

Cookbook for Newport High School

Created by HPS Menu Planner

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Smart Start Meal (1)

Smart Start Meal GF

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Grab and Go Bag (1)

Orange Slices

Mixed Fruit

Seedless Grapes

Banana

Pear Slices

Strawberries

Farm Fresh Apple

Diced Peaches

Pineapple

Mandarin Oranges

Meal Deal (1)

Pulled Pork Sandwich

Baked Beans

Creamy Cole Slaw

Sauteed Pepper Mix

Garden Side Salad

Frozen Fruit Juice Cup

Salisbury Steak w/ Roll (K-8)

Seasoned Green Beans

Mashed Potatoes

Cheese Pizza

Pepperoni Pizza

Hot Dog or Cheese Coney

Chili Cheese Fries

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Smart Start Meal (2)

Smart Start Meal (3)

Smart Start Meal (4)

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Jammer, Cheese, Goldfish Meal Deal

Yogurt, Granola, Cheese, Cracker Meal Deal

Assorted Cereal

Fruit Smoothie (Blenderless)

Meal Deal (W)

Pancake Wrap

Pancake Wrap

Romaine Side Salad

Lo Mein

Bacon Ranch Salad

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Chicken Wrap

Veggie Boat

Broccoli & Cheese

Chili Cheese Fries

Wedge Cut Fries

Salad Bar

Crispy Garbanzos

Smart Start Jammer

Fish Filet w/ Mac and Cheese

Carrot Side Salad

Cobb Salad

Cobb Salad

Smiley Fries

Belgian Waffle W/ Yogurt

Walking Taco

Fiesta Salsa

Crinkle Cut Fries

Fruit and Cottage Cheese Plate

Rodeo Burger

Pizza Burger

Deluxe Burger

Celery Sticks

Mixed Variety- fruit salad

Veggie Cup

Fiesta Bar

Iced Coffee OTD

Applesauce- Blue Raspberry

Applesauce- Strawberry Banana

Applesauce

Applesauce

Applesauce- Watermelon

Applesauce

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Moroccan Blend Seasoning

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Seasoned Corn

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Carrots and Dip

Sweet Fries

TBLT

Corn on the Cobb

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Strawberry Pancakes W/ Syrup

Smart Start Jammer

Smart Start Meal (1)

Smart Start Meal (2)

Smart Start Meal (3)

Smart Start Meal (4)

Smart Start Meal GF

Asian Bar

Asian Bar

Buffalo Chicken Salad

Buffalo Chicken Salad

Buffalo Chicken Salad

Buffalo Chicken Salad

Buffalo Chicken Salad

Buffalo Chicken Salad

Deli Sub Sandwich

Fiesta Dip

Salisbury Steak w/ Roll (9-12)

Scrambled Eggs with Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17247
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	25 Cup		481492
BREAD WHEAT WHL SLCD 1/2 6-32Z GCHC	100 Slice		436820

Preparation Instructions

Pour eggs into steamtable pans (12" x 20" x 2 ½") that have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Heat in oven: 300° F for 15 minutes. Check and stir once after 10 minutes. DO NOT OVERCOOK. CCP: Heat to 145° F for 3 minutes. Eggs should have a slightly moist appearance. CCP: Hold for hot service 135° F or higher. Portion 1/4 cup and serve within 15 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	193.80		
Fat	8.60g		
SaturatedFat	1.80g		
Trans Fat	0.01g		
Cholesterol	155.00mg		
Sodium	411.80mg		
Carbohydrates	21.00g		
Fiber	2.90g		
Sugar	3.00g		
Protein	9.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.74mg	Iron	2.11mg

Belgian Waffle - W/ Strawberries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17248
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL WHLWHE 48-3.5 GINNYS	1 Slice		243572
STRAWBERRY 8 MRKN	1/2 Cup		212768

Preparation Instructions

Warm in oven at 350 for 5 minutes and serve immediately.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.50
Fruit	0.45
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	326.72		
Fat	14.36g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	161.17mg		
Carbohydrates	46.00g		
Fiber	4.34g		
Sugar	23.40g		
Protein	4.81g		
Vitamin A	513.78IU	Vitamin C	67.51mg
Calcium	18.37mg	Iron	1.91mg

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17249
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each		666785

Preparation Instructions

Thaw in cooler overnight. PLACE SINGLE LAYER ON PARCHMENT LINED BAKING SHEET.

CONVECTION OVEN: 350 DEGREES Bake for 20 minutes. Best when flipped halfway through baking.

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE AT 135 DEGREES OR HIGHER FOR NO MORE THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	250.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	450.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17250
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	6 Each		839520

Preparation Instructions

Thaw, warm and serve immediately.

If served with a smoothie, as indicated on menu, all students receive three donuts to meet the 1oz Grain/1 oz Meat requirement.

If served alone, six donut holes are equivalent to 2oz grain requirement.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	280.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	11.48IU	Vitamin C	0.00mg
Calcium	13.78mg	Iron	0.80mg

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17256
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Serving		237390
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Serving		138941

Preparation Instructions

BAKE Biscuits

1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1

4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Cook frozen chicken at 350 for 9-11 minutes (conventional); at 325 for 5-7 (convection)

Assemble breakfast sandwich and serve immediately.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	270.00
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	630.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	2.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 50.00mg **Iron** 2.08mg

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17297
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
EGG SCRMBD CKD FZ 4-5 GCHC	3/16 Pound		584584
CHEESE CHED MLD SHRD 4-5 LOL	0 Cup		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.09
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	258.03
Fat	9.57g
SaturatedFat	3.29g
Trans Fat	0.00g
Cholesterol	132.68mg
Sodium	449.00mg
Carbohydrates	30.09g
Fiber	3.00g
Sugar	3.05g
Protein	11.59g

Vitamin A	12.00IU	Vitamin C	0.00mg
Calcium	167.93mg	Iron	2.67mg

Cinnamon Glazed Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17298
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	1 Each		646262

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	110.00mg		
Sodium	290.00mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	Iron	1.00mg

Very Berry Parfait

Servings:	75.00	Category:	Entree
Serving Size:	1.00 1 serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17299
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	75 Ounce	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
YOGURT VAN L/F PARFPR 6-4 YOPL	6 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE- FLOW IQF 30 GFS	1/4 Cup		119873
STRAWBERRY 8 MRKN	1/4 Cup		212768

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.03
Grain	1.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 1 serving

Amount Per Serving

Calories	122.69		
Fat	3.52g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	76.20mg		
Carbohydrates	20.56g		
Fiber	2.02g		
Sugar	6.40g		
Protein	3.08g		
Vitamin A	0.07IU	Vitamin C	0.35mg

Calcium 2.78mg **Iron** 0.72mg

Chunky Monkey Parfait

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17300
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1/2 Cup		197769
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	1 Teaspoon		283610
CEREAL GRANOLA HNY OATS 4-44Z	2 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	818961

Preparation Instructions

Slice banana and put 1 cup into a 9oz cup. Add 4oz of yogurt and 2oz of granola. Top with chocolate chips. Refrigerate until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.49
Grain	0.75
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	333.86		
Fat	5.09g		
SaturatedFat	1.59g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	79.74mg		
Carbohydrates	69.51g		
Fiber	4.74g		
Sugar	37.94g		
Protein	7.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	147.69mg	Iron	1.15mg

Pancakes W/ Syrup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17301
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269220
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each		666785

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	220.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17302
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	145.00mg	Iron	1.80mg

Ham and Egg Cheese Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17303
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	1/2		202150
EGG WHL LIQ W/CITRIC 20 EZEGGS	1 Tablespoon		533165
CHEESE CHED SHRD 6-5 COMM	1/2 Ounce		199720

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	91.46		
Fat	6.50g		
SaturatedFat	3.67g		
Trans Fat	0.00g		
Cholesterol	78.31mg		
Sodium	174.81mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.50g		
Vitamin A	0.00IU	Vitamin C	0.33mg
Calcium	8.67mg	Iron	1.00mg

Cinnamon Twist Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17304
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CINN BLUEB TWST 96-2.3Z	1 Each		480431

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Biscuits & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17305
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup		464694
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Hold each until service.

Place 1 biscuit on the tray and ladle 1/4 cup of gravy over biscuit.

