

Cookbook for WHS

Created by HPS Menu Planner

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AH 200 Granola

Servings:	32.00	Category:	Grain
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8687
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
brown sugar	1 Cup	READY_TO_EAT	
OATS OLD FASHIONED 12-42Z MOM	4 Cup		144391
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	12 Tablespoon		299405

Preparation Instructions

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix all together until well combined. Place in baking pan loosely. Bake for about 10 minutes, stirring halfway through cooking time. Stir lightly and let cool completely.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	75.00		
Fat	4.88g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	11.25mg		
Sodium	0.00mg		
Carbohydrates	6.88g		
Fiber	1.00g		
Sugar	0.38g		
Protein	1.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.45mg

DP 202 Chicken Biscuit

Servings:	216.00	Category:	Entree
Serving Size:	3.80 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-8691
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 11/16 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
DOUGH BISC STHRN STYL 216-2.2Z PILLS	2 1/4 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.01
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 216.00

Serving Size: 3.80 Ounce

Amount Per Serving

Calories	2.56		
Fat	0.13g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	7.47mg		
Carbohydrates	0.28g		
Fiber	0.01g		
Sugar	0.02g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.32mg
Calcium	0.31mg	Iron	0.02mg

DP 110 Grilled Chicken

Servings:	100.00	Category:	Entree
Serving Size:	3.10 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8962

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	3 1/8 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.06
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: 3.10 Ounce

Amount Per Serving			
Calories	3.41		
Fat	0.14g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	1.55mg		
Sodium	16.43mg		
Carbohydrates	0.09g		
Fiber	0.00g		
Sugar	0.06g		
Protein	0.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

DH 411 BBQ Pork

Servings:	80.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8964

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	0 Ounce	Preheat convection oven to 350 degrees F. Open the bags and put product into a pan. Heat in the oven for @ 30 minutes until the product reaches a minimum internal temperature of 165 degrees F. Portion the BBQ . Place in a warming unit and maintain a minimum internal temperature of 135 degrees F.	498702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.03
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: 80.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	3.74		
Fat	0.21g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.89mg		
Sodium	2.91mg		
Carbohydrates	0.21g		
Fiber	0.00g		
Sugar	0.20g		
Protein	0.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

FB 460 Baked Beans

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9012

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	1/2 Cup		570710

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: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.90		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.82mg		
Carbohydrates	0.20g		
Fiber	0.03g		
Sugar	0.07g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.28mg	Iron	0.01mg

DB 563 Beef and Cheese Mac

Servings:	1.00	Category:	Entree
Serving Size:	11.45 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9153

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BEEF W/CHS SCE 6-5 JTM	3 1/2 Ounce	Place the sealed bag in a steamer or in boiling water. Heat for @ 45 minutes or until the product reaches a minimum internal temperature of 165 degrees F. Open the bag and stir product.	584101
PASTA ELBOW MACAR 51 WGRAIN 2-10	2 Ounce	Divide the pasta into pans for cooking Add the Vegetable Oil (to help prevent the cooked noodles from sticking together). Add the water (ensure the noodles are covered). Steam for @ 8 to 10 minutes- until the noodles are al dente. Drain the water and the vegetable oil from the pasta.	229941

Preparation Instructions

Combine Pasta and Beef/ Cheese Sauce Portion into individual serving bowls.

Hold in a warmer maintaining a minimum internal temperature of 135 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 11.45 Ounce

Amount Per Serving			
Calories	374.00		
Fat	10.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	381.00mg		
Carbohydrates	48.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	246.00IU	Vitamin C	0.00mg
Calcium	195.00mg	Iron	2.80mg

CV 131 Creamy Cole Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 Cup		198226
DRESSING COLE SLAW 4-1GAL GCHC	2 Tablespoon		106992

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	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	146.67		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	253.33mg		
Carbohydrates	16.33g		
Fiber	1.33g		
Sugar	14.00g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	0.00mg

DB 535 Spaghetti with Meat sauce, WG

Servings:	1.00	Category:	Entree
Serving Size:	13.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9764
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce	Divide the Spaghetti into pans for cooking- 5 lb per pan. Add the water (ensure the pasta is covered). Steam for @ 8 to 10 minutes- until the noodles are al dente.	221460
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 5/8 Ounce	Keep the spaghetti sauce frozen. Place the sealed bag in a steamer or boiling water. Heat for @ 45 minutes or until product reaches a minimum of 165 degrees F.	573201

Preparation Instructions

Divide the Spaghetti into pans for cooking- 5 lb per pan.

Add the water (ensure the pasta is covered).

Steam for @ 8 to 10 minutes- until the noodles are al dente.

Keep the spaghetti sauce frozen. Place the sealed bag in a steamer or boiling water.

Heat for @ 45 minutes or until product reaches a minimum of 165 degrees F.

Combine the Meat Sauce and the pasta.

Portion into individual serving containers.

Place in a warming unit and maintain a minimum internal temperature of 135 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 13.60 Ounce

Amount Per Serving

Calories	377.00
Fat	8.50g
SaturatedFat	2.80g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	290.00mg
Carbohydrates	50.00g
Fiber	6.00g
Sugar	9.00g

Protein	22.00g
Vitamin A 647.00IU	Vitamin C 19.00mg
Calcium 64.00mg	Iron 3.80mg

CF 123 Apple Slices

Servings:	1.00	Category:	Fruit
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9765
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 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: 1.00

Serving Size: 2.00 Ounce

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

CV 203 Mix Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9766
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1/2 Cup		206504

Preparation Instructions

PACKAGING: 5# POLY BAG IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 32-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. DO NOT ICE - LETTUCES ARE SUSCEPTIBLE TO FREEZE DAMAGE. RESEAL UNUSED PORTION IN ORIGINAL BAG. PREPARATION: RINSE THOROUGHLY. READY TO USE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.05		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.05mg		
Carbohydrates	3.81g		
Fiber	1.90g		
Sugar	1.90g		
Protein	1.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.86mg	Iron	0.00mg

FR 262 Smiley Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	2.41 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9767

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	2 7/16 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818

Preparation Instructions

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	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.41 Ounce

Amount Per Serving			
Calories	130.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	0.00mg	Iron	0.36mg

CF 537 Pears Diced

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup	Open the can. Portion the product into half cup servings using a 4 oz perforated spoodle into individual serving bowls. Place in refrigeration and maintain an internal temperature of 33 to 41 degrees F. If product is not within the acceptable temperature range, refrigerate until the proper temperature is reached.	610364

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

DE 155 Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	3.09 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-9901

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	1/2 Ounce	chopped	556121
CHEESE AMER 160CT SLCD 4-5 GCHC	1/2 Ounce	Shredded	271411
EGG WHL LIQ W/CITRIC 15-2# EZEGGS	1 Ounce	FOR BEST RESULTS, POUR INTO CLEAN CONTAINER, WHISK FOR 45 SECONDS BEFORE COOKING. A 275 F GRILL TEMPERATURE IS RECOMMENDED.	849370
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	1 1/8 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690120

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.29
Grain	1.09
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.09 Ounce

Amount Per Serving

Calories	157.68
Fat	6.60g
Saturated Fat	2.97g
Trans Fat	0.00g
Cholesterol	67.92mg
Sodium	284.07mg
Carbohydrates	16.60g
Fiber	1.09g
Sugar	1.34g

Protein	6.68g		
Vitamin A	0.00IU	Vitamin C	0.15mg
Calcium	115.32mg	Iron	1.21mg

DB 403 Hamburger on Bun, WG

Servings:	1.00	Category:	Entree
Serving Size:	4.25 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9903

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each	Lay out patties on an oven sheet pan in a single layer. Heat in a conventional preheated 350 degree F oven for 12-14 minutes or heat in a convection oven at 350 degrees F for 10-12 minutes;	655482
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	Thaw and serve. Marketing Tips	517810

Preparation Instructions

Open the Hamburger Bun and place the pattie inside it.

