

Cookbook for Bailey

Created by HPS Menu Planner

Table of Contents

Rosy Applesauce

Blushing Pears

Baked Sliced Apples

Cinnamon Applesauce

Tropical Fruit Cups

Fruit Cup

Pumpkin Silk

Apple Crisp

Broccoli

Romaine Lettuce

Green Peas

Mixed Vegetables

Mashed Potatoes w/ Chicken Gravy

Celery Sticks w/ Peanut Butter

Tomato Soup

California Blend

Green Beans

Steamed Corn

Chicken Breakfast Sandwich

Buffalo Chicken Wrap

Chicken Wrap

PBJ & Cheese Stick

Turkey Tortilla Wrap

Ham Tortilla Wrap

Lunchmeat Sub

BBQ Pork Sandwich

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Grilled Cheese Sandwich

Homemade Peanut Butter and Jelly Sandwich

Cheeseburger on bun

Hamburger on Bun

Chicken Patty on Bun

Hot Dog on Bun

Sloppy Joe on Bun

Toast

Assorted Cereal

Sausage, Egg, & Cheese Biscuit

Biscuit and Gravy

Yogurt Smoothie

Assorted 2 ct. Pop-Tart

Assorted Pop-Tart

Chicken Breakfast Sandwich

Chef Salad w/ Ham

Chef Salad w/ Turkey

Nacho Supreme

Chicken Potato Bowl

Parfait

Walking Taco

Bosco Sticks w/ Marinara Sauce

Spaghetti w/ Meat Sauce

Grilled Chicken Salad

BBQ Pork Sandwich-Elementary

Chicken Patty on Bun-Elementary

Ham and Cheese Sandwich-Elementary

Hamburger on Bun-Elementary

Sloppy Joe on Bun-Elementary

Turkey and Cheese Sandwich-Elementary

Rosy Applesauce

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21467

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	2 #10 CAN	271497
GELATIN MIX STRAWB 12-24Z GCHC	1/2 Cup	524581

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Empty applesauce into 4" 1/2 steam pan.

Mix in jello to get the "rosey" color.

Portion 4 oz into 5 oz souffles and chill to 41°.

Serve cold.

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	65.83		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	17.08mg		
Carbohydrates	14.42g		
Fiber	2.00g		
Sugar	13.42g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	1.25mg
Calcium	5.00mg	Iron	0.00mg

Blushing Pears

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21468

Ingredients

Description	Measurement	DistPart #
PEAR DCD IN JCE 6-10 GCHC	2 #10 CAN	610364
GELATIN MIX STRAWB 12-24Z GCHC	1/4 Cup	524581

Preparation Instructions

Wash Hands. Refer to our Standard Operating Procedures (SOP).

Pour pears into steam table pans.

Sprinkle with strawberry gelatin over pears to give blushing color.

Cover and chill to 41°. Portion 4 oz of fruit into 5 oz souffle

Keep cold until serving time.

CCP: Cold foods should be kept at 41° or lower.

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.36		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.54mg		
Carbohydrates	17.95g		
Fiber	2.16g		
Sugar	12.56g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.63mg
Calcium	10.78mg	Iron	0.00mg

Baked Sliced Apples

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21469

Ingredients

Description	Measurement	DistPart #
APPLE SLCD W/P 6-10 GCHC	2 #10 CAN	117773
SUGAR BROWN MED 25 GCHC	2 Cup	108626
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon	224723

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash top of cans before opening. Place 2 cans of apples in 4 inch deep steam pan.

Combine brown sugar and cinnamon with apples. Stir to coat.

Bake apples in 350 degree oven for 45 minutes, or until lightly browned on top.

Serve immediately with 4 ounce spoodle or #8 scoop.

CCP: Hot foods held for later service must maintain a minimum internal temperature of 140 degrees F.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	80.54		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	20.10g		
Fiber	2.07g		
Sugar	16.99g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cinnamon Applesauce

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21470

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	2 #10 CAN	271497
SPICE CINNAMON GRND 15Z TRDE	2 Teaspoon	224723

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Empty applesauce into 4" 1/2 steam pan. Mix in cinnamon.

Chill to 41° or colder.

