# Cookbook for

**Created by HPS Menu Planner**

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# Pepperoni Pizza Slice

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

## Ingredients

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

## Preparation Instructions

Arrange slices on cookie sheet, lined with parchment paper.

Bake at 425 degrees for 8-10 min.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.13 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

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

# Chicken Nuggets

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX CHUNKS BRD WGRAIN .66Z 4-7 | 500 Each | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8 - 10 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6 - 8 minutes at 375°F from frozen. | 558040 |

## Preparation Instructions

Arrange chicken pieces on a cookie sheet with parchment paper.

Bake at 400 degrees for 8-10 min.

Serving size 5 pieces.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00 Each

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

# Calzone (3 cheese)

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

## Ingredients

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

## Preparation Instructions

Arrange calzones on a baking sheet with parchment paper.

Bake at 400 degrees for 8-10 minutes.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.13 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

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

# Nachos

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

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

# Hamburger

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

## Ingredients

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

## Preparation Instructions

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

Hold in liquid of beef broth and onions.

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

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

# Stuffed Crust Pizza

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

## Ingredients

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

## Preparation Instructions

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

Bake at 400 degrees for 8-10 minutes.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.13 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

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

# Baby Carrots

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.31 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 2.00

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

# Hash Brown Stars

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.50 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 7.00 Each

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

# Pretzel Bites w/ Cheese

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

## Ingredients

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

## Preparation Instructions

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

#30 scoop cheese.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 5.00

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

# Steamed Broccoli

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 1.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

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

# Macaroni and Cheese

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.49 |
| **Grain** | 0.75 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

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

# Boneless Wings

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

## Ingredients

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

## Preparation Instructions

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

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **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: 100.00

Serving Size: 5.00

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

# Mozzarella Dippers w/ Marinara

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 1.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 2.00

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 360.00 | | |
| **Fat** | 14.00g | | |
| **SaturatedFat** | 5.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 20.00mg | | |
| **Sodium** | 880.00mg | | |
| **Carbohydrates** | 40.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 6.00g | | |
| **Protein** | 16.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 320.00mg | **Iron** | 1.60mg |

# Hot Dog on Bun

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

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

# Cheeseburger on Bun

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

## Ingredients

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

## Preparation Instructions

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

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.50 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

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

# Bacon Cheeseburger on Bun

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

## Ingredients

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

## Preparation Instructions

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

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.50 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

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

| | | | |
|---|---|---|---|
| **Calcium** | 120.00mg | **Iron** | 1.44mg |

# Tacos (hard shell)

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

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

# Grilled Cheese Sandwich

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.00

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

# Cheese Omelet

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

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

# Dominos Smart Slice (Cheese)

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| Dominos Cheese Pizza | 100 Slice | | |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.02 |
| **Grain** | 2.02 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.40 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

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

# Spaghetti with Meatballs

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

## Ingredients

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

## Preparation Instructions

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

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

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

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

#4 scoop pasta

#16 scoop sauce

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.25 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

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

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

# Baked Beans

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

## Ingredients

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

## Preparation Instructions

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

Serve with #6 scoop.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.50 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.75 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75 Cup

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

# Black Beans

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

## Ingredients

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

## Preparation Instructions

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

Serve with #6 scoop.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.75 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75

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

# Refried Beans

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

## Ingredients

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

## Preparation Instructions

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

#6 scoop.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.75 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 225.00 | | |
| **Fat** | 2.25g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 210.00mg | | |
| **Carbohydrates** | 37.50g | | |
| **Fiber** | 6.00g | | |
| **Sugar** | 1.50g | | |
| **Protein** | 9.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Chocolate Chip Cookie

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00

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

# Double Stuffed Pizza

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Breaded Chicken Sandwich

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX PTY BRD WGRAIN 3.26Z 4-7.7 | 100 Each | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 558061 |
| Hamburger Bun (Alpha Baking) | 100 Each | | |

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Curly Fries

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.94 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

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

# Pears

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

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

# Celery Sticks

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

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

# Strawberry Cup

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

## Ingredients

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

## Preparation Instructions

Thaw in refrigerator night before service.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Pudding Cup

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

## Ingredients

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

## Preparation Instructions

Thaw in refrigerator night before service.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Cheese Pizza Slice

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.13 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# General Tso's Rice Box

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SAUCE GEN TSO 4-.5GAL ASIAN | 100 Tablespoon | | 802850 |
| CHIX STRP FAJT SEAS FC 8-4.99 TYS | 300 Ounce | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>25-30 minutes at 350°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>5-8 minutes in a single layer at 400°F from frozen.<br>MICROWAVE<br>Appliances vary, adjust accordingly.<br>Microwave Oven<br>3 1<br>2 to 4 minutes on HIGH power from frozen; hold 1 minute. | 150160 |
| RICE BRN PARBL WGRAIN 25 GCHC | 100 Cup | BOIL<br>Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed. | 516371 |