Wrap in the appropriate wrapper.

Place the sandwiches in the pan to be used for the serving line.

Place in a warming unit and maintain a minimum internal of 135 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.25 Ounce

Amount Per Serving			
Calories	267.60		
Fat	9.90g		
SaturatedFat	3.70g		
Trans Fat	0.48g		
Cholesterol	35.00mg		
Sodium	289.40mg		
Carbohydrates	27.00g		
Fiber	4.80g		
Sugar	4.00g		
Protein	18.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	2.44mg

DB 433 Cheeseburger on Bun, WG

Servings:	1.00	Category:	Entree
Serving Size:	4.75 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9904

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each	Lay out patties on an oven sheet pan in a single layer. Heat in a conventional preheated 350 degree F oven for 12-14 minutes or heat in a convection oven at 350 degrees F for 10-12 minutes;	655482
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	Thaw and serve.	517810
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice	READY TO USE	271411

Preparation Instructions

Open the Hamburger Bun and place the pattie inside it.

Add the slice of cheese.

Wrap in the appropriate wrapper.

Place the sandwiches in the pan to be used for the serving line.

Place in a warming unit and maintain a minimum internal of 135 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.75 Ounce

Amount Per Serving			
Calories	322.60		
Fat	13.90g		
SaturatedFat	6.20g		
Trans Fat	0.48g		
Cholesterol	47.50mg		
Sodium	484.40mg		
Carbohydrates	27.50g		
Fiber	4.80g		
Sugar	4.50g		
Protein	20.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	165.50mg	Iron	2.44mg

DP 250 Chicken Nuggets, WG

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9905

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851

Preparation Instructions

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Portion product into individual serving containers.

Place in a warming unit maintaining a minimum internal temperature of 135 degrees F.

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: 1.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	200.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	400.00mg		
Carbohydrates	13.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	15.00g		
Vitamin A	100.00IU	Vitamin C	78.00mg
Calcium	20.00mg	Iron	1.80mg

FO 400 Packer Label Jumbo White Onions

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9915

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION WHITE JUMBO 50 P/L	1 Ounce	PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE TEMPERATURE 45-55 F AT 85-95% RELATIVE HUMIDITY. ISOLATE ONIONS FROM OTHER PRODUCE; ONIONS MAY ABSORB MOISTURE AND ADJACENT PRODUCE MAY ABSORB ONION ODOR. STORING BELOW 32 F CAN RESULT IN CHILL INJURY. PREPARATION: REFRIGERATE FOR 30 MINUTES BEFORE CHOPPING TO PREVENT TEARING.	299235

Preparation Instructions

PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE TEMPERATURE 45-55 F AT 85-95% RELATIVE HUMIDITY. ISOLATE ONIONS FROM OTHER PRODUCE; ONIONS MAY ABSORB MOISTURE AND ADJACENT PRODUCE MAY ABSORB ONION ODOR. STORING BELOW 32 F CAN RESULT IN CHILL INJURY. PREPARATION: REFRIGERATE FOR 30 MINUTES BEFORE CHOPPING TO PREVENT TEARING.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	11.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.10mg		
Carbohydrates	3.00g		
Fiber	0.50g		
Sugar	1.00g		
Protein	0.30g		
Vitamin A	0.57IU	Vitamin C	2.10mg
Calcium	6.52mg	Iron	0.06mg

DV 380 Lo Fat Vanilla Yogurt Parfait (Strawberry)

Servings:	1.00	Category:	Entree
Serving Size:	8.30 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 6- 6.5 GFS	1/2 Cup	PACKAGING: 6.5# SEALED TUBS IN CORRUGATE. PRODUCT PREP: CAN BE USED FROZEN OR THAWED.	293393

Preparation Instructions

Layer Fruit and yogurt ; top with AH 200 Crunchy Oat Topping Granola

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.30 Ounce

Amount Per Serving

Calories	952.52		
Fat	5.97g		
SaturatedFat	2.99g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	477.61mg		
Carbohydrates	198.57g		
Fiber	1.00g		
Sugar	142.84g		
Protein	29.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1081.13mg	Iron	0.38mg

DP 251 Chicken Nuggets, WG (HS)

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10086

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851

Preparation Instructions

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Portion product into individual serving containers.

Place in a warming unit maintaining a minimum internal temperature of 135 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Each

Amount Per Serving

Calories	400.00		
Fat	20.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	800.00mg		
Carbohydrates	26.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	30.00g		
Vitamin A	200.00IU	Vitamin C	156.00mg
Calcium	40.00mg	Iron	3.60mg

DE 261 Chicken Rings

Servings:	1.00	Category:	Entree
Serving Size:	3.47 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10111

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chix Rng Thngs Brd 6-5 Gldkst	5 Each	Conventional oven: 10-14 minutes at 350 degrees F. Convection oven: 6-8 minutes at 350 degrees F. Appliances vary, adjust heat times accordingly. Marketing Tips	217722

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 3.47 Ounce

Amount Per Serving

Calories	220.00
Fat	10.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	380.00mg
Carbohydrates	14.00g
Fiber	2.00g
Sugar	0.00g
Protein	18.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.44mg

DE 262 Chicken Rings(HS)

Servings:	1.00	Category:	Entree
Serving Size:	6.94 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10112

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chix Rng Thngs Brd 6-5 Gldkst	10 Each	Conventional oven: 10-14 minutes at 350 degrees F. Convection oven: 6-8 minutes at 350 degrees F. Appliances vary, adjust heat times accordingly. Marketing Tips	217722

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.94 Ounce

Amount Per Serving	
Calories	440.00
Fat	20.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	110.00mg
Sodium	760.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	0.00g
Protein	36.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.88mg

FR 273 Potato wedges

Servings:	1.00	Category:	Vegetable
Serving Size:	2.69 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10115

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT CNTRY 6-5 MCC	2 3/4 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 2 TO 4 MINUTES.	509661

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	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.69 Ounce

Amount Per Serving			
Calories	90.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	0.00mg	Iron	0.72mg

CF 510 Peaches diced

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10116

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1/2 Cup	PACKAGING: #10 CANS IN A CORRUGATE BOX. PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.	268348

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

DB 534 Lasagna Roll-Up

Servings:	1.00	Category:	Entree
Serving Size:	6.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10121

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each	IN A PAN LAYER SAUCE ON BOTTOM OF FULL OR 1/2 STEAM PAN, THEN PLACE LASAGNA IN PAN COVER WITH SAUCE. SEAL PAN WITH FOIL BAKE IN OVEN AT 375°F FOR 35-40 MINUTES FROZEN OR 25-30 MINUTES. Marketing Tips	234041
SAUCE MARINARA DLX 6-10 PG	1/4 Cup		190969

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 6.50 Ounce

Amount Per Serving

Calories	275.00		
Fat	7.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	580.00mg		
Carbohydrates	34.50g		
Fiber	3.00g		
Sugar	8.00g		
Protein	16.00g		
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	312.00mg	Iron	1.58mg

DP 293 Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	8.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10133

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DLX 6-10 PG	1/4 Cup		190969
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F.s at 350 degrees F.	548852
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce		645170

Preparation Instructions

Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F. Put in the pan to be used for the serving line.