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: 48.00

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	13.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

Tropical Fruit Cups

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21471

Ingredients

Description	Measurement	DistPart #
ORANGES MAND IN JCE 6-10 GFS	1 #10 CAN	612448
PINEAPPLE TROPICAL GLD 6-81Z DOLE	81 Ounce	500471

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Open and drain Mandarin Oranges, pour into 4" deep steam table pan and mix with one bag of pineapple tidbits.

Refrigerate until probe inserted in fruit reads 41 degrees or less. Serve with 4 ounce spoodle.

CCP: KEEP COLD FOODS COLD AT 41 DEGREES OR LESS

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	63.45		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.39mg		
Carbohydrates	14.93g		
Fiber	0.39g		
Sugar	11.76g		
Protein	0.54g		
Vitamin A	215.55IU	Vitamin C	9.70mg
Calcium	10.78mg	Iron	0.33mg

Fruit Cup

Servings:	144.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21472

Ingredients

Description	Measurement	DistPart #
Apple Slices, Canned, Unsweetened	1 #10 CAN	100206
FRUIT MIXED 6-10	1 #10 CAN	100212
ORANGES MAND IN JCE 6-10 GFS	1 #10 CAN	612448
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 #10 CAN	189979
Diced Pears 6-10	1 #10 CAN	100225
Diced Peaches CND 6-10	1 #10 CAN	100220

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash top of can with sanitized dish cloth before opening. Drain some of the liquid from fruit if needed.

Portion 4oz into 5oz souffles.

Keep fruit cold until serving.

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: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	64.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.29mg		
Carbohydrates	15.99g		
Fiber	1.26g		
Sugar	12.93g		
Protein	0.18g		
Vitamin A	71.85IU	Vitamin C	4.85mg
Calcium	3.59mg	Iron	0.13mg

Pumpkin Silk

Servings:	180.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21473

Ingredients

Description	Measurement	DistPart #
PUMPKIN FCY 6-10 GCHC	3 #10 CAN	186244
TOPPING WHIP 12-32Z RICH	5 Quart	307092
PUDDING MIX VAN INST 12-24Z GCHC	3 Package	106666
SPICE CLOVES GRND 16Z TRDE	1 Teaspoon	224774
SPICE NUTMEG GRND 16Z TRDE	1 Teaspoon	224944
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon	224723
TOPPING WHIP I/BG 12-16Z ONTOP	2 Package	330442

Preparation Instructions

Wash hands. Refer to our Standard Operation Procedures (SOP).

Combine the pumpkin and whip topping in a chilled mixing bowl, whip at medium speed with wire whip. Add dry instant pudding mix and spices(to taste). Whip at full volume. Fill cups and top with bagged whip topping.

CCP: Keep cold at 41 degrees or lower.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 180.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	128.65		
Fat	5.69g		
SaturatedFat	5.69g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	104.33mg		
Carbohydrates	19.23g		
Fiber	1.29g		
Sugar	14.21g		
Protein	0.86g		
Vitamin A	6035.52IU	Vitamin C	2.07mg

Calcium 49.25mg **Iron** 0.31mg

Apple Crisp

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21474

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	2 #10 CAN	271497
OATS QUICK HOT CEREAL 50 GILST	6 1/4 Cup	286070
FLOUR A/P PASTRY 2-25 KING	6 1/2 Cup	260231
SUGAR BROWN MED 25 GCHC	4 Cup	108626
SUGAR CANE GRANUL 25 GCHC	3 Cup	108642
SPICE NUTMEG GRND 16Z TRDE	3 Tablespoon	224944
SPICE CINNAMON GRND 15Z TRDE	3 Tablespoon	224723
SALT IODIZED 25 CARG	1 Teaspoon	108286
MARGARINE SLD 30-1 GCHC	2 Pound	733061

Preparation Instructions

Wash hands. Refer to our Standard Operation Procedures (SOP).

For topping: Combine flour, oats, brown sugar, spices (nutmeg, 2 Tbsp cinnamon, and salt) and margarine. Mix until crumbly. Set aside.