## Preparation Instructions

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

#4 scoop rice

Heaping #12 scoop chicken/sauce.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 4.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |

| | |
|---|---|
| **Starch** | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 845.00 | | |
| **Fat** | 13.00g | | |
| **SaturatedFat** | 2.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 80.00mg | | |
| **Sodium** | 500.00mg | | |
| **Carbohydrates** | 154.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 7.00g | | |
| **Protein** | 32.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 29.00mg | **Iron** | 4.00mg |

# Fortune Cookie

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.17 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Corn Dog

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Tator Tots

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

## Ingredients

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

## Preparation Instructions

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

#8 scoop or gloved hand.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.79 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

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

# Chicken Sticks

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX STIX WGRAIN FC .43Z 6-5 TYS | 800 Each | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 283562 |

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 8.00 Each

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

# Mandarin Oranges

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| Mandarin Oranges | 50 Cup | | 3802 |

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

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

# Personal Pan Pizza (Pepperoni)

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.13 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Personal Pan Pizza (Cheese)

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.13 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Banana

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

## Ingredients

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

## Preparation Instructions

Separate from bunch and serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 1.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Pancakes w/ Chocolate Chips

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

## Ingredients

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

## Preparation Instructions

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

#30 scoop for chocolate chips.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 2.00 Each

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

# Apple Slices

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Sweet Potato Fries

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| FRIES SWT 3/8 6-40Z HARVSPL | 310 Ounce | CONVECTION<br>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.<br>DEEP_FRY<br>FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1<br>2 MINUTES. | 273660 |

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.50 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 3.10 Ounce

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

# String Cheese

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

## Ingredients

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

## Preparation Instructions

Store in refrigerator, serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Yogurt

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

## Ingredients

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

## Preparation Instructions

Store in refrigerator, ready to eat.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# SideKicks Slush Cup

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Pineapple

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

## Ingredients

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

## Preparation Instructions

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

#8 scoop.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

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

# Peaches

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

## Ingredients

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

## Preparation Instructions

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

#8 scoop.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

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

# Applesauce

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

## Ingredients

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

## Preparation Instructions

READY TO EAT. SERVE.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

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

# Pizza Hut Pizza (Cheese)

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

## Ingredients

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

## Preparation Instructions

HOT HOLD AFTER DELIVERY FOR SERVICE. READY TO EAT.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Dinner Roll

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Mashed Potato Bowl

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| POTATO GRANULES BAG 12-26Z SIMPL | 77 Ounce | | 182303 |
| CORN WHL KERNEL FCY GRADE 6-10 GCHC | 25 Cup | | 118966 |
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 1200 Piece | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 327120 |

## Preparation Instructions

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

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

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

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

Serve with Dinner Roll.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

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

# Popcorn Chicken

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

## Ingredients

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

## Preparation Instructions

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

Serve 12 ea.

Serve with dinner roll.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 12.00 Each

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

# Thai Chicken w/ Rice (Sweet Chile)

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

## Ingredients

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

## Preparation Instructions

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

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

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.61 |
| **Grain** | 4.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 860.43 | | |
| **Fat** | 11.00g | | |
| **SaturatedFat** | 1.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 55.00mg | | |
| **Sodium** | 275.00mg | | |
| **Carbohydrates** | 157.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 11.00g | | |
| **Protein** | 34.00g | | |
| **Vitamin A** | 100.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 27.00mg | **Iron** | 5.00mg |

# Pulled Pork Sandwich

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

## Ingredients

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

## Preparation Instructions

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

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 299.00 | | |
| **Fat** | 17.00g | | |
| **SaturatedFat** | 6.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 71.00mg | | |
| **Sodium** | 233.00mg | | |
| **Carbohydrates** | 17.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 16.00g | | |
| **Protein** | 18.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Cheese Ravioli w/ Red Sauce

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

## Ingredients

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

## Preparation Instructions

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

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

# Cheese Filled Breadstick

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

## Ingredients

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

## Preparation Instructions

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

Serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.50 |

| | |
|---|---|
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Bistro Box (Cereal)

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

## Ingredients

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

## Preparation Instructions

Assemble boxes with 1 each. Serve with milk.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

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

| | | | |
|---|---|---|---|
| **Calcium** | 638.67mg | **Iron** | 8.00mg |

# Bistro Box (Nachos)

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

## Ingredients

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

## Preparation Instructions

Assemble boxes with 1 each. Serve with milk.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