Cover with Marinara and mozzarella. Place back in oven for 1-2 minutes or until cheese has melted.

Place in a warming unit and maintain a minimum internal temperature of 135 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.90 Ounce

Amount Per Serving

Calories	405.00
Fat	24.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	710.00mg
Carbohydrates	21.50g
Fiber	3.00g
Sugar	4.00g
Protein	26.00g
Vitamin A 200.00IU	Vitamin C 108.00mg
Calcium 237.00mg	Iron 1.58mg

AB 301 Breadstick, WG

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10136

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray.	406321

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	70.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

FW 220 Italian Vegetable Blend

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10143

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ITAL 30 GCHC	1/2 Cup		285670

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	26.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	4.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	83.33IU	Vitamin C	3.33mg
Calcium	0.00mg	Iron	0.27mg

DH 681 Cheese Pizza Wedge

Servings:	1.00	Category:	Entree
Serving Size:	5.10 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10144

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3-3CT	1 Slice		444115

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.10 Ounce

Amount Per Serving			
Calories	360.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	490.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	18.00g		
Vitamin A	91.00IU	Vitamin C	0.00mg
Calcium	384.00mg	Iron	2.00mg

DH 683 Pepperoni Pizza Wedge

Servings:	1.00	Category:	Entree
Serving Size:	5.20 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10145

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN SLCD PRIMO 9CT	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165F. CONVECTION OVEN: Place 1.5 pizza on a tray. Bake at 350°F for 14-17 minutes, high fan. Rotate product halfway through the bake cycle. IMPINGEMENT OVEN: Load 1 whole pre-sliced pizza . Bake at 420°F for 7-9 minutes. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	667802

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.20 Ounce

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	580.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 2.20mg

HA 400 Ketchup Packets

Servings:	1.00	Category:	Condiments or Other
Serving Size:	9.00 Gram	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT 1M-9GM HNZ	1 Package		255521

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: 9.00 Gram

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

HA 425 Mayonnaise Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	12.00 Gram	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10159

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE PKT 200-12GM GFS	1 Each		700011

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: 12.00 Gram

Amount Per Serving			
Calories	90.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	60.00mg		
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

AF 125 Spaghetti Noodles

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10161

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce	FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PERFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES	221460

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	210.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

DP 286 Mandarin Orange Chicken (HS)

Servings:	1.00	Category:	Entree
Serving Size:	5.40 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10187

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	5 7/16 Ounce	Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.	550512

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 5.40 Ounce

Amount Per Serving

Calories	225.00		
Fat	4.50g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	420.00mg		
Carbohydrates	28.50g		
Fiber	0.00g		
Sugar	15.00g		
Protein	16.50g		
Vitamin A	0.00IU	Vitamin C	1.80mg
Calcium	0.00mg	Iron	1.08mg

DP 285 Mandarin Orange Chicken

Servings:	1.00	Category:	Entree
Serving Size:	3.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10188

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 5/8 Ounce	Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.	550512

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.60 Ounce

Amount Per Serving

Calories	150.00		
Fat	3.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	280.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.72mg

AA 102 Breakfast Pizza, WG

Servings:	1.00	Category:	Entree
Serving Size:	3.32	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10190

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.32

Amount Per Serving

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

DP 208 Breaded Chicken , WG

Servings:	1.00	Category:	Entree
Serving Size:	5.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10191

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F.	548852

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 5.90 Ounce

Amount Per Serving

Calories	280.00
Fat	17.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	340.00mg
Carbohydrates	15.00g
Fiber	2.00g
Sugar	0.00g
Protein	18.00g
Vitamin A 200.00IU	Vitamin C 108.00mg
Calcium 20.00mg	Iron 1.08mg

DP 206 Breaded Chicken Sandwich, WG (HS)

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10192

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F.	517810
CHIX BRST BRD FLLT WGRAIN CKD 120-4Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	356.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	760.00mg		
Carbohydrates	44.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	23.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	2.08mg

FD 255 Cheesy Broccoli Cuts

Servings:	1.00	Category:	Vegetable
Serving Size:	0.56 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10193

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	1/2 Cup		610902
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
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: 1.00

Serving Size: 0.56 Cup

Amount Per Serving

Calories	83.33		
Fat	4.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	245.00mg		
Carbohydrates	7.17g		
Fiber	4.00g		
Sugar	1.83g		
Protein	6.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	121.67mg	Iron	1.33mg

FD 251 Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10194

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	1/2 Cup		610902

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.50 Cup

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

FG 302 Sliced Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10195

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GCHC	1/2 Cup	PACKAGING: #10 CAN IN A CORRUGATE BOX. PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE	118915

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	0.50
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	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	4.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	Iron	0.00mg

DP 270 General Tsos Chicken, WG

Servings:	1.00	Category:	Entree
Serving Size:	3.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10198
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK GEN TSO DK MT W/SCE 6-7.25#	3 5/8 Ounce	Product is fully cooked. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.	556952

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.60 Ounce

Amount Per Serving

Calories	170.00		
Fat	3.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	361.00mg		
Carbohydrates	23.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.72mg

CM 320 Ham Chef Salad, WG

Servings:	1.00	Category:	Entree
Serving Size:	26.06 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10200
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	wash	129631
TURKEY HAM SLCD .5Z 12-1.5 JENNO	3 1/16 Ounce	Thaw the meat in refrigeration (33 to 41 degrees F).	839760
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	Shredded	150260
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890

Preparation Instructions

Shred the cheese.

Thoroughly wash the romaine/ iceberg blend and tomatoes.

Portion into the serving containers.

Add the tomatoes.

Portion the cheese into individual containers and add to the chef salad container.

Chop the turkey ham & lay across the lettuce mixture.

Place the dinner roll in a baggie and add to the salad container.

Seal the container and hold in refrigeration maintaining an internal temperature of 33 to 41 degrees F.

Meal Components (SLE)

Amount Per Serving

Meat	3.04
Grain	2.00
Fruit	0.00
GreenVeg	1.54
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 26.06 Ounce

Amount Per Serving

Calories	418.60
Fat	17.82g
SaturatedFat	7.58g
Trans Fat	0.00g
Cholesterol	86.10mg
Sodium	928.37mg
Carbohydrates	47.56g
Fiber	10.77g
Sugar	18.21g
Protein	26.73g
Vitamin A 1049.70IU	Vitamin C 12.33mg
Calcium 237.67mg	Iron 5.09mg

CM 320 Ham Chef Salad, WG

Servings:	1.00	Category:	Entree
Serving Size:	26.06 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10202
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Ounce	Shredded	150260
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each	THAW AND BAKE AT 350 DEGREES FOR 3-4 MINUTES OR DESIRED COLOR. BAKE IN CONVECTION OVEN FOR 1-2 MINUTES. ROLLS MAKE BE BAKED FROM FROZEN STATE FOR 8 MINUTES.	536890
LETTUCE SALAD MXD 4- 5 RSS	1 Cup		206504
TOMATO CHERRY 11 MRKN	1/2 Cup	Washed	569551
TURKEY HAM DCD 2-5 JENNO	2 Ounce		202150

Preparation Instructions

Portion Salad mix into the serving containers.