CCP: Heat to 165 degrees F or higher for at least 15 seconds

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

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 260.00

Fat 16.00g

SaturatedFat 6.50g

Trans Fat 0.00g

Cholesterol 15.00mg

Sodium 620.00mg

Carbohydrates 24.00g

Fiber 3.00g

Sugar 2.00g

Protein 6.00g

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

Calcium 40.00mg **Iron** 1.08mg

Banana Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17307
School:	Newport Primary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Blueberry Muffin

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17308
School:	Newport Primary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17310
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	<p>BAKE</p> <p>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.</p> <p>2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED</p> <p>3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p>	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00		
Fat	12.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	470.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 40.00mg **Iron** 1.44mg

Egg and Cheese Sliders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17312
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SLIDER SAUS EGG & CHS IW 72-2CT	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE EATING. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. ROTATE PANS ONE HALF TURN HALF WAY THROUGH COOKING TO PREVENT CHEESE FROM BURNING. DUE TO VARIANCES IN OVEN REGULATORS AND NUMBER OF PIZZAS IN AN OVEN, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS. REFRIGERATE OR DISCARD ANY UNUSED PORTION. CONVECTION OVEN (BASED ON FULL OVEN): 1. PREHEAT OVEN TO 350°F. 2. PLACE 48 WRAPPED PIZZAS (2 PIZZAS PER WRAPPER) IN 18" x 26" PAN. 3. BAKE 17-20 MINUTES.	523710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	80.00		
Fat	2.50g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	145.00mg		
Carbohydrates	10.00g		
Fiber	1.00g		
Sugar	2.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.50mg	Iron	0.80mg

Bagel W/ Cream Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17313
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each		217911
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each		863106

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	230.00		
Fat	8.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	270.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	7.00g		
Protein	7.00g		
Vitamin A	300.00IU	Vitamin C	1.20mg
Calcium	60.00mg	Iron	1.80mg

Banana Cream Pie Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17314
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BANANA TURNING 40 P/L	1/2 Cup		200999
CRACKER GRHM HNY L/F 200-2CT NAB	1 Package		256137

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.49
Grain	0.50
Fruit	0.37
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.69
Fat	2.55g
SaturatedFat	0.45g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	130.60mg
Carbohydrates	54.38g
Fiber	2.32g
Sugar	30.92g
Protein	4.71g
Vitamin A 56.64IU	Vitamin C 7.70mg
Calcium 148.75mg	Iron 0.63mg

Strawberry Shortcake Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17787
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY 8 MRKN	1/2 Cup		212768
CRACKER GRHM HNY WGRAIN 150-3CT KEEB	1 Package		282471

Preparation Instructions

Slice strawberries and put .5 into a 9oz cup. Add 4 oz of yogurt and top with graham crackers. Option: serve crackers on the side for a DIY parfait.

Meal Components (SLE)

Amount Per Serving

Meat	1.49
Grain	1.00
Fruit	0.33
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	229.14		
Fat	3.51g		
SaturatedFat	0.37g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.57mg		
Carbohydrates	46.80g		
Fiber	2.73g		
Sugar	24.42g		
Protein	6.33g		
Vitamin A	10.21IU	Vitamin C	50.01mg
Calcium	147.93mg	Iron	1.07mg

Fruit Smoothie

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17790
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	1/2 Cup	Freeze and use frozen when blending.	244630
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
JUICE APPLE 100 8-64FLZ HV	1/2 Cup		175470

Preparation Instructions

Place all ingredients into a blender.

Mixes can be made with any FROZEN fruit, but quantity should equal 1/2 cup per person.

Pour into 12 oz clear plastic cup with lid and straw. Offer additional fruit and milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	144.44
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	61.26mg
Carbohydrates	31.51g
Fiber	1.50g
Sugar	22.54g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 27.00mg
Calcium 144.33mg	Iron 0.36mg

Oatmeal Cup

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17793
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Ounce

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

Sausage W/ French Toast Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17794
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	1 Each		646222
SAUSAGE TKY LNK BKFST CKD 160- 1.025Z	1 Each	GRILL Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.	352740

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.33
Grain	0.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	113.33		
Fat	5.17g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	180.00mg		
Carbohydrates	7.67g		
Fiber	0.67g		
Sugar	2.67g		
Protein	8.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.67mg	Iron	0.69mg

Frozen Fruit Juice Cup - Strawberry Kiwi

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17800
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	35.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Frozen Fruit Juice Cup - Raspberry

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17802
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHERBET CUP RASPBERRY 96-4FLZ LUIGI	1 Each		702440

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	110.00		
Fat	1.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	20.00mg		
Carbohydrates	23.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	20.00mg	Iron	0.36mg

Birthday Treat - Orange

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17803
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHERBET CUP ORNG 48-4FLZ BLBNY	1 Each		519920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	21.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

Watermelon Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17805

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE WILD WTRMLN 96-4.5Z COMM	1 Each		136701

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

Applesauce- Blue Raspberry

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17807
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE BLUE RASPB 96-4.5Z	1		358553

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17809
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice	Cheese can be reduced to 3 slices for PreK-6th grade. (1.5 oz MA)	150260
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	Klosterman WG bread (1292) may also be used.	204822

Preparation Instructions

1. Spray garlic butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans.
 2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
 3. Top each slice of bread with 4 slices (2 oz) of cheese.
 4. Cover with remaining bread slices.
 5. Spray tops of sandwiches with garlic butter.
 6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE
- CCP: Heat to 140° F or higher. CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	400.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1130.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	8.00g
Protein	16.00g
Vitamin A	600.00IU
Vitamin C	0.00mg

Calcium 360.00mg **Iron** 2.00mg

Tomato Soup

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17810
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	3/4 Cup		101427

Preparation Instructions

Simmer over low heat, stirring often

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	135.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	720.00mg		
Carbohydrates	30.00g		
Fiber	1.50g		
Sugar	18.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Celery sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17811
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

serve chilled

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Beef Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18093
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
CHIP TORTL RND YEL 5-1.5 KE	1 1/2 Ounce		163020
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1 Ounce		712131

Preparation Instructions

1. Prepare Taco meat according to directions
CCP: Hold beef for hot service at 135F or higher.
3. Meanwhile, clean and chop DOD romaine lettuce. If DOD romaine is not available, use GFS code 735787.
4. At service, portion 1 cup salad, 2 oz beef, half cup corn and quarter cup cheese.
5. Serve with 1 ounce of tortilla chips- approximately 10 chips.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	363.23		
Fat	15.71g		
SaturatedFat	5.33g		
Trans Fat	0.27g		
Cholesterol	45.12mg		
Sodium	517.45mg		
Carbohydrates	37.21g		
Fiber	5.89g		
Sugar	2.89g		
Protein	19.47g		
Vitamin A	610.41IU	Vitamin C	4.73mg
Calcium	211.76mg	Iron	2.79mg

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18094
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
PORK SHRDD BBQ 6-5 JTM	2 Ounce		366320

Preparation Instructions

1. Cook Pork according to manufacturer's instructions. Be sure to heat to proper internal temperature.
2. Scoop 2 oz meat onto bun.
3. Wrap with foil and hold for hot service.

**Allergens: Wheat, Soy

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	239.00		
Fat	5.10g		
SaturatedFat	1.55g		
Trans Fat	0.02g		
Cholesterol	22.00mg		
Sodium	269.95mg		
Carbohydrates	35.00g		
Fiber	4.70g		
Sugar	12.00g		
Protein	13.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.00mg	Iron	1.00mg

Sweet n' Sour Chicken and Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18095
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	1 Serving	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.	281831
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup		676463
SAUCE SWEET & SOUR DIP CUP 100-1Z GFS	1 Each		714510

Preparation Instructions

Cook chicken according to directions. CCP: Hold hot at 135 F or higher

For rice: Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

Serve chicken over top .5 cup cooked brown rice (or on the side) and serve with a sweet and sour dip cup.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.56
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.07

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	442.50
Fat	16.25g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	740.00mg
Carbohydrates	54.25g
Fiber	4.50g

Sugar			12.75g
Protein			19.25g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.50mg	Iron	4.50mg

Apple Cinnamon Cheerios

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18141
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	266052

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	110.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	110.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.70mg

Cocoa Puffs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18142
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	270401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	110.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	8.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 4.50mg

Lucky Charms

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18143
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	110.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	9.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 3.60mg

Smart Start Meal (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18144
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
GRANOLA BAG IW 144- 1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

Place yogurt, granola and fruit of the day in a small, hinged-lid clear container.

Offer a milk and allow students to take a juice if requested.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	200.00		
Fat	4.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	140.00mg		
Carbohydrates	35.00g		
Fiber	2.00g		
Sugar	15.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	0.72mg

Smart Start Meal GF

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18145
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	266052

Preparation Instructions

In a hinged-lid clear container, arrange cheese stick, cereal and fruit of the day.

Gluten Free Options:

Hard boiled egg in place of cheese stick.

Lucky Charms Pouch-235240 is preferred over the bowl cereal in the Smart Start meal. It is not always available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	190.00
Fat	7.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	310.00mg
Carbohydrates	24.00g
Fiber	2.00g
Sugar	9.00g
Protein	8.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 2.70mg

Grab and Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18146
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	1 Each	READY_TO_EAT Ready to serve- no preparation needed	707193
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each		282431

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	210.00mg
Carbohydrates	45.00g
Fiber	3.00g
Sugar	22.00g
Protein	6.00g
Vitamin A 1000.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 0.72mg

Grab and Go Bag (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18147
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	1 Each	READY_TO_EAT Ready to serve- no preparation needed	707193
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars Ready to eat cereal bars	265931

Preparation Instructions

Grab and Go bags are late arrivals.

