

# **Cookbook for Millersburg Elementary-Middle School**

**Created by HPS Menu Planner**

# Table of Contents

**Hot Dog on Bun**

**Teriyaki Chicken Taco- K-5**

**Salad Bar with Ham**

**Salad Bar with Turkey**

**Teriyaki Chicken Taco- 6-8**

**Refried Beans**

**Mexican Dip**

**Hamburger-M**

**Broccoli with Cheese**

**Grilled Cheese Sandwich**

**Tomato Soup**

**Tenderloin Sandwich**

**Breaded Chicken Salad**

**Chicken Bacon Salad**

**Taco Salad**

# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9755
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	770.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	44.11mg	<b>Iron</b>	10.76mg

# Teriyaki Chicken Taco- K-5

<b>Servings:</b>	467.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11320
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	70 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	7 Quart		417622
Cheese, Cheddar Reduced fat, Shredded	467 Tablespoon		100012
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	467 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690120

## Preparation Instructions

Mix approximately 10 lbs. of fajita meat with 1 quart of teriyaki sauce in each pan. Will have 7 pans total.

Marinate overnight.

Cook meat and drain.

Place 2 oz. scoop chicken on each tortilla and top with 1 Tbsp. of shredded cheddar cheese.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 467.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	224.83		
<b>Fat</b>	6.82g		
<b>SaturatedFat</b>	3.41g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.20mg		
<b>Sodium</b>	817.62mg		
<b>Carbohydrates</b>	23.37g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	8.16g		
<b>Protein</b>	16.45g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.07mg

# Salad Bar with Ham

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19683
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	Weight	100012
Ham, Cubed Frozen	1 1/2 Ounce	Weight	100188-H
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	407.05
<b>Fat</b>	29.23g
<b>SaturatedFat</b>	8.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.13mg
<b>Sodium</b>	926.05mg
<b>Carbohydrates</b>	21.23g
<b>Fiber</b>	3.92g
<b>Sugar</b>	5.62g
<b>Protein</b>	17.38g
<b>Vitamin A</b> 4945.87IU	<b>Vitamin C</b> 1.80mg

**Calcium** 50.71mg **Iron** 1.08mg

# Salad Bar with Turkey

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20299
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	Weight	100012
Turkey Breast Deli	1 3/4 Ounce	Weight	100121
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	423.19
<b>Fat</b>	30.20g
<b>SaturatedFat</b>	8.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.82mg
<b>Sodium</b>	936.87mg
<b>Carbohydrates</b>	19.87g
<b>Fiber</b>	3.92g
<b>Sugar</b>	4.39g
<b>Protein</b>	21.14g
<b>Vitamin A</b> 4945.87IU	<b>Vitamin C</b> 1.80mg



**Calcium** 50.71mg **Iron** 1.08mg

# Teriyaki Chicken Taco- 6-8

<b>Servings:</b>	467.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20300
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	70 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	7 Quart		417622
Cheese, Cheddar Reduced fat, Shredded	467 Tablespoon		100012
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	467 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130

## Preparation Instructions

Mix approximately 10 lbs. of fajita meat with 1 quart of teriyaki sauce in each pan. Will have 7 pans total.

Marinate overnight.

Cook meat and drain.

Place 2 oz. scoop chicken on each tortilla and top with 1 Tbsp. of shredded cheddar cheese.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 467.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	284.83
<b>Fat</b>	8.32g
<b>SaturatedFat</b>	3.91g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.20mg
<b>Sodium</b>	887.62mg
<b>Carbohydrates</b>	32.37g
<b>Fiber</b>	2.00g
<b>Sugar</b>	9.16g
<b>Protein</b>	18.45g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.79mg

# Refried Beans

<b>Servings:</b>	33.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20301
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	2 Package		183910
Cheese, Cheddar Reduced fat, Shredded	3/4 Cup		100012
Tap Water for Recipes	1 Gallon		000001WTR

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	190.82		
<b>Fat</b>	2.08g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.82mg		
<b>Sodium</b>	680.99mg		
<b>Carbohydrates</b>	31.70g		
<b>Fiber</b>	10.20g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.83g		
<b>Vitamin A</b>	0.71IU	<b>Vitamin C</b>	1.01mg
<b>Calcium</b>	57.05mg	<b>Iron</b>	2.46mg