Add Tomatoes.

Add Cheese.

Add Diced Ham

Add Roll.

Seal the container and hold in refrigeration maintaining an internal temperature of 33 to 41 degrees F.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 26.06 Ounce

Amount Per Serving

Calories	289.30
Fat	7.95g
SaturatedFat	3.30g
Trans Fat	0.00g
Cholesterol	51.25mg
Sodium	585.10mg
Carbohydrates	43.37g
Fiber	11.91g
Sugar	16.56g
Protein	19.86g
Vitamin A 824.70IU	Vitamin C 13.53mg
Calcium 112.21mg	Iron 2.41mg

FW 235 Stir Fry Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10205
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GCHC	1/2 Cup		440884

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	4.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

FQ 310 Green Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10206
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV 6-10 KE	1/2 Cup		256935

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	130.00mg		
Carbohydrates	11.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.80mg

AG 136 Oriental Rice, WG

Servings:	1.00	Category:	Grain
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10207
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	STOCKPOT METHOD: COMBINE RICE, WATER, AND OPTIONAL SALT AND BUTTER. IN A STOCKPOT AND BRING TO A HARD BOIL. COVER AND REDUCE HEAT TO MEDIUM-LOW AND COOK FOR 25 MINUTES. TURNOUT TO STEAM TRAY. TRADITIONAL OVEN: PLACE RICE AND OPTIONAL SALT AND BUTTER IN PAN. ADD BOILING WATER. COVER RIGHTLY AND BAKE AT 350 DEGREES FOR 30-35 MINUTES. STEAMER METHOD: PLACE RICE AND OPTIONAL BUTTER AND SALT, WITH BOILING WATER IN STEAMER PAN OR SHALLOW PAN. STIR. PLACE UNCOVERED PAN IN STEAMER AND COOK ACCORDING TO MANUFACTURER'S DIRECTION.	516371
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Teaspoon		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	203.33		
Fat	5.17g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	0.00mg		
Carbohydrates	36.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 5.00mg **Iron** 1.00mg

CF 562 Pineapple Tidbits

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10208
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1/2 Cup	PACKAGING: #10 CANS IN CORRUGATE BOX. PRODUCT PREP: PRODUCT IS READY TO USE.	189979

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

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

BB 125 Beef Chili with Beans

Servings:	1.00	Category:	Entree
Serving Size:	5.83 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10209
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	5 7/8 Ounce	Place the sealed bag in a steamer or in boiling water (212 degrees F). 2. Cook for @ 30 minutes or until the product reaches a minimum internal temperature of 165 degrees F. 3. Open the bag carefully and pour product into the individual bowls to be used for the serving line. 4. Cover and place in a warming unit to maintain a minimum internal temperature of 135 degrees F.	344012

Preparation Instructions

Place the sealed bag in a steamer or in boiling water (212 degrees F).

2. Cook for @ 30 minutes or until the product reaches a minimum internal temperature of 165 degrees F.
3. Open the bag carefully and pour product into the individual bowls to be used for the serving line.
4. Cover and place in a warming unit to maintain a minimum internal temperature of 135 degrees F.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.83 Ounce

Amount Per Serving

Calories	152.00
Fat	5.00g
SaturatedFat	1.70g
Trans Fat	0.00g
Cholesterol	31.00mg
Sodium	230.00mg
Carbohydrates	15.00g
Fiber	4.00g
Sugar	5.00g
Protein	13.00g
Vitamin A 1252.00IU	Vitamin C 19.00mg
Calcium 51.00mg	Iron 3.00mg

DP 111 Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	5.10 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10219
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	Thaw and serve.	517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.10 Ounce

Amount Per Serving

Calories	250.00
Fat	6.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	680.00mg
Carbohydrates	29.00g
Fiber	4.00g
Sugar	6.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 63.00mg **Iron** 1.00mg

FL 310 Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10220
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	1/2 Cup	PACKAGING: #10 CAN IN A CORRUGATE BOX. PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.	118737

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	0.52
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.40mg

DH 671 Cheese Pizza, 5 Individual Rounds, WG

Servings:	1.00	Category:	Entree
Serving Size:	4.98 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10221
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5 WGRAIN 4.98Z 6- 10CT TONY	1 Each	<p>BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 15 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 16 to 18 minutes. CONVENTIONAL OVEN: Cook at 400°F for 24 to 26 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.</p>	605922

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.98 Ounce

Amount Per Serving

Calories	310.00		
Fat	13.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	440.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	280.00mg	Iron	2.10mg

DH 675 Turkey Pepperoni Pizza, 5 Individual Rounds, WG G

Servings:	1.00	Category:	Entree
Serving Size:	4.98 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10223
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5 WGRAIN 60-4.98Z TONY	1 Each	<p>BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 15 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 16 to 18 minutes. CONVENTIONAL OVEN: Cook at 400°F for 27 to 29 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.</p>	605911

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.98 Ounce

Amount Per Serving

Calories	310.00		
Fat	13.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	510.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	8.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	240.00mg	Iron	2.20mg

DS 125 Fish Nugget, WG

Servings:	1.00	Category:	Entree
Serving Size:	5.92 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10225
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD NUG WGRAIN 1Z 2-5 GFS	6 Piece	EEP FROZEN UNTIL READY TO PREPARE. DO NOT REFREEZE. CONVECTION OVEN: PLACE OVEN RACK IN CENTER OF THE OVEN. PREHEAT OVEN TO 375 DEGREES F. PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 11-13 MINUTES. CONVENTIONAL OVEN: PLACE OVEN RACK IN THE CENTER OF THE OVEN. PREHEAT TO 425 DEGREES F, PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 14-16 MINUTES. NOTE: SINCE APPLIANCES VARY, THESE COOKING INSTRUCTIONS ARE ONLY A GUIDELINE. FISH IS FULLY COOKED WHEN IT REACHES AN INTERNAL TEMPERATURE OF 165 DEGREES F	501362

Preparation Instructions

EEP FROZEN UNTIL READY TO PREPARE. DO NOT REFREEZE. CONVECTION OVEN: PLACE OVEN RACK IN CENTER OF THE OVEN. PREHEAT OVEN TO 375 DEGREES F. PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 11-13 MINUTES. CONVENTIONAL OVEN: PLACE OVEN RACK IN THE CENTER OF THE OVEN. PREHEAT TO 425 DEGREES F, PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 14-16 MINUTES. NOTE: SINCE APPLIANCES VARY, THESE COOKING INSTRUCTIONS ARE ONLY A GUIDELINE. FISH IS FULLY COOKED WHEN IT REACHES AN INTERNAL TEMPERATURE OF 165 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.92 Ounce

Amount Per Serving

Calories	345.00
Fat	13.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	315.00mg
Carbohydrates	33.00g
Fiber	4.50g
Sugar	1.50g
Protein	22.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.62mg

DS 127 Fish Nugget, WG (HS)