Place yogurt, cereal bar and fruit of the day into a bag. Offer students a milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.00		
Fat	5.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	155.00mg		
Carbohydrates	48.00g		
Fiber	3.00g		
Sugar	21.00g		
Protein	6.00g		
Vitamin A	600.00IU	Vitamin C	1.20mg
Calcium	250.00mg	Iron	3.75mg

Orange Slices

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18153
School:	Newport Primary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

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

Mixed Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18154
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL IN JCE 6-10 GCHC	1/2 Cup		610232

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	200.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.00mg

Seedless Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18155
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES GREEN SEEDLESS 17AVG	1/2 Cup		197858

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	56.27		
Fat	0.27g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.67mg		
Carbohydrates	14.67g		
Fiber	0.73g		
Sugar	13.33g		
Protein	0.53g		
Vitamin A	84.00IU	Vitamin C	3.36mg
Calcium	11.76mg	Iron	0.25mg

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18156
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1 Each		200999

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Pear Slices

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18157
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD XL/S 6-10 GCHC	1/2 Cup		290203

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

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

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18158
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	3/4 Cup		212768

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	36.72		
Fat	0.36g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.17mg		
Carbohydrates	9.00g		
Fiber	2.34g		
Sugar	5.40g		
Protein	0.81g		
Vitamin A	13.78IU	Vitamin C	67.51mg
Calcium	18.37mg	Iron	0.47mg

Farm Fresh Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18160
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	1 Serving	READY TO EAT Rinse under cool water and let dry	310

Preparation Instructions

Apples from the Local Food Connection- picked from a local farm.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	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

Diced Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18161
School:	Newport Primary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Pineapple

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18162
School:	Newport Primary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18163
School:	Newport Primary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Meal Deal (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18169
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each		142411

Preparation Instructions

In a hinged lid clear container, arrange all components: grain, meat, vegetable of the day and fruit of the day. Offer students pack with a milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00
Fat	10.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	720.00mg
Carbohydrates	44.00g
Fiber	3.00g
Sugar	11.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 1.20mg
Calcium 353.00mg	Iron 1.80mg

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18171
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
PORK SHRDD BBQ 6-5 JTM	4 Ounce		366320

Preparation Instructions

1. Cook Pork according to manufacturer's instructions. Be sure to heat to proper internal temperature.
2. Scoop 4 oz meat onto bun.
3. Wrap with foil or line tray with sandwiches and wrap. Hold for hot service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	338.00		
Fat	8.20g		
SaturatedFat	2.60g		
Trans Fat	0.04g		
Cholesterol	44.00mg		
Sodium	389.90mg		
Carbohydrates	44.00g		
Fiber	5.40g		
Sugar	20.00g		
Protein	21.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	93.00mg	Iron	1.00mg

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18173
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED FCY 6-10 ALLEN	1/2 Cup		583375

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	150.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	590.00mg		
Carbohydrates	29.00g		
Fiber	5.00g		
Sugar	11.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Creamy Cole Slaw

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18175
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 1/2 Gallon		198226
DRESSING SALAD LT 4-1GAL GCHC	1 3/4 Cup		429422
SUGAR CANE GRANUL XFINE 50# P/L	1/8 Cup		563191
SPICE MUSTARD DRY 1 COLMANS	1 Teaspoon		400018

Preparation Instructions

Use DOD coleslaw blend if available. Place cabbage and carrots in large bowl and toss lightly to mix.

Combine reduced calorie mayonnaise, sugar, and dry mustard.

Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

Special Tips: Add dressing just before serving. If recipe is prepared in advance, the yield will be reduced.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	58.94		
Fat	2.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	11.20mg		
Sodium	113.60mg		
Carbohydrates	7.56g		
Fiber	1.28g		
Sugar	5.16g		
Protein	0.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 22.40mg **Iron** 0.00mg

Sauteed Pepper Mix

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18177
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS & ONION FLME RSTD 6-2.5	1/2 Cup		847208

Preparation Instructions

Coat kettle or pot if using a stove top, with a thin layer of olive oil.

Sauté pepper and onion mix until they are slightly softened.

Prepare just before service. If held for too long, mix will lose color and become mushy. Do not overcook.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	24.17		
Fat	0.45g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	66.48mg		
Carbohydrates	4.23g		
Fiber	0.91g		
Sugar	2.12g		
Protein	0.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.07mg	Iron	0.21mg

Garden Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18179
School:	Newport Primary		

Ingredients

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

Preparation Instructions

Use DOD romaine/iceberg blend if available.

PREPARATION: RINSE THOROUGHLY. READY TO USE

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.14
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	3.76		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.51mg		
Carbohydrates	0.75g		
Fiber	0.25g		
Sugar	0.25g		
Protein	0.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.51mg	Iron	0.25mg

Frozen Fruit Juice Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18181
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	35.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1750.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Salisbury Steak w/ Roll (K-8)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18183
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Tablespoon	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE	552050
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140
BEEF PTY CKD W/MUSHRM 2.46Z 6-5 JTM	1 Each		657101

Preparation Instructions

Cook beef patties and rolls according to directions.

Basic gravy preparation:

IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	284.00
Fat	11.10g
SaturatedFat	4.10g
Trans Fat	0.49g
Cholesterol	42.00mg
Sodium	495.00mg
Carbohydrates	31.00g
Fiber	3.30g
Sugar	7.00g
Protein	16.20g

Vitamin A	0.00IU	Vitamin C	1.80mg
Calcium	39.00mg	Iron	2.44mg

Seasoned Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 #8 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18184
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE ONION POWDER 19Z TRDE	1/16 Teaspoon	Add	126993
SPICE GARLIC POWDER 6 TRDE	1/16 Teaspoon	Add	513857
BEAN GREEN CUT MXD SV 6-10 GCHC	1/16 #10 CAN		273856

Preparation Instructions

Mix in seasonings, heat and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 #8 Scoop

Amount Per Serving

Calories	26.49		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	181.19mg		
Carbohydrates	5.65g		
Fiber	2.61g		
Sugar	2.59g		
Protein	1.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.95mg	Iron	0.53mg

Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18185
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	5/8 Ounce		613738

Preparation Instructions

Preparation and Cooking Instructions:

1: Pour 4 Liters (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half steamtable pan.

2: Add all potatoes and stir for 15 seconds. Step 3: Let stand for 5 minutes, stir and serve.

Portion size: .5 cup

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	0.36

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving			
Calories	65.06		
Fat	0.72g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	296.39mg		
Carbohydrates	12.29g		
Fiber	0.72g		
Sugar	0.00g		
Protein	1.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.23mg	Iron	0.22mg

Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18186
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	153650

Preparation Instructions

Prepare according to package directions.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	300.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	440.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	263.00mg	Iron	2.30mg

Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18187
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96-4.5Z	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in a 18" x 26" x 1 2" sheets pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustment.	152111

Preparation Instructions

Prepare according to package directions.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	310.00		
Fat	12.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	530.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	222.00mg	Iron	2.50mg

Hot Dog or Cheese Coney

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18197

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053
CHILI CINCINNATI STYLE 6-5 COMM	1 Ounce		343990
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250

Preparation Instructions

Prepare chili as directed on package.

Serve: 1 hotdog in 1 bun with the option to add 1oz of chili and/or .25 cup of cheese on top.

Meal Components (SLE)

Amount Per Serving

Meat	3.36
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	409.78		
Fat	23.87g		
SaturatedFat	10.06g		
Trans Fat	0.18g		
Cholesterol	89.68mg		
Sodium	637.01mg		
Carbohydrates	28.08g		
Fiber	5.18g		
Sugar	3.18g		
Protein	21.51g		
Vitamin A	300.00IU	Vitamin C	9.00mg
Calcium	284.73mg	Iron	2.16mg

Chili Cheese Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18198
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 2 TO 4 MINUTES.	509661
CHILI CINCINNATI STYLE 6-5 COMM	3 Ounce		343990
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
BREADSTICK WGRAIN 1Z 12-20CT	1 Each		406321

Preparation Instructions

Chili: Keep frozen. Place in a sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. Portion no more than 3oz into a serving bowl.

Fries: PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Cheese: Portion 1oz in soufflé cup to serve on the side. Additional option: 1 ounce of cheese may be put directly on top of chili.

Meal Components (SLE)

Amount Per Serving

Meat	2.08
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.07
Legumes	0.00

Starch

0.56

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 399.73

Fat 21.39g

SaturatedFat 9.17g

Trans Fat 0.54g

Cholesterol 59.03mg

Sodium 504.48mg

Carbohydrates 34.95g

Fiber 3.77g

Sugar 2.54g

Protein 18.76g

Vitamin A 300.00IU **Vitamin C** 4.01mg

Calcium 242.20mg **Iron** 2.88mg

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each		722301

Preparation Instructions

TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS

350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES.

Serving Size: 1 ea

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	267.00
Fat	11.00g
SaturatedFat	1.90g
Trans Fat	0.00g
Cholesterol	34.00mg
Sodium	365.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	12.00g
Protein	9.00g
Vitamin A 114.00IU	Vitamin C 51.00mg
Calcium 66.00mg	Iron 1.00mg

Spaghetti with Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18200

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce		221460
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	4 Ounce	READY_TO_EAT None	592714

Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes. Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer.

Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.71
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	418.14		
Fat	13.36g		
SaturatedFat	3.50g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	673.14mg		
Carbohydrates	54.57g		
Fiber	7.86g		
Sugar	9.71g		
Protein	21.86g		
Vitamin A	559.29IU	Vitamin C	9.57mg
Calcium	106.86mg	Iron	3.80mg

Chicken Tenders w/ Funyuns

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18201
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	3 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
SNACK ONIO WGRAIN 104-.75Z FUNYUN	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	865601

Preparation Instructions

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.