For filling: Drain apples, save juice, and add enough water to juice to make 3 cups liquid. Set liquid aside. Place apples in two shallow steam table pans. Sprinkle 1 1/2 cups sugar, 1 1/2 tsp cinnamon over apples in each pan, stir. Pour 1 1/2 cups liquid over each pan of apples. Sprinkle apples with 5 cups of topping evenly. Bake at 350 degrees for 25 - 35 or until topping is browned and crisp in convection oven minutes. Cool, Cut 50 pieces per pan.

CCP: Keep cold at 41 degrees or lower.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.75
Fruit	0.13
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	192.44
Fat	7.55g
SaturatedFat	2.96g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	98.92mg
Carbohydrates	29.15g
Fiber	1.66g
Sugar	19.20g
Protein	0.75g

Vitamin A	480.00IU	Vitamin C	0.00mg
Calcium	6.05mg	Iron	0.27mg

Broccoli

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21475

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF 30 GCHC	82 Cup	285590

Preparation Instructions

Wash Hands. Refer to our Standard Operating Procedures (SOP).

To steam broccoli, place it in a single layer in a 2 1/2 in deep steam table pan. Steam uncovered following manufacturer's directions for 10 to 20 minutes or until broccoli is tender.

CCP: Hot foods should be held at 145° or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	16.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	3.33g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	0.67mg

Romaine Lettuce

Servings:	428.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21476

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	40 Pound	600504

Preparation Instructions

Wash Hands. Refer to our Standard Operating Procedures (SOP).

Tear lettuce into bite sized pieces and wash and dry thoroughly.

May garnish with cucumbers and tomatoes.

Note: 1 cup of lettuce is equal to 1/2 cup serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 428.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	7.48		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.98mg		
Carbohydrates	1.50g		
Fiber	0.50g		
Sugar	0.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.97mg	Iron	0.50mg

Green Peas

Servings:	136.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21477

Ingredients

Description	Measurement	DistPart #
PEAS GREEN IQF 30 KE	68 Cup	283760

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

To cook on stove top, add frozen vegetables to covered stockpot and add one qt. of water. Bring vegetables to a boil and reduce to a simmer for 12 - 14 minutes or until tender but firm.

To cook in steam-jacketed kettle, put vegetables in a 4" steam table pan and cover. Cook for 15 - 20 minutes.

Put vegetables on serving line. Toss lightly. Cook vegetables to 155 degrees and hold at 140 degrees or higher.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM

OF 155 DEGREES F. HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM

INTERNAL TEMPERATURE OF 140 DEGREES F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 136.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	44.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	8.96g		
Fiber	2.99g		
Sugar	2.99g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.82mg

Mixed Vegetables

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21478

Ingredients

Description	Measurement	DistPart #
VEG MIXED 5-WAY 30 GCHC	29 Pound	285690

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

To cook on stove top, add frozen mixed vegetables to covered stockpot and add one qt. of water. Bring vegetables to a boil and reduce to a simmer for 12 - 14 minutes or until tender but firm.

To cook in steam-jacketed kettle, put vegetables in a 4" steam table pan and cover. Cook for 15 - 20 minutes.

Put vegetables on serving line and add margarine. Toss lightly. Cook vegetables to 155 degrees and hold at 140 degrees or higher.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155 DEGREES F. HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 140 DEGREES F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	73.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	24.36mg		
Carbohydrates	14.62g		
Fiber	3.65g		
Sugar	4.87g		
Protein	2.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.73mg

Mashed Potatoes w/ Chicken Gravy

Servings:	85.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21479

Ingredients

Description	Measurement	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	1 Carton	222585
GRAVY MIX CHIX 8-22.6Z TRIO	1 Package	290025

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Mix instant potatoes with boiling water according to directions on package. Put potatoes into a 4 " deep steam table pan and keep hot.

Add gravy mix to 1 gallon of boiling water and stir until thickened. Serve with a #8 scoop and top with 1 ounce of gravy.

CCP: Potatoes must have an internal temperature of a minimum of 155 degrees held for a minimum of 15 seconds.

CCP: Hot food held for later service must maintain a minimum internal temperature of 140 degrees.