Servings:	1.00	Category:	Entree
Serving Size:	7.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10226
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD NUG WGRAIN 1Z 2-5 GFS	8 Piece		501362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 7.90 Ounce

Amount Per Serving

Calories	460.00		
Fat	18.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	100.00mg		
Sodium	420.00mg		
Carbohydrates	44.00g		
Fiber	6.00g		
Sugar	2.00g		
Protein	30.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.16mg

FB 251 Blackeyed Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10228
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS BLACK-EYED FCY 6-10	1/2 Cup		202507

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	100.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	470.00mg		
Carbohydrates	19.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	5.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	20.00mg	Iron	1.44mg

FI 226 Golden Cut Corn, Frozen

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10229
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	1/2 Cup		285620

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	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	16.67		
Fat	0.17g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	3.50g		
Fiber	0.17g		
Sugar	0.83g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

CF 150 Applesauce, Unsweetened

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10230
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE IN JCE NSA 6-10 GCHC	1/2 Cup		610283

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	0.00mg

AB 450 Dinner Roll, WG

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10232
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each	THAW AND BAKE AT 350 DEGREES FOR 3-4 MINUTES OR DESIRED COLOR. BAKE IN CONVECTION OVEN FOR 1-2 MINUTES. ROLLS MAKE BE BAKED FROM FROZEN STATE FOR 8 MINUTES.	536890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	140.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	80.00mg		
Carbohydrates	32.00g		
Fiber	7.00g		
Sugar	10.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

DH 410 BBQ Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10234
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	Preheat convection oven to 350 degrees F. Open the bags and put product into a pan. Heat in the oven for @ 30 minutes until the product reaches a minimum internal temperature of 165 degrees F. Portion the BBQ . Place in a warming unit and maintain a minimum internal temperature of 135 degrees F.	498702
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	Thaw and serve.	517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	439.00		
Fat	19.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	71.00mg		
Sodium	383.00mg		
Carbohydrates	43.00g		
Fiber	4.00g		
Sugar	20.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	1.00mg

FR 250 Oven Baked French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	2.54 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10235
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	2 9/16 Ounce	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

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	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.54 Ounce

Amount Per Serving

Calories	115.45		
Fat	2.57g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.66mg		
Carbohydrates	16.68g		
Fiber	2.57g		
Sugar	0.00g		
Protein	1.28g		
Vitamin A	0.00IU	Vitamin C	4.62mg
Calcium	0.00mg	Iron	0.46mg

Dv 101 Grape Uncrustable, WG

Servings:	1.00	Category:	Entree
Serving Size:	2.60 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10237
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.60 Ounce

Amount Per Serving

Calories	300.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	15.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.00mg

Dv 103 Grape Uncrustable, WG

Servings:	1.00	Category:	Entree
Serving Size:	5.30 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10238
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.30 Ounce

Amount Per Serving			
Calories	600.00		
Fat	33.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	64.00g		
Fiber	7.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	88.00mg	Iron	2.00mg

FR 341 Whipped Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10239
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	11/16 Ounce		118516
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Teaspoon		299405

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	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	100.47		
Fat	3.67g		
SaturatedFat	2.33g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	14.95mg		
Carbohydrates	14.44g		
Fiber	1.44g		
Sugar	0.00g		
Protein	1.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.47mg	Iron	0.30mg

CF 325 Mixed Fruit, Frozen IQF

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10240
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MIXED IQF 6-5 GFS	1/2 Cup		578614

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	35.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	7.50g		
Fiber	1.00g		
Sugar	5.50g		
Protein	0.00g		
Vitamin A	150.00IU	Vitamin C	54.00mg
Calcium	0.00mg	Iron	0.36mg

DP 801 Turkey in Gravy

Servings:	1.00	Category:	Entree
Serving Size:	4.16 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10241
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	4 3/16 Ounce	Heat and serve. Boil in bag. Steam or stove top preparation.	653171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.16 Ounce

Amount Per Serving			
Calories	120.00		
Fat	4.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	520.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

DP 802 Turkey in Gravy (HS)

Servings:	1.00	Category:	Entree
Serving Size:	8.32 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10242
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	8 3/8 Ounce	Heat and serve. Boil in bag. Steam or stove top preparation.	653171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
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: 8.32 Ounce

Amount Per Serving			
Calories	240.00		
Fat	9.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	1040.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	36.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

FB 560 Refried Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10243
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	1/2 Cup		293962

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	140.00		
Fat	2.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	23.00g		
Fiber	6.00g		
Sugar	1.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.00mg

FH 400 Celery Sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10349

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1/2 Cup		781592

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

DH 663 Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	4.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10373

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.50 Ounce

Amount Per Serving

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

DH 661 Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	4.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10374

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.50 Ounce

Amount Per Serving

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

DP 210 Breaded Chicken Strips, WG

Servings:	1.00	Category:	Entree
Serving Size:	3.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10378
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP BRD WGRAIN FC 1.3Z 30	3 Each		548842

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 3.90 Ounce

Amount Per Serving

Calories	254.00
Fat	13.40g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	67.00mg
Sodium	343.60mg
Carbohydrates	15.00g
Fiber	1.50g
Sugar	0.00g
Protein	18.00g
Vitamin A 200.00IU	Vitamin C 108.00mg
Calcium 20.00mg	Iron 1.08mg

DP 211 Breaded Chicken Strips, WG (HS)

Servings:	1.00	Category:	Entree
Serving Size:	7.80 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10379
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP BRD WGRAIN FC 1.3Z 30	6 Each		548842

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 7.80 Ounce

Amount Per Serving

Calories	508.00
Fat	26.80g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	134.00mg
Sodium	687.20mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	0.00g
Protein	36.00g
Vitamin A 400.00IU	Vitamin C 216.00mg
Calcium 40.00mg	Iron 2.16mg

DH 481 Pork Taco

Servings:	1.00	Category:	Entree
Serving Size:	3.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10382
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING PORK REDC FAT 6-5 COMM	3 3/16 Ounce		641390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.17 Ounce

Amount Per Serving

Calories	120.00		
Fat	5.00g		
SaturatedFat	1.80g		
Trans Fat	0.00g		
Cholesterol	33.00mg		
Sodium	297.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	14.00g		
Vitamin A	668.00IU	Vitamin C	5.00mg
Calcium	45.00mg	Iron	1.00mg

AE 112 Saltine Crackers, not WG

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.80 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10473

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE UNSALTED 500-2CT NAB	4 Each		536091

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.80 Ounce

Amount Per Serving			
Calories	106.67		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.47g		
Cholesterol	0.00mg		
Sodium	86.67mg		
Carbohydrates	18.67g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.76mg

AE 113 Saltine Crackers, not WG (HS)

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.60 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10614

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE UNSALTED 500-2CT NAB	8 Each		536091

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.60 Ounce

Amount Per Serving			
Calories	213.33		
Fat	4.00g		
SaturatedFat	0.00g		
Trans Fat	0.93g		
Cholesterol	0.00mg		
Sodium	173.33mg		
Carbohydrates	37.33g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.52mg

AA 626 Crescent, Chocolate Filled

Servings:	1.00	Category:	Grain
Serving Size:	65.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10903

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	HEAT_AND_SERVE Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch Preheat oven to 350 degrees F Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes* For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving *Do not place pouches directly on oven rack or let pouches touch oven sides Bake times will vary by oven type of load Consumer within READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within	321722

Preparation Instructions

Heat frozen crescent rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes or conventional oven from 10-12 minutes. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. Bake times will vary by oven type of load.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 65.00 Gram

Amount Per Serving

Calories 100.44

Fat 3.49g

SaturatedFat 0.66g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.00mg

Carbohydrates 16.16g

Fiber 0.87g

Sugar 4.37g

Protein 2.62g

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

Calcium 0.87mg **Iron** 3.49mg

CV 197 Pickle Chips

Servings:	1.00	Category:	Vegetable
Serving Size:	0.06 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE KOSH DILL CHIP C/C 5GAL GIEL	1/16 Ounce	Place in refrigeration and maintain an internal temperature of 33 to 41 degrees F.	557846

Preparation Instructions

Place in refrigeration and maintain an internal temperature of 33 to 41 degrees F.