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

| | | | |
|---|---|---|---|
| **Calcium** | 354.67mg | **Iron** | 5.30mg |

# Fruit and Yogurt Parfait

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.58 |
| **Fruit** | 0.13 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 290.47 | | |
| **Fat** | 3.13g | | |
| **SaturatedFat** | 0.33g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 6.67mg | | |
| **Sodium** | 170.00mg | | |
| **Carbohydrates** | 58.19g | | |
| **Fiber** | 2.30g | | |
| **Sugar** | 40.31g | | |
| **Protein** | 8.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.47mg |
| **Calcium** | 573.33mg | **Iron** | 0.36mg |

# Bistro Box (Fruit and Yogurt Parfait)

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

## Ingredients

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

## Preparation Instructions

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

Serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

# Bistro Box (Protein Pack)

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

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

# Cauliflower

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

## Ingredients

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

## Preparation Instructions

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

Serve with #4 scoop, 1 cup.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 1.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

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

# Fish Bites

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 1.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 8.00 Each

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

# Corn

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 2.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

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

# Walking Taco (WG Doritos)

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.83 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Taco (Soft Shell)

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.83 |
| **Grain** | 3.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

| | | | |
|---|---|---|---|
| **Calcium** | 329.50mg | **Iron** | 3.88mg |

# Green Beans

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.75 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75 Cup

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

# Chicken Tenders

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX TNDR WGRAIN FC 4-8 TYS | 300 Piece | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 283951 |

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 3.00 Each

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

# Mashed Potatoes

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

## Ingredients

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

## Preparation Instructions

BOIL

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

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.75 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75 Cup

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

# Gravy

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

## Ingredients

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

## Preparation Instructions

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

Serving size 1 oz (1 oz ladle)

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 2.00 Tablespoon

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

# Syrup

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

## Ingredients

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

## Preparation Instructions

1 serving = 1 fluid oz

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Ounce

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

# Rice Krispie Treat

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

## Ingredients

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

## Preparation Instructions

n/a

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.25 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Tossed Salad

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.75 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.50 Cup

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

# Mini Corn Dogs

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 6.00 Each

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

# Grapes

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

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

# French Fries

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5 | 75 Cup | | 174251 |

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.75 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 180.63 | | |
| **Fat** | 6.02g | | |
| **SaturatedFat** | 0.75g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 210.73mg | | |
| **Carbohydrates** | 30.10g | | |
| **Fiber** | 3.01g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 3.01g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 5.42mg |
| **Calcium** | 0.00mg | **Iron** | 0.54mg |

# Chocolate Chip French Toast

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Juice Box- Dragon Punch

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

## Ingredients

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

## Preparation Instructions

Ready to eat. Thaw day before service.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.50 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Jonny Pop (Strawberry/Banana)

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

## Ingredients

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

## Preparation Instructions

Ready to Eat. Keep frozen, serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Oreo Cookie Pack

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

## Ingredients

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

## Preparation Instructions

Ready to serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Rainbow Goldfish Crackers

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

## Ingredients

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

## Preparation Instructions

Ready to serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Steamed Carrots

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 1.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Cup

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

# Fresh Sugar Snap Peas

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 1.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Cup

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

# Tiny Tacos

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TORTILLA FLOUR 4.5 PRSD 24-12CT | 200 Each | STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and letstand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying). | 558691 |
| CHIX TACO FILLING CKD 4-5.03 TYS | 200 Ounce | UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F. | 200511 |
| CHEESE CHED MLD SHRD 4-5 LOL | 50 Cup | | 150250 |

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 3.33 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 2.00 Each

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

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

# Rice

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 4.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 680.00 | | |
| **Fat** | 6.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.00mg | | |
| **Carbohydrates** | 144.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 16.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 20.00mg | **Iron** | 4.00mg |

# Turkey and Gravy

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

## Ingredients

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

## Preparation Instructions

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

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

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

Serve 4oz or #8 scoop.

Serve with Mashed Potatoes.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.50 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |

| | |
|---|---|
| **Starch** | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 4.00 Ounce

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

# Mixed Berry Fruit Cup

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Sweet Potato Tots

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.90 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.75 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 300.00 | | |
| **Fat** | 7.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 400.00mg | | |
| **Carbohydrates** | 60.00g | | |
| **Fiber** | 6.00g | | |
| **Sugar** | 28.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 40.00mg | **Iron** | 0.72mg |

# Breakfast Bagel Sandwich (Ham/Egg/Cheese)

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| EGG OMELET CHS COLBY 225-2.1Z SNYFR | 100 Each | BAKE<br>Convection or Combination Oven: Preheat oven to 350Â°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes | 554470 |
| HAM BOILED DELI SLCD 10 6-2 GFS | 100 Ounce | | 680621 |
| BAGEL WHT WGRAIN IW 72-2Z LENDER | 100 Each | | 217911 |