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: 85.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	98.34		
Fat	0.42g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	215.69mg		
Carbohydrates	20.65g		
Fiber	0.99g		
Sugar	0.00g		
Protein	1.97g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.86mg	Iron	0.20mg

Celery Sticks w/ Peanut Butter

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21480

Ingredients

Description	Measurement	DistPart #
CELERY STALK CLEANED 10 RSS	14 Pound	478318
USDA Commodity Smooth Peanut Butter	12 1/2 Cup	100396

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut celery into 1/2 inch by 4 inch sticks. Portion 6 celery sticks into 5.5 ounce souffle. Portion 2 tablespoons of peanut butter into 2 ounce souffle, serve together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	210.14		
Fat	16.10g		
SaturatedFat	3.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.80mg		
Carbohydrates	10.05g		
Fiber	3.02g		
Sugar	4.02g		
Protein	7.46g		
Vitamin A	285.10IU	Vitamin C	1.97mg
Calcium	25.40mg	Iron	0.13mg

Tomato Soup

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21481

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	2 #5 CAN	488232
Tap Water for Recipes	1 #5 CAN	000001WTR

Preparation Instructions

Wash hands. Refer to our standard operation procedures (SOP).

Stir soup in pan. Slowly stir in 1 can water. Heat to simmer, stirring occasionally.

Pour into 4" deep steam table pans and keep hot.

CCP: Hot food held for later service must maintain a minimum temperature of 140 degrees F.

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	106.52		
Fat	1.18g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	461.58mg		
Carbohydrates	21.30g		
Fiber	1.18g		
Sugar	11.84g		
Protein	2.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.43mg

California Blend

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21482

Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF 30 KE	15 Pound	283780

Preparation Instructions

Wash hands, refer to our Standard Operating Procedures (SOP).

Place frozen vegetables in a single layer in a steamer pan. Steam, using the manufacturer's directions for your steamer. When the vegetables are done keep them hot and serve.

CCP: Hot foods should be kept at 145° or hotter

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: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	17.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	21.00mg		
Carbohydrates	3.50g		
Fiber	1.40g		
Sugar	1.40g		
Protein	0.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	0.00mg

Green Beans

Servings:	136.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21483

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	6 #10 CAN	118737

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash top of lid with clean, sanitized rag before opening. Drain off half of the liquid from the can. Pour green beans and remaining liquid into a stock pot or steam table pan. Heat long enough on stove top or steamer to bring to serving temperature. Do not allow to boil.

CCP: Hot foods should be kept at 145° or hotter.

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: 136.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	22.82		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	159.76mg		
Carbohydrates	4.56g		
Fiber	2.28g		
Sugar	2.28g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.24mg	Iron	0.46mg

Steamed Corn

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21484

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 GCHC	30 Pound	285620

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

To steam place 5# corn into 2" deep steam pan and cook following manufacturer's directions for 15-20 minutes. Serve with a 4 oz spoodle as soon after cooking as possible.

CCP: Hot vegetables should be cooked to 140° F held for 15 seconds.

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: 165.00

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

Chicken Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21485

Ingredients

Description	Measurement	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	645080
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	120851

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Heating instructions from frozen: Preheat convection oven to 350 degrees.

Place breakfast patties on sheet pan in single layer. Cook for 8-10 minutes with internal temperature reaching 160 F for a minimum of 15 seconds.

CCP: Hot foods should be kept at 140°

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.00
Fat	12.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	625.00mg
Carbohydrates	34.00g
Fiber	2.50g
Sugar	3.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	Iron 2.80mg

Buffalo Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21517

Ingredients

Description	Measurement	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	3 Each	281731
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
SAUCE BOOM BOOM 4-1GAL KENS	1 Tablespoon	877930

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place tortilla wrap on sheet pan. Spread 1 T of Boom Boom Sauce on the tortilla,

Cut 1 slice of American cheese in half and place on tortilla, add 3 pieces of chicken tenders and add 1 cup of romaine ribbons. Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	575.00		
Fat	32.50g		
SaturatedFat	8.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	930.00mg		
Carbohydrates	49.00g		
Fiber	7.00g		
Sugar	5.00g		
Protein	23.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg

Calcium 250.00mg **Iron** 3.62mg

Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21518

Ingredients

Description	Measurement	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece	533830
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
DRESSING RNCH LT 4-1GAL BRTHARB	1 Tablespoon	222970