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: 0.06 Ounce

Amount Per Serving

Calories	0.24		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.60mg		
Carbohydrates	0.06g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.66mg	Iron	0.01mg

CF 323 Fruit Cocktail, in Water, Choice

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11093

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL WTR PACK 6-10 P/L	1/2 Cup		167592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	45.40		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	10.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	0.00g		
Vitamin A	201.65IU	Vitamin C	1.21mg
Calcium	0.00mg	Iron	0.00mg

DH 112 Ham and Cheese Sand.

Servings:	1.00	Category:	Entree
Serving Size:	6.46 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11801

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

Lay out the bottom of the buns.

Add the ham slices and the cheese slices.

Add the top of the bun.

Wrap the sandwich in the appropriate wrapper.

Place in the pan to be used on the serving line.

Hold in a refrigeration maintaining a minimum internal temperature of 33 to 41 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.46 Ounce

Amount Per Serving			
Calories	295.00		
Fat	11.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	915.00mg		
Carbohydrates	26.50g		
Fiber	4.00g		
Sugar	4.50g		
Protein	22.50g		
Vitamin A	150.00IU	Vitamin C	1.80mg
Calcium	138.00mg	Iron	2.08mg

AA 202 Apple Cinnamon Texas Toast

Servings:	1.00	Category:	Grain
Serving Size:	3.30 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12029

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice	SERVED AT ROOM TEMPERATURE.	152504

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.30 Ounce

Amount Per Serving

Calories	260.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	290.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.00mg	Iron	3.00mg

DV 230 Cheese-Topped Breadsticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12559

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS WGRAIN 105-4Z	1 Each	PRODUCT SHOULD BE THOROUGHLY THAWED PRIOR TO COOKING. PLEASE LEAVE A SPACE BETWEEN EACH UNIT TO ENSURE PROPER BROWNING AND EVEN CHEESE MELT. PRE-HEAT OVEN TO 325-350 DEGREES AND COOK FOR 9-12 MINUTES OR UNTIL THE CHEESE IS PROPERLY AND EVENLY MELTED. THE PRODUCT HAS A 5 DAY SHELF LIFE AFTER THAWING.	723880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	260.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	380.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	313.00mg	Iron	2.00mg

DH 469 Italian Beef Pepperoni Calzones

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12560

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each	PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE. THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.	135191

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	361.00mg	Iron	2.00mg

DB 252 Philly Steak and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12865

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	2 7/8 Ounce	COOK FROM FROZEN. PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROX 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE.	720861
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110

Preparation Instructions

Portion Philly Steak.

Top with Queso.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	202.10		
Fat	12.90g		
SaturatedFat	6.05g		
Trans Fat	0.52g		
Cholesterol	55.00mg		
Sodium	605.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	16.40g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	111.00mg	Iron	1.44mg

DH 347 Johnny Rib

Servings:	1.00	Category:	Entree
Serving Size:	2.80 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12866

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ W/SCE 2.8Z 6-5	1 Each	Cook from Frozen. Lay out patties on an oven sheet pan in a single layer. Heat in a conventional oven preheated to 350 degrees F for 12-14 minutes or heat in a convection oven preheated to 350 degrees F for 10-12 minutes.	661921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.80 Ounce

Amount Per Serving

Calories	170.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	400.00mg		
Carbohydrates	6.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	14.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	0.00mg	Iron	1.08mg

FR 205 HASHBROWN RND

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12867

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN RND 6-5 MCCAIN	2 Each	Cook from frozen Convection Oven: 425 degrees F - Place 6 lbs of frozen round on a shallow baking pan and spread evenly. - all 5 bakings to fill the oven - bake 24-30 minutes - turn once - cook from frozen.	389003

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	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Piece

Amount Per Serving			
Calories	100.00		
Fat	3.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	105.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Fw 216 Vegetable Blend

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD SMTH MED 30 GCHC	1/4 Cup		285750
BROCCOLI FLORETS 6-4 GCHC	1/8 Each		610902
SQUASH MED YEL S/N 17AVG MRKN	1/8 Cup	Wash and slice	198935

Preparation Instructions

Combined Carrots, Broccoli & Squash, steam until tender. Season with Garden Blend Vegetable Seasonings.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.37
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	20.21		
Fat	0.08g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.63mg		
Carbohydrates	4.52g		
Fiber	1.98g		
Sugar	2.19g		
Protein	1.10g		
Vitamin A	49.61IU	Vitamin C	1.29mg
Calcium	27.31mg	Iron	0.39mg

CM 420 Chicken Strip Salad, WG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12932

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Cup		206504
CHIX STRP BRD WGRAIN FC 1.3Z 30	3 Each	Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F. Marketing Tips	548842
TOMATO CHERRY 11 MRKN	1/2 Cup	washed	569551
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Ounce	Shredded	150260

Preparation Instructions

Portion Salad mix into the serving containers.

Add Tomatoes.

Add Cheese.

Add Chicken Strips.

Seal the container and hold in refrigeration maintaining an internal temperature of 33 to 41 degrees F.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	358.30
Fat	18.10g
SaturatedFat	5.55g
Trans Fat	0.00g
Cholesterol	79.50mg
Sodium	611.20mg
Carbohydrates	26.62g
Fiber	6.41g
Sugar	6.81g
Protein	25.11g
Vitamin A 1099.70IU	Vitamin C 120.33mg

Calcium 149.71mg **Iron** 1.33mg

CM 421 Chicken Strip Salad, WG (HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12933

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Cup		206504
CHIX STRP BRD WGRAIN FC 1.3Z 30	3 Each	Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F. Marketing Tips	548842
TOMATO CHERRY 11 MRKN	1/2 Cup	washed	569551
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Ounce	Shredded	150260
DOUGH ROLL DNNR WGRAIN 160-2.5Z RICH	1 Each	Proof dough for 40-50 minutes. Bake: Rack Oven at 375 degrees F for 12-14 minutes. Convection Oven at 325 degrees F for 10-12 minutes.	563332

Preparation Instructions

Portion Salad mix into the serving containers.

Add Tomatoes.

Add Cheese.

Add Chicken Strips.