## Preparation Instructions

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

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.75 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 275.00 | | |
| **Fat** | 9.75g | | |
| **SaturatedFat** | 3.25g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 175.00mg | | |
| **Sodium** | 610.00mg | | |
| **Carbohydrates** | 30.50g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 5.50g | | |
| **Protein** | 18.50g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |

| | | | |
|---|---|---|---|
| **Calcium** | 120.00mg | **Iron** | 2.72mg |

# Dragon Punch Juice Box

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.50 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Blueberries

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

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

# Orange Slices

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Spicy Chicken Sandwich

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2 | 100 Each | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 327080 |
| Hamburger Bun (Alpha Baking) | 100 Each | | |

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Chicken Sandwich Sliders

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX PTY HMSTYL 1.6Z 4-5 TYS | 200 Each | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>10-12 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 645080 |
| Dinner Roll (Alpha Baking) | 200 Each | | |

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 2.00 Each

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

# Apple

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

## Ingredients

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

## Preparation Instructions

Wash thoroughly and serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 1.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Brat on Bun

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Papa Murphy's Cheese Pizza

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

## Ingredients

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

## Preparation Instructions

BAKE

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 2.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.63 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Slice

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

# Papa Murphy's Pepperoni Pizza

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.15 |
| **Grain** | 2.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.63 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Slice

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

# Papa Murphy's Sausage Pizza

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.50 |
| **Grain** | 2.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.63 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Slice

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

# Lasagna Roll Up

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

## Ingredients

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

## Preparation Instructions

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

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

## Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 1.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Cheese Filled Breadstick

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.50 |
| **Grain** | 1.00 |

| | |
|---|---|
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Mini Waffles

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Package

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

# Potato Smiles

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.75 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 4.00 Each

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

# Sausage Pizza

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.13 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Slice

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

# Orange Juice

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Bistro Box (Pizza Kit)

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

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CARROT BABY WHL PETITE 4-5 RSS | 25 Cup | | 768146 |
| SAUCE MARINARA DIPN CUP 100-1Z | 100 Each | | 772061 |
| Shredded Mozzarella Cheese, Part Skim | 200 Ounce | | 100021 |
| BREAD ULTRA LOCO SQUARED 12-12CT TFT | 100 Each | READY_TO_EAT<br>HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed<br>/u2022For best results thaw out to room temperature prior to heating<br>/u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen<br>/u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen<br>THAW<br>HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed<br>/u2022For best results thaw out to room temperature prior to heating<br>/u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen<br>/u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen | 220462 |
| APPLESAUCE POUC STRAWB SQZ 50-3.17Z | 100 Each | | 415981 |

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 1.75 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |

| | |
|---|---|
| **RedVeg** | 0.08 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Italian Beef Sandwich

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Bistro Box (Cracker Stacker)

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Buffalo Glazed Chicken Drumstick

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.50 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |

| | |
|---|---|
| **Starch** | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Jello Cup

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

## Ingredients

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

## Preparation Instructions

Serve 1 each.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

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

# Cowboy Burger

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

## Ingredients

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

## Preparation Instructions

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

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

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

## Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

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

# Pulled Pork Sliders

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

## Ingredients

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

## Preparation Instructions

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

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

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 299.00 | | |
| **Fat** | 17.00g | | |
| **SaturatedFat** | 6.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 71.00mg | | |
| **Sodium** | 233.00mg | | |
| **Carbohydrates** | 17.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 16.00g | | |
| **Protein** | 18.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Meatball Sub

| | | | |
|---|---|---|---|
| **Servings:** | 100.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-22363 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| MEATBALL BEEF PRECKD 30 960-.5Z | 500 Each | BAKE<br>Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f. | 147681 |
| SAUCE SPAGHETTI 6-10 P/L | 2 #10 CAN | READY_TO_EAT<br>None | 744520 |
| 5" White Wheat French | 100 Each | | 31011 |

## Preparation Instructions

Place 1 bag meatballs per lined cookie sheet and bake at 375* for 8 minutes until temp reaches 165*. Place 3 pans of meatballs (3 bags 500 ea) into a deep pan with 2 cans spaghetti sauce. Stir. Steam for 20 min. Serve 5 meatballs each on a french roll.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 2.25 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.65 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 331.04 | | |
| **Fat** | 11.02g | | |
| **SaturatedFat** | 3.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 35.00mg | | |
| **Sodium** | 642.43mg | | |
| **Carbohydrates** | 38.21g | | |
| **Fiber** | 5.03g | | |
| **Sugar** | 7.14g | | |
| **Protein** | 21.03g | | |
| **Vitamin A** | 100.00IU | **Vitamin C** | 1.20mg |
| **Calcium** | 53.45mg | **Iron** | 2.32mg |