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place tortilla wrap on sheet pan. Spread 1 T of Ranch Dressing on the tortilla, cut 1 slice of American cheese in half and place on tortilla, add 3 pieces of chicken tenders and add 1 cup of romaine ribbons. Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving

Meat	5.00
Grain	4.25
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	525.00		
Fat	24.50g		
SaturatedFat	7.25g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	910.00mg		
Carbohydrates	47.50g		
Fiber	5.50g		
Sugar	8.00g		
Protein	28.00g		
Vitamin A	150.00IU	Vitamin C	0.00mg

Calcium 215.50mg **Iron** 3.12mg

PBJ & Cheese Stick

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21519

Ingredients

Description	Measurement	DistPart #
SAND PB&J STRAWB WGRAIN 72-2.8Z	1 Each	282231
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	1 Each	194471
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each	786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package	736280

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.00		
Fat	26.00g		
SaturatedFat	6.75g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	675.00mg		
Carbohydrates	49.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	18.00g		
Vitamin A	200.00IU	Vitamin C	1.80mg
Calcium	270.00mg	Iron	1.98mg

Turkey Tortilla Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21520

Ingredients

Description	Measurement	DistPart #
TURKEY, DELI BREAST, SLICED	2 3/16 Ounce	110554
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
DRESSING RNCH LT 4-1GAL BRTHARB	2 Tablespoon	222970

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place tortilla wrap on sheet pan. Spread 2T of Lite Ranch Dressing on the tortilla, cut 1 slice of American cheese in half and place on tortilla, add shredded turkey and add 1 cup of romaine ribbons. Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	459.30		
Fat	18.51g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	71.63mg		
Sodium	1218.50mg		
Carbohydrates	42.51g		
Fiber	4.00g		
Sugar	6.50g		
Protein	32.56g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	220.00mg	Iron	1.62mg

Ham Tortilla Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21521

Ingredients

Description	Measurement	DistPart #
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	1 7/8 Ounce	100187
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
DRESSING RNCH LT 4-1GAL BRTHARB	2 Tablespoon	222970

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place tortilla wrap on sheet pan. Spread 2T of Lite Ranch Dressing on the tortilla, cut 1 slice of American cheese in half and place on tortilla, add shredded ham and add 1 cup of romaine ribbons. Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	385.50		
Fat	18.50g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	44.50mg		
Sodium	923.00mg		
Carbohydrates	42.50g		
Fiber	4.00g		
Sugar	8.00g		
Protein	16.00g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	220.00mg	Iron	1.62mg

Lunchmeat Sub

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21522

Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	400 Slice	236012
Hot Dog Buns - White Wheat	100 Each	53460
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice	150260

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place hot dog buns on sheet pan. Cut 1/2 ounce slices of cheese in half diagonally, and alternate meat and cheese, (4 slices of meat and 2 pieces of cheese) on bun. Cover sandwiches or wrap individually and keep refrigerated until serving.

Serve with mayonnaise, mustard, pickles, and shredded lettuce.

CCP: Cold foods should be kept at 41° F. Food kept at room temperature for serving for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	293.86		
Fat	13.09g		
SaturatedFat	4.17g		
Trans Fat	0.00g		
Cholesterol	55.89mg		
Sodium	928.88mg		
Carbohydrates	29.26g		
Fiber	2.50g		
Sugar	3.50g		
Protein	16.87g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	156.20mg	Iron	2.14mg

BBQ Pork Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21523

Ingredients

Description	Measurement	DistPart #
PORK SHRDD BBQ 6-5 JTM	25 Pound	366320
Bun White Wheat 4"	100 Each	51022

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Prepare BBQ Pork according to package directions. Stack buns in a 4 inch steam table pan. Tightly cover pan with foil or a lid. Heat in a warmer or in a 300 degree oven for 10 minutes. Weigh 4 ounces of BBQ pork to determine appropriate scoop size for serving.

For best results assemble sandwiches on serving line.