Serving Size: 3 each

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Serving

Amount Per Serving			
Calories		360.00	
Fat		18.50g	
SaturatedFat		3.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		515.00mg	
Carbohydrates		30.00g	
Fiber		4.00g	
Sugar		2.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.70mg

Fish Nuggets - W/ Mac & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18202

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	4 Each	BAKE CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.	523291
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup		119122

Preparation Instructions

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.

Serving Size: 3 each

Meal Components (SLE)

Amount Per Serving

Meat	3.49
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

Amount Per Serving	
Calories	436.42
Fat	18.21g
SaturatedFat	5.98g
Trans Fat	0.00g
Cholesterol	47.39mg
Sodium	1501.34mg
Carbohydrates	44.13g
Fiber	3.49g
Sugar	5.48g
Protein	25.69g
Vitamin A	559.70IU
Vitamin C	0.00mg

Calcium 59.85mg **Iron** 2.61mg

Walking Taco - W/ Tostitos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18203
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup		135261
CHIP TORTL RND R/F 104- .88Z TOSTIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751

Preparation Instructions

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater

Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater

Hold ingredients at 135 degrees F or greater until service

Serving: Place 3oz of taco meat into 1 bag of Reduced Fat Doritos. Place .25 cup of cheese sauce in bag or in soufflé cup on side and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.62
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	325.43
Fat	16.14g
SaturatedFat	6.70g
Trans Fat	0.27g
Cholesterol	53.12mg
Sodium	776.25mg
Carbohydrates	25.73g
Fiber	3.89g
Sugar	1.89g
Protein	19.11g

Vitamin A	610.41IU	Vitamin C	4.73mg
Calcium	270.80mg	Iron	1.89mg

Fiestada

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18204

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	360.00
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	710.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	8.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	Iron 3.10mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18205
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 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
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. Once assembled line on sheet pan, cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	330.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.50g
Cholesterol	52.50mg
Sodium	675.00mg
Carbohydrates	29.00g
Fiber	5.00g
Sugar	4.50g

Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 158.00mg	Iron 2.44mg

Cheesy Bread Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18206

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

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	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	330.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	700.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	9.00g		
Protein	21.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	374.00mg	Iron	1.90mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18207

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	517810

Preparation Instructions

Place chicken patties on paper lined cookie sheets.

Bake @350* approx. 8-10 minutes.

Layer chicken patties upright in 4B pans.

Place hamburger buns in 4B pans.

Assemble on serving line.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	550.00mg
Carbohydrates	42.00g
Fiber	7.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 101.00mg	Iron 3.00mg

Brunch For Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18208

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN FAST 2.5Z 6-3.5 LAMB	2 Each		242241
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
BACON TKY CKD 12- 50CT JENNO	1 Slice		834770
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822
JELLY ASST 1 200- .5Z SMUCK	1 Each		284912

Preparation Instructions

Cook sausage, bacon and hash browns according to instructions on the box.

Offer students two sausage patties but pre tray one.

Students may also have two hash browns.

Serve with toast and offer jelly assortment.

Meal Components (SLE)

Amount Per Serving

Meat	1.18
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	485.00
Fat	20.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	980.00mg
Carbohydrates	56.00g
Fiber	6.00g

Sugar	11.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 66.00mg	Iron 2.36mg

Beef Rotini - W/ Bread Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18209

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	7 Ounce		728590
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

1. Prepare Taco meat according to directions
CCP: Hold beef for hot service at 135F or higher.
3. Meanwhile, clean and chop (if needed) romaine lettuce.
4. At service, portion 1 cup salad and top with 1.5 oz beef, 1/2 cup corn and 1 oz cheese.
5. Serve with Tortilla chips.

Meal Components (SLE)

Amount Per Serving

Meat	1.88
Grain	2.47
Fruit	0.00
GreenVeg	0.00
RedVeg	0.47
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	445.43		
Fat	18.05g		
SaturatedFat	6.83g		
Trans Fat	0.94g		
Cholesterol	50.81mg		
Sodium	750.16mg		
Carbohydrates	48.58g		
Fiber	3.76g		
Sugar	9.53g		
Protein	21.94g		
Vitamin A	576.75IU	Vitamin C	21.64mg
Calcium	67.75mg	Iron	3.82mg

Marco's Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18210

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

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

Chef Salad - W/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18212
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
EGG HARD CKD PLD DRY PK 12-12CT PAP	1/2 Each		853800
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
TURKEY BRST DCD 2-5	1 Ounce		451300
CHEESE AMER SHRD R/F 4-5 LOL	1/4 Cup		861950
CARROT SHRD MED 2-5 RSS	1/4 Cup		313408
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140

Preparation Instructions

Measure lettuce and set aside for salad assembly.

Wash, cut and measure tomatoes. Slice the egg(half of one) into 3-4 strips.

Assemble the salad attractively in a clear hinged container. Serve with light dressing and a whole grain roll.

CCP: Hold and serve at 41 degrees F or lower.

Meal Components (SLE)

Amount Per Serving

Meat	3.51
Grain	1.50
Fruit	0.00
GreenVeg	0.29
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	327.79
Fat	11.46g
SaturatedFat	4.93g
Trans Fat	0.00g
Cholesterol	140.20mg
Sodium	992.52mg
Carbohydrates	34.94g
Fiber	4.49g

Sugar		12.83g	
Protein		24.62g	
Vitamin A	5594.26IU	Vitamin C	14.66mg
Calcium	243.86mg	Iron	2.70mg

Southwest Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18213

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	Weigh	150160
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
TOMATO GRAPE SWT 10 MRKN	3 Each	Sliced in half.	129631
CORN WHL KERNEL STD GRADE 6-10 KE	1/4 Cup		244805
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/2 Cup		712131
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

Preparation Instructions

Use DOD lettuce and tomatoes when available. Weigh ingredients and assemble salad attractively in a clear hinge lid container:

Fill the bottom with lettuce, the middle with chicken, and cheese, tomatoes and corn around the outside.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00

Starch

0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	616.08
Fat	32.58g
SaturatedFat	15.02g
Trans Fat	0.00g
Cholesterol	130.00mg
Sodium	936.69mg
Carbohydrates	45.31g
Fiber	5.91g
Sugar	6.44g
Protein	36.30g
Vitamin A 281.14IU	Vitamin C 4.62mg
Calcium 488.38mg	Iron 1.56mg

Smart Start Meal (2)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18238
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800

Preparation Instructions

Egg and oatmeal bar is precooked and ready to eat.

Place hard boiled egg, oatmeal bar and fruit of the day in a hinged lid, clear container.

Offer a milk and allow students to take a juice if requested.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	210.00		
Fat	9.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	175.00mg		
Sodium	145.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	10.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	2.00mg

Smart Start Meal (3)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18240
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package		770960
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

In a hinged-lid clear container, arrange yogurt, grahams and fruit of the day.

Offer students a milk and allow them to take a juice if requested.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	180.00mg		
Carbohydrates	34.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	4.40mg

Smart Start Meal (4)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18241
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each		262362

Preparation Instructions

In a hinged-lid clear container, arrange cheese stick and muffin.

Offer a milk to students and allow them to take a juice if requested.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00		
Fat	14.00g		
SaturatedFat	5.50g		
Trans Fat	0.10g		
Cholesterol	25.00mg		
Sodium	310.00mg		
Carbohydrates	32.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	8.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	208.26mg	Iron	0.81mg

Raisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18418
School:	Newport Primary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Farm Fresh Pear

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18531
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR 40	1 Ounce		762560

Preparation Instructions

Pears from the Local Food Connection- obtained from a local farm.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	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

Jammer, Cheese, Goldfish Meal Deal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18532
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1 Each		630302
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

In a hinged lid clear container, arrange all components: grains, meat, vegetable of the day and fruit of the day. Offer students MD with a milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	470.00		
Fat	26.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	590.00mg		
Carbohydrates	43.00g		
Fiber	5.00g		
Sugar	11.00g		
Protein	17.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	3.42mg

Yogurt, Granola, Cheese, Cracker Meal Deal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18533
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Package		736280
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
GRANOLA BAG IW 144- 1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

In a hinged lid clear container, arrange all components: grains, meat, vegetable of the day and fruit of the day. Offer students MD with a milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	380.00
Fat	14.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	510.00mg
Carbohydrates	50.00g
Fiber	3.00g
Sugar	15.00g
Protein	15.00g

Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	1.44mg

Assorted Cereal

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18534

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052

Preparation Instructions

These cereals credit as a 1 ounce grain. Students may take an additional grain (toast, grahams) or meat alternate (cheese, yogurt, egg) to meet the 2 ounce grain requirement.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	390.00mg		
Carbohydrates	70.00g		
Fiber	7.00g		
Sugar	23.00g		
Protein	5.00g		
Vitamin A	400.00IU	Vitamin C	4.80mg
Calcium	360.00mg	Iron	10.80mg

Fruit Smoothie (Blenderless)

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18535

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
JUICE APPLE 100 8-64FLZ HV	1/2 Cup		175470
BANANA TURNING 40 P/L	1/2 Cup		200999

Preparation Instructions

Yogurt-8 cups

Juice- 4 cups

Bananas (ripe, mashed smooth and chilled)- 4 cups

Combine yogurt (can be vanilla or strawberry) and juice (apple or unsweetened juice from canned fruit) in 8 quart or larger container and mix until well combined.

