vitamin C**	0.00mg
Calcium	260.00mg	**Iron**	3.60mg

Potato Smiles

Servings:	100.00	**Category:**	Vegetable
Serving Size:	4.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-15977

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	100 Serving		228818

Preparation Instructions

Arrange potato smiles on parchment lined cookie sheet. Bake for 8-10 min at 375* or until 165*. Serve 4 each.

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	0.75

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 4.00 Each

Amount Per Serving			
Calories	194.19		
Fat	6.72g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	268.88mg		
Carbohydrates	29.88g		
Fiber	2.99g		
Sugar	0.00g		
Protein	2.99g		
Vitamin A	0.00IU	**Vitamin C**	3.59mg
Calcium	0.00mg	**Iron**	0.54mg

Sausage Pizza

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Slice	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-15978

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WGRAIN 96-4.74Z MAX	100 Each		798770

Preparation Instructions

Arrange pizza slices on parchment lined cookie sheet. Bake at 375* for 10-12 minutes until 165*. Serve 1 slice each.

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: 100.00
Serving Size: 1.00 Slice

Amount Per Serving			
Calories	280.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	760.00mg		
Carbohydrates	32.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	15.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	210.00mg	**Iron**	2.40mg

Orange Juice

Servings:	100.00	**Category:**	Fruit
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-16046

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 96-4FLZ HV	100 Each		577281

Preparation Instructions

Thaw in refrigerator one day prior to service. Serve 1 each.

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	54.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.50mg		
Carbohydrates	13.00g		
Fiber	0.30g		
Sugar	13.00g		
Protein	0.80g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	15.01mg	**Iron**	0.67mg

Bistro Box (Pizza Kit)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	No Cook
Meal Type:	Lunch	**Recipe ID:**	R-19858

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	25 Cup		768146
SAUCE MARINARA DIPN CUP 100-1Z	100 Each		772061
Shredded Mozzarella Cheese, Part Skim	200 Ounce		100021
BREAD ULTRA LOCO SQUARED 12-12CT TFT	100 Each	READY_TO_EAT HEATING INSTRUCTIONS: Ultra Loco Bread Squared 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 THAW HEATING INSTRUCTIONS: Ultra Loco Bread Squared 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	220462
APPLESAUCE POUC STRAWB SQZ 50-3.17Z	100 Each		415981

Preparation Instructions

Assemble 1 of each product into compartments of clamshell container. Serve with milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00

RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	423.67		
Fat	17.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	634.67mg		
Carbohydrates	50.00g		
Fiber	4.67g		
Sugar	21.00g		
Protein	16.17g		
Vitamin A	100.00IU	**Vitamin C**	3.60mg
Calcium	86.67mg	**Iron**	1.80mg

Italian Beef Sandwich

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20090

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RST ITAL SLCD CKD W/GRVY 22	300 Ounce		495581
Hot Dog Bun (Alpha Baking)	100 Each		
GIARDINIERA VEG MXD HOT 4-1GAL MARC	100 Ounce		544418

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	120.59		
Fat	6.26g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	26.47mg		
Sodium	505.88mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	11.76g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	1.06mg

Bistro Box (Cracker Stacker)

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20311

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SLCD .75Z 6-1.5 GCHC	200 Slice		726524
HUMMUS TRADITIONAL 2-3.75 GREC	100 Ounce		108171
PEAS SGR SNAP STRINGLESS 10 P/L	100 Cup		778214
APPLESAUCE CINN UNSWT CUP 96-4.5Z	100 Each		699180
BAR GRANOLA APPL WGRAIN 160-1.5Z DARL	100 Each	UNPREPARED COOK THOROUGHLY TO 160'F	369330
CHIP WHEAT THIN VEG 60-1.75Z NAB	100 Package		529731

Preparation Instructions

In a clam shell container, place 1 package of wheat thins, 2 slices of cheddar cheese (cut into fourths), 1 oz hummus (cupped and covered), 1 applesauce, 1 granola bar. Serve with milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	451.00		
Fat	21.25g		
SaturatedFat	9.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	520.50mg		
Carbohydrates	52.50g		
Fiber	6.50g		
Sugar	28.50g		
Protein	15.00g		
Vitamin A	1100.00IU	**Vitamin C**	37.80mg
Calcium	336.00mg	**Iron**	2.84mg

Buffalo Glazed Chicken Drumstick

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-20615

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BUFF GLZD CKD 6-5 TYS	100 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven From Frozen: 32-35 minutes at 350°F. From Thawed: 22-27 minutes at 350°F. For best results: 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a wire rack sprayed with pan release. 3. Cover with foil during the first 15 minutes of cooking, then remove. 4. Heat for 28 - 33 minutes. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From Frozen: 23-27 minutes at 350°F. From Thawed: 18-22 minutes at 350°F. For best results: 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a wire rack sprayed with pan release. 3. Cover with foil during the first 12 minutes of cooking, then remove. 4. Heat for 18 - 23 minutes.	838181

Preparation Instructions

Arrange frozed drumsticks on parchment lined cookie sheet. Bake for 20-22 minutes at 375* or until temperature reaches 165*. Serving size is 1 each.

Meal Components (SLE)

Amount Per Serving

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

Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	170.00		
Fat	10.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	85.00mg		
Sodium	250.00mg		
Carbohydrates	5.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	8.00mg	**Iron**	1.00mg

Jello Cup

Servings:	100.00	**Category:**	Condiments or Other
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-21012

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN CUP ORNG/STRAWB 48-3.5Z	100 Each		129460

Preparation Instructions

Serve 1 each.

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: 100.00
Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	25.00g		
Fiber	0.00g		
Sugar	23.00g		
Protein	0.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg

Cowboy Burger

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-21018
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
American Cheese Sliced RF	100 Slice		666204
Alpha Hamburger Bun 4in Wheat	100 Each	READY_TO_EAT	
ONION RING BATRD 12-2 KE	200 Piece	CONVECTION PREHEAT OVEN TO 400°F ON LOW FAN. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4 MINUTES ON EACH SIDE.	783401

Preparation Instructions

Arrange beef patties on a cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Bake onion rings as directed-on parchment lined cookie sheet 8 min at 400*

Place 1 slice of cheese on each patty, 2 onion rings, then place in a bun. Wrap or serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	375.00
Fat	16.67g
SaturatedFat	5.75g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	953.33mg
Carbohydrates	37.00g
Fiber	3.67g

Sugar		4.83g	
Protein		22.17g	
Vitamin A	30.00IU	**Vitamin C**	0.00mg
Calcium	173.33mg	**Iron**	2.64mg

Pulled Pork Sliders

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	Same Day Service
Meal Type:	Lunch	**Recipe ID:**	R-21628

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce		498702
Dinner Roll (Alpha Baking)	200 Each		

Preparation Instructions

Fill Kettle with boiling water. Place bags of pork in boiling water, heat until 165* or higher.

Put 2 bags of pork per 1/2 pan. Add 2oz (#16 scoop) to each dinner roll. Serve 2 sliders each.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	230.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	250.00mg		
Carbohydrates	16.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	21.00g		
Vitamin A	0.00IU	**Vitamin C**	0.00mg
Calcium	0.00mg	**Iron**	0.00mg