# Mexican Dip

<b>Servings:</b>	520.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20302
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	70 Pound		768230
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	5 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	183910
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	5 #5 CAN		488259
SOUP CRM OF CHIX 12- 5 HLTHYREQ	5 #5 CAN		695513
SAUCE CHS CHED SHRP 6-10 GCHC	2 #10 CAN		150991
SALSA 103Z 6-10 REDG	2 #10 CAN	READY_TO_EAT None	452841

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 520.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	141.87
<b>Fat</b>	5.27g
<b>SaturatedFat</b>	1.35g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.46mg
<b>Sodium</b>	512.10mg
<b>Carbohydrates</b>	9.93g
<b>Fiber</b>	1.69g
<b>Sugar</b>	1.13g
<b>Protein</b>	13.46g
<b>Vitamin A</b> 152.34IU	<b>Vitamin C</b> 0.69mg
<b>Calcium</b> 45.53mg	<b>Iron</b> 1.16mg

# Hamburger-M

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20338
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	214880
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	450.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.00mg	<b>Iron</b>	9.80mg

# Broccoli with Cheese

<b>Servings:</b>	164.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20352
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound		285590
SAUCE CHS CHED SHRP 6-10 GCHC	1 #10 CAN		150991

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	36.72		
<b>Fat</b>	1.58g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	175.97mg		
<b>Carbohydrates</b>	4.82g		
<b>Fiber</b>	1.76g		
<b>Sugar</b>	1.53g		
<b>Protein</b>	2.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.84mg	<b>Iron</b>	0.59mg



# Grilled Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20353
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	BAKE	336
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Teaspoon		299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	276.67		
<b>Fat</b>	6.83g		
<b>SaturatedFat</b>	4.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Tomato Soup

<b>Servings:</b>	47.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20528
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	4 #5 CAN		488232
1% Low Fat White Milk	4 Cup	READY_TO_DRINK	4752

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	93.62		
<b>Fat</b>	1.15g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.85mg		
<b>Sodium</b>	376.17mg		
<b>Carbohydrates</b>	17.96g		
<b>Fiber</b>	0.94g		
<b>Sugar</b>	10.38g		
<b>Protein</b>	2.55g		
<b>Vitamin A</b>	42.55IU	<b>Vitamin C</b>	5.82mg
<b>Calcium</b>	34.89mg	<b>Iron</b>	0.37mg

# Tenderloin Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20529
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	<b>BAKE</b> Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	390.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.00mg	<b>Iron</b>	9.80mg

# Breaded Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20663

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	Weight	100012
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	4 Ounce	Weight. May also use 4 oz. weight of chicken nuggets or chicken tenders.	394053
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	604.72		
<b>Fat</b>	40.16g		
<b>SaturatedFat</b>	9.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	89.04mg		
<b>Sodium</b>	1100.10mg		
<b>Carbohydrates</b>	32.28g		
<b>Fiber</b>	5.28g		
<b>Sugar</b>	4.39g		
<b>Protein</b>	32.85g		
<b>Vitamin A</b>	4945.87IU	<b>Vitamin C</b>	1.80mg

**Calcium** 50.71mg **Iron** 2.43mg

# Chicken Bacon Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20664
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	4 Ounce	Weigh. May also use 4 oz. weight of chicken tenders or nuggets.	394053
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	1 Tablespoon		814781
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon		100012
BREADSTICK ITAL 8 10-20CT GCHC	1 Each	Not Whole Grain.	219630

## Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	463.16
<b>Fat</b>	18.16g
<b>SaturatedFat</b>	4.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	69.04mg
<b>Sodium</b>	829.30mg
<b>Carbohydrates</b>	43.01g
<b>Fiber</b>	4.35g
<b>Sugar</b>	3.00g
<b>Protein</b>	34.11g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 92.00mg **Iron** 3.15mg

# Taco Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20665
<b>School:</b>	Millersburg K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Weigh	722330
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	3 Tablespoon		100012
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT 400-1Z GCHC	1 Each		836750

## Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	447.78
<b>Fat</b>	19.59g
<b>SaturatedFat</b>	8.14g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	57.08mg
<b>Sodium</b>	594.16mg
<b>Carbohydrates</b>	42.90g



<b>Fiber</b>	6.26g		
<b>Sugar</b>	8.26g		
<b>Protein</b>	19.33g		
<b>Vitamin A</b>	752.94IU	<b>Vitamin C</b>	11.15mg
<b>Calcium</b>	154.87mg	<b>Iron</b>	1.86mg