Add mashed bananas 2 cups at a time stirring until smooth.

Pour into 8 oz of mixture into 9 oz clear plastic cup with lid and straw. Serve chilled.

Offer students a 1 ounce grain (3 donut holes) and a milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	198.19		
Fat	1.05g		
SaturatedFat	0.45g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	62.16mg		
Carbohydrates	45.26g		
Fiber	2.32g		
Sugar	28.54g		
Protein	4.71g		
Vitamin A	56.64IU	Vitamin C	7.70mg
Calcium	138.75mg	Iron	0.23mg

Meal Deal (W)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18536
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

In a hinged lid clear container, arrange deli sandwich, vegetable of the day and fruit of the day.

Deli Sandwich may be leftover from the previous day's menu.

Offer students MD with a milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18641

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each		666785

Preparation Instructions

Thaw in cooler overnight. PLACE SINGLE LAYER ON PARCHMENT LINED BAKING SHEET.

CONVECTION OVEN: 350 DEGREES Bake for 20 minutes. Best when flipped halfway through baking.

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE AT 135 DEGREES OR HIGHER FOR NO MORE THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	250.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	450.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18642
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each		497202
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each		666785

Preparation Instructions

Thaw in cooler overnight. PLACE SINGLE LAYER ON PARCHMENT LINED BAKING SHEET.

CONVECTION OVEN: 350 DEGREES Bake for 20 minutes. Best when flipped halfway through baking.

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE AT 135 DEGREES OR HIGHER FOR NO MORE THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	450.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

Romaine Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18800
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SHRD MED 2-5 RSS	1/4 Cup		313408
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	2 Each		129631

Preparation Instructions

Use DOD items when available: Romaine-15D44 Grape Tomatoes-18819 Shredded Carrots- 16P70

Arrange lettuce attractively in salad container with carrots and two grape tomatoes layered on top.

Serve salad chilled.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	25.16		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	21.13mg		
Carbohydrates	5.54g		
Fiber	2.16g		
Sugar	2.96g		
Protein	1.42g		
Vitamin A	4942.98IU	Vitamin C	4.82mg
Calcium	27.58mg	Iron	0.42mg

Lo Mein

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18808
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	6 Pound		221460

Preparation Instructions

1 pint- olive oil

1 pint- diced onions

1 quart- diced celery

1 quart- shredded carrots

Prepare spaghetti al dente; drain and keep warm.

Heat oil in a tilt skillet or kettle; add diced onion, diced celery and shredded carrots. Sauté until vegetables are tender but crisp.

Add spaghetti, soy sauce to the vegetable mixture. Toss gently to mix all ingredients well.

Heat thoroughly until the temperature reaches 135° F for 15 seconds.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.92
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	201.60		
Fat	1.44g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	39.36g		
Fiber	3.84g		
Sugar	1.92g		
Protein	6.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.20mg	Iron	1.73mg

Bacon Ranch Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18975
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 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
DRESSING RNCH LT 4-1GAL LTHSE	2 Ounce	READY_TO_EAT Open, pour and enjoy!	861850
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
LETTUCE BLND ICEBERG/ROMN 4- 5 RSS	2 Cup		600504
BREADSTICK WGRAIN 1.31Z 10- 20CT	1 Each		152211

Preparation Instructions

Thaw precooked chicken strips, turkey bacon and breadsticks. (Use commodity chicken strips when available or 150160). Heat chicken, bacon, and breadsticks according to directions. Chop 1/4 inch bits and store in walk-in until salad assembly. Assemble each salad into a clear compartment container.

· Fill the bottom with 2 cups of chopped romaine. Starting at top left corner and working clockwise, top romaine with tablespoon of bacon bits and 1/4 cup of cheese.

Place 3 oz of chicken in center of salad, two ranch cups inside one corner and breadsticks in the other corner.

CCP: Hold and Serve at 41 degrees F. or lower.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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Grain	1.25
Fruit	0.00
GreenVeg	0.29
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	427.52
Fat	23.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	115.00mg
Sodium	815.01mg
Carbohydrates	29.50g
Fiber	2.50g
Sugar	5.50g
Protein	26.50g

Vitamin A	300.01IU	Vitamin C	0.00mg
Calcium	257.30mg	Iron	1.35mg

Deli Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19059

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
TURKEY HAM 2-7AVG JENNO	3 Ounce		434663
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Assemble sandwich by placing turkey slices on sub bun first, followed by a slice of cheese.

Hold sandwiches for cold service at 41F or lower.

Serve in small, clear hinge lid container.

Meal Components (SLE)

Amount Per Serving

Meat	3.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	315.00		
Fat	11.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	1165.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	21.00g		
Vitamin A	150.00IU	Vitamin C	1.80mg
Calcium	131.00mg	Iron	3.08mg

Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19062

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 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
TORTILLA FLOUR ULTRGR 8 18- 12CT	1 Each		882700
CHEESE AMER SHRP SHRD 4-5 LOL	1 Ounce		861960

Preparation Instructions

Use commodity fajita strips and shredded cheese when available.

On each tortilla fill bottom half with chicken, shredded cheese. Roll in the form of a burrito. Cut seam side down, cut diagonally and serve immediately.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	295.00
Fat	14.50g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	92.50mg
Sodium	625.00mg
Carbohydrates	21.50g
Fiber	2.00g

Sugar	1.50g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.00mg	Iron 1.08mg

Veggie Boat

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19137

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	Rinse carrots under cold water...drain	768146
CUCUMBER SELECT 24CT MRKN	1/4 Cup	Wash cucumbers & slice	418439
TOMATO CHERRY 11 MRKN	1/4 Cup	Wash tomatoes and drain	569551
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486

Preparation Instructions

Wash all fresh vegetables under cold running water. Drain well. Slice or separate as necessary. Place required amounts into container/trays. Refrigerate at 40 degrees until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	24.97		
Fat	0.18g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	24.67mg		
Carbohydrates	5.25g		
Fiber	1.79g		
Sugar	3.00g		
Protein	1.14g		
Vitamin A	388.50IU	Vitamin C	18.58mg
Calcium	18.75mg	Iron	0.27mg

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19138

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED 6-5 JTM	1 Ounce		271081
BROCCOLI CUTS 6-4 GCHC	1/2 Cup		610871

Preparation Instructions

1. Steam broccoli according to manufacturer's instructions. Be careful not to overcook. Broccoli should be bright green and slightly crisp. CCP: Heat to 135 F or higher.
2. Prepare cheese sauce according to manufacturer's instructions. CCP: Heat to 135 F or higher.
3. Ensure broccoli is fully drained before mixing in cheese sauce.

**Allergens: Milk, Soy

Meal Components (SLE)

Amount Per Serving

Meat	0.55
Grain	0.00
Fruit	0.00
GreenVeg	0.13
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	72.26		
Fat	4.54g		
SaturatedFat	2.54g		
Trans Fat	0.00g		
Cholesterol	15.38mg		
Sodium	238.31mg		
Carbohydrates	3.55g		
Fiber	1.49g		
Sugar	1.25g		
Protein	5.25g		
Vitamin A	727.09IU	Vitamin C	28.03mg
Calcium	138.82mg	Iron	0.40mg

Chili Cheese Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19195
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 2 TO 4 MINUTES.	509661
CHILI CINCINNATI STYLE 6-5 COMM	3 Ounce		343990
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
BREADSTICK WGRAIN 1.31Z 10-20CT	1 Each		152211

Preparation Instructions

Chili: Keep frozen. Place in a sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

Fries: PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Portion 3oz of fries into boat directly on the tray. Portion chili on top of fries or on the side. Serve students 1oz on the side in a soufflé cup or directly on chili.