Add Dinner Roll

Seal the container and hold in refrigeration maintaining an internal temperature of 33 to 41 degrees F.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	528.30
Fat	21.10g
SaturatedFat	5.55g
Trans Fat	0.00g
Cholesterol	79.50mg
Sodium	751.20mg
Carbohydrates	55.62g
Fiber	9.41g

Sugar	10.81g
Protein	32.11g
Vitamin A 1099.70IU	Vitamin C 120.33mg
Calcium 169.71mg	Iron 2.77mg

CM 472 BLT Salad, WG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12943

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Cup		206504
TOMATO CHERRY 11 MRKN	1/2 Cup	washed	569551
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Ounce	Shredded	150260
BACON TKY CKD 12- 50CT JENNO	2 Slice	CONVECTIN OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F. PLACE SLICES ON GRILL. FLIP BACON AT 30 SECONDS AND LEAVE ON FOR ANOTHER 30 SECONDS. REMOVE FROM GRILL AND SERVE. THE BACON WILL GET CRISPER THE LONGER IT'S HEATED.	834770
EGG HARD CKD PLD 8-18CT SNYFR	1 Each		219160
DOUGH ROLL DNNR WGRAIN 160- 2.5Z RICH	1 Each	Proof dough for 40-50 minutes. Bake: Rack Oven at 375 degrees F for 12-14 minutes. Convection Oven at 325 degrees F for 10-12 minutes.	563332

Preparation Instructions

Portion Salad mix into the serving containers.

Add Tomatoes.

Add Cheese.

Add Bacon Strips.

Add Roll.

Seal the container and hold in refrigeration maintaining an internal temperature of 33 to 41 degrees F.

Meal Components (SLE)

Amount Per Serving

Meat	0.86
Grain	2.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	384.30
Fat	15.20g
SaturatedFat	4.05g
Trans Fat	0.00g
Cholesterol	187.50mg
Sodium	682.60mg
Carbohydrates	40.62g
Fiber	7.91g
Sugar	10.81g
Protein	24.11g

Vitamin A	899.70IU	Vitamin C	12.33mg
Calcium	171.71mg	Iron	2.69mg

CM 320 Ham Chef Salad, WG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13004

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Ounce	Shredded	150260
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each	THAW AND BAKE AT 350 DEGREES FOR 3-4 MINUTES OR DESIRED COLOR. BAKE IN CONVECTION OVEN FOR 1-2 MINUTES. ROLLS MAKE BE BAKED FROM FROZEN STATE FOR 8 MINUTES.	536890
LETTUCE SALAD MXD 4- 5 RSS	1 Cup		206504
TOMATO CHERRY 11 MRKN	1/2 Cup	Washed	569551
TURKEY HAM DCD 2-5 JENNO	2 Ounce		202150

Preparation Instructions

Portion Salad mix into the serving containers.

Add Tomatoes.

Add Cheese.

Add Diced Ham

Add Roll.

Seal the container and hold in refrigeration maintaining an internal temperature of 33 to 41 degrees F.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	289.30
Fat	7.95g
SaturatedFat	3.30g
Trans Fat	0.00g
Cholesterol	51.25mg
Sodium	585.10mg
Carbohydrates	43.37g
Fiber	11.91g

Sugar	16.56g
Protein	19.86g
Vitamin A 824.70IU	Vitamin C 13.53mg
Calcium 112.21mg	Iron 2.41mg

GF 100 Apple Crisp

Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13007

Ingredients

Description	Measurement	Prep Instructions	DistPart #
brown sugar	13/16 Cup	READY_TO_EAT	
OATS OLD FASHIONED 12-42Z MOM	3 1/8 Cup		144391
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	9 3/8 Tablespoon		299405
APPLE SLCD HMSTYL SPCD 6-10 MUSLMN	1/2 Cup	Simply heat and serve or serve at room temperature.	507942

Preparation Instructions

Direction

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix Sugar, Butter, and Oats until well combined. Place in baking pan loosely. Bake for about 10 minutes, stirring halfway through cooking time. Stir lightly and let cool completely.
3. Sprinkle over Apples and 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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	78.28		
Fat	4.88g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	11.26mg		
Sodium	0.40mg		
Carbohydrates	7.77g		
Fiber	1.08g		
Sugar	1.10g		
Protein	1.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.45mg

FW 101 Carrots,Celery& Tomatoes Veggie Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13072

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX STRAIGHT CUT 2-5 RSS	3 Each	wash	576646
CELERY STIX 4-3 RSS	3 Each	wash	781592
TOMATO CHERRY 11 MRKN	3 Each	wash	569551

Preparation Instructions

Arrange in 4 Ounce Plastic Souffle Portion Cups (796000)

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.94
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.80		
Fat	0.30g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.95mg		
Carbohydrates	11.31g		
Fiber	4.17g		
Sugar	7.03g		
Protein	2.08g		
Vitamin A	9256.53IU	Vitamin C	21.46mg
Calcium	49.46mg	Iron	0.50mg

Fiesta Fajitas

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13345

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP GRLLD FC NAE 2-5 TYS	2 1/2 Ounce	Coat Chicken with 4.25 teaspoons of Fiesta Spice R13354. Place in oven at 400 Degrees for 13 Min or until Chicken reaches an internal temp. of 165 for 15 secs.	516521
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	Wrap in foil and warm in oven for 20 secs.	690141
PEPPERS & ONION FLME RSTD 6-2.5	1/8 Cup	saute	847208
TOMATO RANDOM 2 25 MRKN	1 Tablespoon	Dice	508616
AVOCADO HAAS RIPE LAYR 48CT P/L	2 Tablespoon	Dice	897320
CHEESE AMER SHRD FTNR 4-5# BONGARDS	1 Ounce		344731

Preparation Instructions

Wrap chicken, cheese and dice vegetables in a flour tortilla. Serve with sour cream and lime.

Meal Components (SLE)

Amount Per Serving

Meat	2.08
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	334.31
Fat	9.77g
SaturatedFat	2.62g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	496.53mg
Carbohydrates	33.87g
Fiber	5.30g
Sugar	3.11g
Protein	24.17g

Vitamin A	135.69IU	Vitamin C	4.42mg
Calcium	128.60mg	Iron	5.20mg

Fiesta Spice

Servings:	12.00	Category:	Condiments or Other
Serving Size:	0.38 Teaspoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13354

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD 16Z TRDE	1 Teaspoon		331473
SPICE PAPRIKA 16Z TRDE	1 Teaspoon		518331
SPICE GARLIC POWDER 21Z TRDE	3/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/2 Teaspoon		126993
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Teaspoon		225037
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1/2 Teaspoon		225088

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: 12.00

Serving Size: 0.38 Teaspoon

Amount Per Serving

Calories	1.62		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.46mg		
Carbohydrates	0.42g		
Fiber	0.13g		
Sugar	0.00g		
Protein	0.06g		
Vitamin A	160.02IU	Vitamin C	0.05mg
Calcium	0.71mg	Iron	0.05mg

AB 210 Sub Bun 5",WG

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13374

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	160.00		
Fat	2.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.00mg

DH 135 Ham and Cheese Slider

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18507

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	2 Each	Basic Preparation Pan frozen dough on paper lined sheet pan. Full sheet pan: Individual - 8 x 5; Clustered - honeycomb of 51. Half Sheet pan: Individual - 5 x 4; Clustered - Honeycomb of 21. Retard/thaw time: Retarder (35-38 degrees F), 12-18 hours. Room temperature: 60 minutes. Proofing: (95F, 85% Relative humidity) for 40-50 minutes or until double in size. Baking: Rack oven: 350 degrees F for 8-10 minutes. Deck Oven: 350 degrees F for 8-10 minutes. Convection oven: 300 degrees F for 6-8 minutes. Bake times will vary due to ovens. Adjust accordingly.	149052
TURKEY HAM SLCD 12-1 JENNO	4 Slice	THAW IN COOLER DEFROST FROZEN PRODUCT SLOWLY AND THOROUGHLY IN A COOLER FOR 24 HOURS.	556121
CHEESE AMER 160CT SLCD 4-5 GCHC	2 Slice	Basic Preparation READY TO USE	271411