Offer a breadstick.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.07
Legumes	0.00

Starch

0.56

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 419.73

Fat 21.39g

SaturatedFat 9.17g

Trans Fat 0.54g

Cholesterol 59.03mg

Sodium 559.48mg

Carbohydrates 37.95g

Fiber 4.77g

Sugar 2.54g

Protein 19.76g

Vitamin A 300.01IU **Vitamin C** 4.01mg

Calcium 245.47mg **Iron** 2.73mg

Wedge Cut Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19196
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	2 3/4 Ounce	DEEP FRY @ 350° F FOR 3 1 2 TO 4 MINUTES.	509661

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Portion no more than 3 ounces 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	0.51

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	92.01		
Fat	2.56g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.67mg		
Carbohydrates	15.33g		
Fiber	2.04g		
Sugar	0.00g		
Protein	2.04g		
Vitamin A	0.00IU	Vitamin C	3.68mg
Calcium	0.00mg	Iron	0.74mg

Salad Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19197
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 1/8 Ounce	UNSPECIFIED Not currently available	570533
EGG HRD CKD DCD IQF 4-5 GCHC	1 Tablespoon		192198
CHEESE AMER SHRD R/F 4-5 LOL	1/16 Ounce		861950
TOMATO 6X6 LRG 10 MRKN	1/16 Cup		199001
PEPPERS GREEN LRG 5 MRKN	1/8 Cup		592315
CUCUMBER SDLSS 12-1CT MRKN	1/8 Cup		532312
ONION DCD 1/4 2-5 RSS	0 Cup		198307
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce		202150
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.08
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.05
OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	141.07
Fat	5.71g
SaturatedFat	1.79g
Trans Fat	0.00g
Cholesterol	108.03mg
Sodium	330.03mg
Carbohydrates	4.07g
Fiber	1.37g
Sugar	2.10g

Protein	16.44g
Vitamin A 131.04IU	Vitamin C 13.08mg
Calcium 30.93mg	Iron 1.67mg

Crispy Garbanzos

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19198
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GCHC	0 Cup		118753
OIL OLV XVGRN 3-1GAL FILIPPO	0 Tablespoon		645142

Preparation Instructions

Preheat oven to 350F. Drain and rinse beans using a colander or strainer. Lay beans out on a baking sheet lined with parchment paper. Pat dry with a paper towel and be sure that all moisture is removed. Drizzle with olive oil and toss to distribute the oil.

Bake in the oven for 40 to 50 minutes until golden brown and crunchy. They should be crunchy enough to make a rattling sound when you shake them around the baking sheet. After roasting and while still warm, season with preferred spice blend (Moroccan Spice Blend or Chipotle Blend).

Serve .5 cup in a soufflé cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	33.50		
Fat	1.20g		
SaturatedFat	0.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	4.50g		
Fiber	1.25g		
Sugar	0.75g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.18mg

Smart Start Jammer

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19199
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1 Each		630302

Preparation Instructions

In a hinged lid clear container (clear baggie), arrange jammer and fruit of the day.

Offer students Smart Start with a milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	290.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.70mg

Fish Filet w/ Mac and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19205

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Placefrozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
ENTREE MACAR & CHS R/F WGRAIN 6-5	1 Cup		119122

Preparation Instructions

Fish:
FROM FROZEN: TO BAKE: Placefrozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM. Basic Preparation

Mac and Cheese: THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN. HEAT INTERNAL TEMPERATURE TO 165 DEGREES F. WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE POURED INTO SERVING PANS. IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY.

Meal Components (SLE)

Amount Per Serving

Meat	4.49
Grain	2.49
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	602.84		
Fat	23.42g		
SaturatedFat	9.96g		
Trans Fat	0.00g		
Cholesterol	64.78mg		
Sodium	2042.69mg		
Carbohydrates	62.27g		
Fiber	3.99g		
Sugar	9.96g		
Protein	34.37g		
Vitamin A	1119.40IU	Vitamin C	0.00mg

Calcium 59.70mg **Iron** 2.91mg

Carrot Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19240
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SHRD MED 2-5 RSS	3/4 Cup		313408
PINEAPPLE CHUNKS IN JCE 6-10 GCHC	1 Tablespoon		189952

Preparation Instructions

Prepare carrot salad by adding just the juice from the canned pineapple. Students need a minimum of 3/4 cup to meet the red/orange requirement.

Serve pineapple as a second fruit option for the day.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	43.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	61.25mg		
Carbohydrates	10.25g		
Fiber	2.92g		
Sugar	6.25g		
Protein	0.67g		
Vitamin A	14266.67IU	Vitamin C	6.70mg
Calcium	28.00mg	Iron	0.00mg

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19241
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD 25 GCHC	1/2 Each		711160
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup		600504
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce		202150
TURKEY BRST DCD 2-5	1 1/2 Ounce		451300
BACON TKY CKD 12-50CT JENNO	1 Tablespoon		834770
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.44
Grain	1.00
Fruit	0.00
GreenVeg	0.29
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	242.56
Fat	7.73g
SaturatedFat	1.72g
Trans Fat	0.00g
Cholesterol	142.81mg
Sodium	725.53mg
Carbohydrates	17.90g
Fiber	2.05g

Sugar	5.25g
Protein	22.54g
Vitamin A 374.85IU	Vitamin C 7.07mg
Calcium 48.03mg	Iron 2.88mg

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19242
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD 25 GCHC	1/2 Each		711160
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Cup		600504
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce		202150
TURKEY BRST DCD 2-5	1 1/2 Ounce		451300
BACON TKY CKD 12-50CT JENNO	1 Tablespoon		834770
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.44
Grain	2.00
Fruit	0.00
GreenVeg	0.43
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	326.32
Fat	8.73g
SaturatedFat	1.72g
Trans Fat	0.00g
Cholesterol	142.81mg
Sodium	818.03mg
Carbohydrates	31.65g
Fiber	3.30g

Sugar	8.50g
Protein	25.79g
Vitamin A 374.85IU	Vitamin C 7.07mg
Calcium 73.54mg	Iron 4.21mg

Smiley Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19290

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	2 3/4 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Portion no more than 3 ounces 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	0.57

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	148.34		
Fat	5.13g		
SaturatedFat	0.57g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	205.39mg		
Carbohydrates	22.82g		
Fiber	2.28g		
Sugar	0.00g		
Protein	2.28g		
Vitamin A	0.00IU	Vitamin C	2.74mg
Calcium	0.00mg	Iron	0.41mg

Belgian Waffle W/ Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19326
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL WHLWHE 48-3.5 GINNYS	1 Slice		243572
STRAWBERRY 8 MRKN	1/2 Cup		212768
YOGURT VAN L/F PARFPR 6-4 YOPL	2 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500

Preparation Instructions

Warm waffles in oven at 350F for 5 minutes and serve immediately.

Serve: Offer 2 ounces of vanilla yogurt on top of the waffle or on the side in a soufflé cup to meet the grain requirement.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	1.50
Fruit	0.45
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	382.69		
Fat	14.73g		
SaturatedFat	6.19g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	191.02mg		
Carbohydrates	57.57g		
Fiber	4.34g		
Sugar	31.61g		
Protein	6.68g		
Vitamin A	513.78IU	Vitamin C	67.51mg
Calcium	85.53mg	Iron	1.91mg

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19328
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup		135261
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce		163020

Preparation Instructions

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater

Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater

Hold ingredients at 135 degrees F or greater until service

Serving: Place 2oz of chips (approximately 16 chips) in a large boat. Pour 3oz of taco meat onto chips. Place .25 cup of cheese sauce in bag or in soufflé cup on side and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.62
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	465.43		
Fat	20.64g		
SaturatedFat	7.20g		
Trans Fat	0.27g		
Cholesterol	53.12mg		
Sodium	876.25mg		
Carbohydrates	47.73g		
Fiber	5.89g		
Sugar	1.89g		
Protein	21.11g		
Vitamin A	610.41IU	Vitamin C	4.73mg
Calcium	327.80mg	Iron	2.61mg

Fiesta Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19329
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL STD GRADE 6-10 KE	1/4 Cup	rinsed	244805
BEANS BLACK LO SOD 6-10 BUSH	1/4 Cup	drained	231981
SALSA 103Z 6-10 REDG	2 Ounce	READY_TO_EAT None	452841

Preparation Instructions

Drain a #10 can of corn and a #10 can of black beans. Mix together beans and corn.

Add salsa (half of #10 can) to bean and corn mixture and refrigerate at least an hour before service.

Portion 4oz into soufflé cup.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
OtherVeg	0.00
Legumes	0.25
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	120.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	273.67mg		
Carbohydrates	22.50g		
Fiber	3.50g		
Sugar	5.33g		
Protein	4.50g		
Vitamin A	237.33IU	Vitamin C	2.67mg
Calcium	52.67mg	Iron	1.05mg

Crinkle Cut Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19336

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 C/C OVATIONS 6-5 MCC	2 1/2 Ounce		510081

Preparation Instructions

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.

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	0.61

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	109.22		
Fat	3.64g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	139.56mg		
Carbohydrates	16.99g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.21g		
Vitamin A	0.00IU	Vitamin C	2.91mg
Calcium	0.00mg	Iron	0.44mg

Fruit and Cottage Cheese Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	3 Ounce	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
WATERMELON RED SDLSS 2CT P/L	1/2 Cup		326089
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Cup		702595
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1/2 Cup		189979

Preparation Instructions

Arrange green leaf lettuce on the bottom of a clear hinge lid container.

Place 3oz of cottage cheese in the middle and the fruit around the outside.

Fruit used can be substituted for what is in the menu based on what is being served for the day.

Serve with a whole grain roll, breadstick or crackers.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	1.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	143.20		
Fat	0.95g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	310.85mg		
Carbohydrates	28.25g		
Fiber	1.80g		
Sugar	22.50g		
Protein	6.95g		
Vitamin A	3098.24IU	Vitamin C	18.47mg
Calcium	85.78mg	Iron	0.85mg

Rodeo Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19367

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 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
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
ONION RING BRD WGRAIN 6-5#TASTY BRAND	1 Each		234061
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon		655937

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. When finished cooking and before the line, put 1T bbq sauce, an onion ring and top bun.

Cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.20
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	405.00		
Fat	17.60g		
SaturatedFat	7.30g		
Trans Fat	0.50g		
Cholesterol	52.50mg		
Sodium	866.00mg		
Carbohydrates	43.60g		
Fiber	5.60g		
Sugar	14.00g		
Protein	20.10g		
Vitamin A	0.00IU	Vitamin C	0.48mg
Calcium	178.00mg	Iron	2.66mg

Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19372
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 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
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
SAUCE MARINARA A/P 6-10 REDPK	1 Tablespoon	READY_TO_EAT None	592714

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. When finished cooking and before the line, put sauce on and top bun.

Cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.18
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 344.29

Fat 16.71g

SaturatedFat 7.00g

Trans Fat 0.50g

Cholesterol 52.50mg

Sodium 789.29mg

Carbohydrates 31.14g

Fiber 5.71g

Sugar 5.93g

Protein 20.21g

Vitamin A 138.57IU **Vitamin C** 2.14mg

Calcium 163.71mg **Iron** 2.44mg

Deluxe Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19374

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 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
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

Preheat oven to 375 degrees F. Bake from thawed state. Line patty's in single layer on lined sheet pan. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.

From bottom to top - bottom bun, hamburger patty, slice of cheese, top bun. At the service line, offer a side of deluxe toppings: lettuce, tomato and onion.

Cover with saran wrap and aluminum foil.

CCP: Hold for Hot Service at 141 degrees F or greater.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	330.00
Fat	16.50g
SaturatedFat	7.00g
Trans Fat	0.50g
Cholesterol	52.50mg
Sodium	665.00mg
Carbohydrates	28.50g
Fiber	5.00g
Sugar	4.50g

Protein	19.50g
Vitamin A 150.00IU	Vitamin C 0.00mg
Calcium 158.00mg	Iron 2.44mg

Celery Sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19394

Ingredients

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

Preparation Instructions

Serve celery sticks chilled. Offer a Ranch dip cup. Use DOD celery when available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.00mg		
Carbohydrates	3.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

Mixed Variety- fruit salad

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19396
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Combine fruit leftover from the week into a mixing bowl.

Portion .5 serving into an attractive container.

Serve chilled.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	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

Veggie Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19397
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	1/2 Cup		560715
PEPPERS GREEN 2 20 P/L	1/2 Cup		280437

Preparation Instructions

Use DOD when available. Use 3 grape tomatoes when red pepper is unavailable.

Slice into stirps. Place required amounts into container/trays. Refrigerate at 40 degrees until serving time.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	33.90
Fat	0.25g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.65mg
Carbohydrates	8.50g
Fiber	2.05g
Sugar	5.00g
Protein	1.25g
Vitamin A 2275.53IU	Vitamin C 176.18mg
Calcium 13.57mg	Iron 0.57mg

Fiesta Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19481
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Ounce		722330
CHIX TACO FILLING CKD 4- 5.03 TYS	1 Ounce	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 Ounce	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.	668341
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1 Tablespoon		576280
CHIP TORTL RND YEL 5-1.5 KE	1 Ounce		163020
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
PEPPERS & ONION FLME RSTD 6-2.5	1 Ounce		847208

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD 6-2.5	1 Cup	<p>MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760
SAUCE CHS WHT QUESO 4-5 BIB JTM	1 Ounce		701201
SAUCE CHS CHED 6-5 JTM	1 Ounce		271081
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

Preparation Instructions

Prepare all ingredients according to directions on packaging.

Offer students a choice of protein and they can only pick one: beef or chicken.

They may add refried beans and choice of cheese: either cheddar or white queso.

Offer salsa cups and both vegetables on line- students may have a half a cup of each.

They may add additional vegetables from the bar: lettuce, tomato, onion jalapenos.

Meal Components (SLE)

Amount Per Serving

Meat	2.79
Grain	3.58
Fruit	0.00
GreenVeg	0.00
RedVeg	0.53
OtherVeg	0.05
Legumes	0.59
Starch	0.26

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	729.52
Fat	23.64g
SaturatedFat	9.03g
Trans Fat	0.23g
Cholesterol	69.77mg
Sodium	1350.95mg
Carbohydrates	92.95g
Fiber	15.24g
Sugar	11.39g
Protein	32.39g
Vitamin A	762.66IU
Vitamin C	10.16mg

Calcium 351.99mg **Iron** 5.68mg

Iced Coffee OTD

Servings:	1.00	Category:	Milk
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19482
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COFFEE DECAF INST 5-100 SANKA	1 Fluid Ounce		462098
SYRUP VAN SGR FR PLAS 4-1LTR	1 Fluid Ounce	MIX pour and mix READY_TO_DRINK pour and mix	853910
SYRUP CRML SGR FR 4-1LTR MONIN	1 Fluid Ounce	MIX pour and mix	608962

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	0.60		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.60mg		
Carbohydrates	8.17g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.90mg	Iron	0.02mg

Applesauce- Blue Raspberry

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19483
School:	Newport Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE BLUE RASPB 96-4.5Z	1		358553

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Applesauce- Strawberry Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19484
School:	Newport Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRWB BAN CUP 96-4.5Z	1		250012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19485
School:	Newport Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup		271497

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.06
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	6.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.11mg		
Carbohydrates	1.44g		
Fiber	0.22g		
Sugar	1.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.56mg	Iron	0.00mg

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19486
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup		271497

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.06
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	6.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.11mg		
Carbohydrates	1.44g		
Fiber	0.22g		
Sugar	1.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.56mg	Iron	0.00mg

Applesauce- Watermelon

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19487
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE WTRMLN CUP 96-4.5Z	1		276161

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	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

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19488
School:	Southgate Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup		271497

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.06
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	6.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.11mg		
Carbohydrates	1.44g		
Fiber	0.22g		
Sugar	1.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.56mg	Iron	0.00mg

Chipotle Blend Seasoning

Servings:	10.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19491
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD 16Z TRDE	1 Teaspoon		331473
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993
SPICE PAPRIKA 16Z TRDE	1 Tablespoon		518331
SPICE CUMIN GRND 15Z TRDE	2 Teaspoon		273945
SPICE CINNAMON GRND 15Z TRDE	1/8 Teaspoon		224723
SPICE CLOVES GRND 16Z TRDE	1/8 Teaspoon		224774
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Teaspoon		225061
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon		513733

Preparation Instructions

Combine all ingredients and stir until evenly blended.

Store in a plastic seasoning container in a cool, dry location until ready to use.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Tablespoon

Amount Per Serving	
Calories	4.52
Fat	0.12g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.40mg
Carbohydrates	0.80g
Fiber	0.40g

Sugar			0.00g
Protein			0.16g
Vitamin A	396.08IU	Vitamin C	0.18mg
Calcium	2.23mg	Iron	0.43mg

Moroccan Blend Seasoning

Servings:	8.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19492

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CUMIN GRND 15Z TRDE	6 Teaspoon		273945
SPICE CORIANDER GRND 14Z TRDE	3 Teaspoon		829862
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Teaspoon		331473
SPICE PAPRIKA 16Z TRDE	1 1/2 Teaspoon		518331
SPICE CINNAMON GRND 15Z TRDE	1 1/2 Teaspoon		224723
SPICE ALLSPICE GRND 16Z TRDE	3/4 Teaspoon		513601
SPICE GINGER GRND 16Z TRDE	3/4 Teaspoon		513695
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1/2 Teaspoon		225088

Preparation Instructions

Combine all ingredients and stir until evenly blended.

Store in a plastic seasoning container in a cool, dry location until ready to use.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	2.18		
Fat	0.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	23.25mg		
Carbohydrates	0.00g		
Fiber	0.23g		
Sugar	0.00g		
Protein	0.08g		
Vitamin A	322.55IU	Vitamin C	0.11mg

Calcium 1.24mg **Iron** 1.16mg

Chicken Alfredo

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19501
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	10 Pound		155661
PASTA PENNE RIGATE 2-10 KE	5 Pound		635501
CHIX STRP FAJT DK MT FC 6-5 TYS	2 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	1.55
Grain	1.17
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories 249.98

Fat 7.92g

SaturatedFat 4.06g

Trans Fat 0.00g

Cholesterol 35.88mg

Sodium 529.84mg

Carbohydrates 30.91g

Fiber 1.14g

Sugar 4.91g

Protein 14.14g

Vitamin A 275.55IU **Vitamin C** 0.00mg

Calcium 246.22mg **Iron** 1.31mg

Seasoned Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19502
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL STD GRADE 6-10 KE	1/2 Cup	rinsed	244805

Preparation Instructions

Cook corn as usual. Once heated, drain the liquid until there is a thin layer at the bottom.

Sprinkle with chipotle seasoning, mix well and serve immediately.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	130.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	7.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.30mg

Italian Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19646
School:	Newport Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
TURKEY ITAL COMBO SLCD 12-1 JENNO	3 Ounce		199721

Preparation Instructions

Weigh deli meat and assemble sandwich by placing 3oz (approximately 4 slices) of a different type on sub bun first. Fold slices in half.

Cheese should be cut in half diagonally. Place two triangles on top of deli meat. Be sure to offer subs with lettuce and tomato- Subway style.