Preparation Instructions

Prepare Sliders (two slices of ham and one slice of cheese on each roll). Place two sliders in a paper tray and serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.83
Grain	1.60
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: 2.00 Each

Amount Per Serving

Calories	372.00
Fat	15.00g
SaturatedFat	7.60g
Trans Fat	0.00g
Cholesterol	73.00mg
Sodium	1022.00mg
Carbohydrates	29.80g
Fiber	3.20g
Sugar	7.40g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 1.20mg

Calcium 165.00mg **Iron** 0.72mg

DH 148 Stromboli

Servings:	1.00	Category:	Entree
Serving Size:	4.20 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18563

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STROMBOLI MT & CHS 72-4.2Z S&F	1 Each	Basic Preparation For best results, allow to thaw prior to cooking. Do not refreeze. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer.	474964

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.20 Ounce

Amount Per Serving

Calories	260.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	640.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

FV 100 Cherry Tomatoes, Fresh

Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18842

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 11 MRKN	6 Each	PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	569551

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving			
Calories	16.19		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.50mg		
Carbohydrates	3.50g		
Fiber	1.10g		
Sugar	2.50g		
Protein	0.80g		
Vitamin A	749.40IU	Vitamin C	12.33mg
Calcium	9.00mg	Iron	0.24mg

AG 121 Fried Rice

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18877

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	1 Cup	Basic Preparation Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

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

DB 261 Chuckwagon Sand.

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18888

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHUCKWAGON CN NA 96-3Z ADV	1 Each	DEEP_FRY Deep fryer: 350 degrees f for 2 1 2-3 1 2 minutes. Conventional oven: from the frozen state, bake at 400 degree f for 13-15 minutes. Convection oven: from the frozen state, bake at 375 degrees f for 11-14 minutes.	475152
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00		
Fat	18.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	470.00mg		
Carbohydrates	36.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	103.00mg	Iron	2.80mg

DP 351 Chicken Wings (Bone in)

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19021

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	8 1/16 Ounce	Basic Preparation Pre-heat oven to 350 degrees F, place frozen chicken pieces in a single layer on an ungreased baking pan, baked uncovered for 10 minutes (convection) or 25 minutes (conventional).	159883

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	644.00		
Fat	45.00g		
SaturatedFat	10.46g		
Trans Fat	0.00g		
Cholesterol	281.75mg		
Sodium	805.00mg		
Carbohydrates	8.05g		
Fiber	0.00g		
Sugar	0.00g		
Protein	42.66g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

DP 145 Corn Dog (Chicken)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19080

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each		620220

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 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

DP 356 Chicken Wings (Boneless)

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19087
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 30	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 5.00 Each

Amount Per Serving			
Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	570.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	18.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

GF 101 Baked apples

Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19097
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD HMSTYL SPCD 6-10 MUSLMN	1/2 Cup	Simply heat and serve or serve at room temperature.	507942

Preparation Instructions

Direction

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix Sugar, Butter, and Oats until well combined. Place in baking pan loosely. Bake for about 10 minutes, stirring halfway through cooking time. Stir lightly and let cool completely.
3. Sprinkle over Apples and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	3.20		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	0.88g		
Fiber	0.08g		
Sugar	0.72g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

DP 544 Turkey Bacon Wrap

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19383

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CHEESE AMER 120CT SLCD 4-5 GCHC	1 Each		164216

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.69
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1060.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	3.00g

Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	232.00mg	Iron	2.34mg

AA 624 Cinnamon Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19655

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Cinnamon Roll	2 3/4 Ounce	Basic Preparation Place frozen roll dough smooth side facing downward, on parchment lined baking sheet. Bake times will vary by oven type and quantity of product in oven. Rolls are fully baked when center curl springs back when lightly touched. Allow to cool if icing or finishing.	119090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00		
Fat	12.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	360.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	11.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

DB 260 Chuckwagon Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19656

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHUCKWAGON CN NA 96-3Z ADV	1 Each	DEEP_FRY Deep fryer: 350 degrees f for 2 1 2-3 1 2 minutes. Conventional oven: from the frozen state, bake at 400 degree f for 13-15 minutes. Convection oven: from the frozen state, bake at 375 degrees f for 11-14 minutes.	475152

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	16.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	320.00mg		
Carbohydrates	10.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

EB 301 Pork Sausage Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19657

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS PORK R/SOD 6-5# JTM	2 Ounce		149910

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: 2.00 Ounce

Amount Per Serving

Calories	88.61		
Fat	6.08g		
SaturatedFat	3.44g		
Trans Fat	0.00g		
Cholesterol	12.66mg		
Sodium	264.30mg		
Carbohydrates	4.05g		
Fiber	0.00g		
Sugar	0.51g		
Protein	3.54g		
Vitamin A	26.33IU	Vitamin C	0.00mg
Calcium	13.67mg	Iron	0.51mg

DP 256 Chicken Drumstick, WG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22279
School:	BSMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 6-5	4 3/8 Ounce	Heat from frozen Product is fully cooked. Heat and eat	158792

Preparation Instructions

Heat from frozen

Product is fully cooked. Heat and eat

Bake until a minimum internal temperature of 165 degrees F is reached. Place in a warming unit and maintain a minimum internal temperature of 135 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving			
Calories	220.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	420.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

DP 256 Chicken Drumstick, WG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22318

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 6-5	4 3/8 Ounce	Heat from frozen Product is fully cooked. Heat and eat	158792

Preparation Instructions

Heat from frozen

Product is fully cooked. Heat and eat

Bake until a minimum internal temperature of 165 degrees F is reached. Place in a warming unit and maintain a minimum internal temperature of 135 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving			
Calories	220.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	420.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

DP 293 Chicken Mac

Servings:	1.00	Category:	Entree
Serving Size:	5.06 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22361

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	4 Ounce	Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	149193
CHIX STRP WGRAIN	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	546561

Preparation Instructions

Cook noodles and chicken as directed.

Chop chicken.

In a 6 oz. container (166760) portion 4 oz of cheese and noodle entree.

Top with 1 chopped chicken strip.

Place in a warming unit and maintain a minimum internal temperature of 135 degrees F.

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: 1.00

Serving Size: 5.06 Ounce

Amount Per Serving			
Calories	276.67		
Fat	14.00g		
SaturatedFat	6.83g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	666.67mg		
Carbohydrates	23.33g		
Fiber	2.00g		
Sugar	2.00g		
Protein	16.33g		
Vitamin A	33.33IU	Vitamin C	26.00mg
Calcium	6.67mg	Iron	0.60mg

DP 207 Spicy Breaded Chicken Sandwich, WG (HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22420

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHIX PTY HOT&SPCY WGRAIN 3.05Z 6-26CT	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	536550

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	350.00		
Fat	12.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	390.00mg		
Carbohydrates	40.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	4.60mg