Wrap individually or cover on tray. Hold sandwiches for cold service at 41F or lower until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	333.30		
Fat	12.80g		
SaturatedFat	5.20g		
Trans Fat	0.00g		
Cholesterol	70.50mg		
Sodium	935.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	21.50g		
Vitamin A	0.00IU	Vitamin C	3.20mg
Calcium	171.00mg	Iron	3.32mg

Carrots and Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19674

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146

Preparation Instructions

Prepare carrots by placing .5 in a soufflé cup.

Offer with a ranch dip cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	87.33		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	154.33mg		
Carbohydrates	9.00g		
Fiber	1.33g		
Sugar	5.00g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.33mg	Iron	0.00mg

Sweet Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19678

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	3/4 Cup	CONVECTION OVEN: PREHEAT OVEN TO 425°F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME. 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

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN Fries EVENLY ON A SHALLOW BAKING PAN.

BAKE FOR 10 TO 14 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	0.75
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	255.00		
Fat	10.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	345.00mg		
Carbohydrates	37.50g		
Fiber	3.00g		
Sugar	12.00g		
Protein	1.50g		
Vitamin A	7500.02IU	Vitamin C	9.00mg

Calcium 30.00mg **Iron** 0.54mg

TBLT

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19681

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SKNLS CKD 2-9AVG JENNO	3 Ounce		442763
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Cup		702595
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822

Preparation Instructions

USE DOD GREEN LEAF LETTUCE-16W17 AND TOMATOES-15Q75 IF AVAILABLE.

Weigh deli meat and assemble sandwich by placing 3oz (approximately 4 slices) of turkey on bread. Place a slice of turkey bacon on top of turkey.

Be sure to offer subs with lettuce and tomato- Subway style- either on sandwich or on the side.

Wrap individually or place in a container with lid. Hold sandwiches for cold service at 41F or lower until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	295.35		
Fat	4.38g		
SaturatedFat	0.39g		
Trans Fat	0.00g		
Cholesterol	36.09mg		
Sodium	1041.81mg		
Carbohydrates	39.33g		
Fiber	4.50g		
Sugar	6.78g		
Protein	22.49g		
Vitamin A	2665.80IU	Vitamin C	3.31mg
Calcium	72.96mg	Iron	2.59mg

Corn on the Cobb

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19682

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN COB EARS LITTLE 2.75 96CT GCHC	1 Each		119385

Preparation Instructions

Cook according to package directions.

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	0.13

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	90.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cinnamon Apple Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19809

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Deluxe Toppings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19826

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Fill a boat with one piece of green leaf lettuce, slice of tomato, two raw onion rings and 1oz of pickles.

Except for pickles, all items should be available from DOD. Managers should share if a whole case is not needed.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
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 Pancakes W/ Syrup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19876

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK DIET CUP 100-1Z SMUCK	1 Each		666785
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269230

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	230.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	340.00mg		
Carbohydrates	44.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Smart Start Jammer

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19883
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1 Each		630302

Preparation Instructions

In a hinged lid clear container (clear baggie), arrange jammer and fruit of the day.

Offer students Smart Start with a milk.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	290.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.70mg

Smart Start Meal (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19886
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
GRANOLA BAG IW 144- 1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

Place yogurt, granola and fruit in a small, hinged-lid clear container.

Offer a milk and allow students a juice if requested.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	200.00		
Fat	4.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	140.00mg		
Carbohydrates	35.00g		
Fiber	2.00g		
Sugar	15.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	0.72mg

Smart Start Meal (2)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19887
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	1 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

Preparation Instructions

Egg and oatmeal bar is precooked and ready to eat.

Place hard boiled egg, oatmeal bar and fruit of the day in a hinged lid, clear container.

Offer a milk and allow students to take a juice if requested.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	240.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	145.00mg		
Carbohydrates	41.00g		
Fiber	1.00g		
Sugar	21.00g		
Protein	6.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	111.00mg	Iron	1.00mg

Smart Start Meal (3)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19889
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package		770960
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

In a hinged-lid clear container, arrange yogurt, grahams and fruit of the day.

Offer students a milk and allow them to take a juice if requested.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	180.00mg		
Carbohydrates	34.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	360.00mg	Iron	4.40mg

Smart Start Meal (4)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19890
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362

Preparation Instructions

In a hinged-lid clear container, arrange cheese stick and muffin.

Offer a milk to students and allow them to take a juice if requested.

Muffin Options:

Blueberry- 557970

Cinnamon Apple- 558011

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	280.00		
Fat	14.00g		
SaturatedFat	5.50g		
Trans Fat	0.10g		
Cholesterol	25.00mg		
Sodium	310.00mg		
Carbohydrates	32.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	8.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	208.26mg	Iron	0.81mg

Smart Start Meal GF

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19891
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	266052

Preparation Instructions

In a hinged-lid clear container, arrange cheese stick, cereal and fruit of the day.

Options:

Hard boiled egg in place of cheese stick.

Lucky Charms Pouch-235240 is preferred over the bowl cereal in the Smart Start meal. It is not always available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	190.00
Fat	7.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	310.00mg
Carbohydrates	24.00g
Fiber	2.00g
Sugar	9.00g
Protein	8.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 2.70mg

Asian Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21039

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving

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

Asian Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21040

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving

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

Buffalo Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21043

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Cup		600504
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.43
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	179.38		
Fat	2.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	189.77mg		
Carbohydrates	30.01g		
Fiber	3.30g		
Sugar	8.00g		
Protein	7.15g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	61.04mg	Iron	3.03mg

Buffalo Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21044
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Cup		600504
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

NEEDS WORK

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.43
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	179.38		
Fat	2.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	189.77mg		
Carbohydrates	30.01g		
Fiber	3.30g		
Sugar	8.00g		
Protein	7.15g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	61.04mg	Iron	3.03mg

Buffalo Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21045
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Cup		600504
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

NEEDS WORK

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.43
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	179.38		
Fat	2.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	189.77mg		
Carbohydrates	30.01g		
Fiber	3.30g		
Sugar	8.00g		
Protein	7.15g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	61.04mg	Iron	3.03mg

Buffalo Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21046
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Cup		600504
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

NEEDS WORK

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.43
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	179.38		
Fat	2.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	189.77mg		
Carbohydrates	30.01g		
Fiber	3.30g		
Sugar	8.00g		
Protein	7.15g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	61.04mg	Iron	3.03mg

Buffalo Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21047
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Cup		600504
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

NEEDS WORK

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.43
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	179.38		
Fat	2.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	189.77mg		
Carbohydrates	30.01g		
Fiber	3.30g		
Sugar	8.00g		
Protein	7.15g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	61.04mg	Iron	3.03mg

Buffalo Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21048
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	4 Each		129631
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Cup		600504
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Portion 2 c. of chopped romaine in each container.

Arrange salad toppings on top of romaine. Portion 1.5 oz. turkey breast, 1.5 oz. ham, 1 tbsp. bacon, one egg half, and 4 cherry tomatoes.

Serve a 1oz equivalent grain (roll or breadstick) and .5 oz. reduced-fat/light ranch dressing with each salad. Hold at 40° F until serving.

NEEDS WORK

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.43
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	179.38		
Fat	2.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	189.77mg		
Carbohydrates	30.01g		
Fiber	3.30g		
Sugar	8.00g		
Protein	7.15g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	61.04mg	Iron	3.03mg

Deli Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21049
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
TURKEY HAM 2-7AVG JENNO	3 Ounce		434663
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Assemble sandwich by placing turkey slices on sub bun first, followed by a slice of cheese.

Hold sandwiches for cold service at 41F or lower.

Serve in small, clear hinge lid container.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	315.00		
Fat	11.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	1165.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	21.00g		
Vitamin A	150.00IU	Vitamin C	1.80mg
Calcium	131.00mg	Iron	3.08mg

Fiesta Dip

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22089

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GCHC	1 1/2 #10 CAN		118753
BEANS BLACK LO SOD 6-10 BUSH	1 1/2 #10 CAN		231981
LEMON JUICE 100 12-32FLZ GCHC	1 Quart		311227
Extra Virgin Olive Oil 12/16.9oz	1/4 Cup		131221
SPICE CUMIN GRND 15Z TRDE	2 Tablespoon		273945

Preparation Instructions

Combine ingredients using a mixer. Puree on medium for 1-2 minutes. DO NOT OVERMIX.

Season with a sprinkle of salt, pepper and garlic powder.

Refrigerate. Hold at 41F or lower.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	182.32
Fat	1.94g
SaturatedFat	0.39g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	341.44mg
Carbohydrates	31.82g
Fiber	8.54g
Sugar	3.10g
Protein	10.09g
Vitamin A 0.00IU	Vitamin C 4.61mg
Calcium 93.12mg	Iron 2.13mg

Salisbury Steak w/ Roll (9-12)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22090
School:	Newport High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Tablespoon	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE	552050
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	2 Each		233140
BEEF STK SALIS 172-2.78Z JTM	1		173192

Preparation Instructions

Cook beef patties and rolls according to directions.

Basic gravy preparation:

IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	285.00
Fat	5.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	420.00mg
Carbohydrates	53.00g
Fiber	4.00g
Sugar	14.00g
Protein	8.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 18.00mg **Iron** 2.00mg