CCP: Hot foods must reach 155° for a minimum of 15 seconds.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	348.00		
Fat	8.20g		
SaturatedFat	2.10g		
Trans Fat	0.04g		
Cholesterol	44.00mg		
Sodium	489.90mg		
Carbohydrates	44.00g		
Fiber	4.40g		
Sugar	19.00g		
Protein	22.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

Turkey and Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21525

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice	150260
TURKEY, DELI BREAST, SLICED	12 1/2 Pound	110554
White Wheat Hamburger Bun	100 Each	51022

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Assemble sandwiches by placing 2 ounces of turkey and 1 slice of cheese on each bun. Serve immediately or cover and place in refrigerator until serving time.

CCP: Cold foods must be chilled to 41°. Total time of food at room temperature must NOT exceed 4 hours.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.19		
Fat	8.40g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	37.70mg		
Sodium	774.55mg		
Carbohydrates	27.90g		
Fiber	2.00g		
Sugar	3.50g		
Protein	19.70g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	141.00mg	Iron	1.00mg

Ham and Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21526

Ingredients

Description	Measurement	DistPart #
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	225 Ounce	100187
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice	150260
White Wheat Hamburger Bun	100 Each	51022

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Shave ham in wafer thin slices. Weigh 2 1/4 ounces of ham to determine size of individual serving. Place 24 bottom portions of buns on bun pan, 4 across and 6 down. Portion 2 1/4 ounces of shaved ham and 1/2 ounce of sliced cheese on bun. Place top on sandwich. Cover pan tightly with plastic wrap and place in refrigerator until serving time. For hot ham and cheese follow above directions and set in oven until hot and cheese is melted. Serve immediately.

CCP: Cold foods should be kept at 41° or colder. Hot foods should be kept at 140° or warmer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	258.24		
Fat	10.69g		
SaturatedFat	4.84g		
Trans Fat	0.00g		
Cholesterol	45.70mg		
Sodium	902.87mg		
Carbohydrates	30.19g		
Fiber	2.00g		
Sugar	5.34g		
Protein	17.72g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	141.00mg	Iron	1.00mg

Grilled Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21532

Ingredients

Description	Measurement	DistPart #
School White Wheat Sandwich Bread	200 Slice	12385
CHEESE AMER 160CT SLCD 6-5 COMM	400 Slice	150260
MARGARINE SLD 30-1 GCHC	1/2 Pound	733061

Preparation Instructions

Wash hands. Refer to our Standard Operation Procedures (SOP).

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices). Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:

Conventional oven: 400 ° F for 15 - 20 minutes.

Convection oven: 350 ° F for 10 - 15 minutes.

DO NOT OVER BAKE

Serve immediately.

CCP: Hot foods should held at 140° or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	354.76		
Fat	21.74g		
SaturatedFat	11.06g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	1224.90mg		
Carbohydrates	27.40g		
Fiber	2.36g		
Sugar	5.00g		
Protein	14.78g		
Vitamin A	720.02IU	Vitamin C	0.00mg
Calcium	339.18mg	Iron	1.34mg

Homemade Peanut Butter and Jelly Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21533

Ingredients

Description	Measurement	DistPart #
USDA Commodity Smooth Peanut Butter	4 TBSP.	100396
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	100927
School White Wheat Sandwich Bread	2 Slice	12385

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash the top of the peanut butter and jelly cans with clean sanitized towels before opening cans. Spread peanut butter on one piece of bread and jelly on the other. Put sandwich together and wrap with plastic wrap until serving.

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 Sandwich

Amount Per Serving			
Calories	588.76		
Fat	33.98g		
SaturatedFat	6.34g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	632.30mg		
Carbohydrates	54.40g		
Fiber	6.36g		
Sugar	20.00g		
Protein	18.78g		
Vitamin A	0.02IU	Vitamin C	0.00mg
Calcium	39.18mg	Iron	1.34mg

Cheeseburger on bun

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21534

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	200 Each	785850
CHEESE AMER 160CT SLCD 6-5 COMM	200 Slice	150260
White Wheat Hamburger Bun	200 Each	51022

Preparation Instructions

Wash hands, refer to our Standard Operating Procedures (SOP).

On large bun pan with liner, place patty flat and cook in convection oven approx. 10-12 min, or until temp. probe inserted reaches 165 degrees. Place cooked patty on hamburger bun and top with one slice of cheese. Place assembled sandwich on bun pan and cover with saran wrap. Serve hot.

Ketchup, mustard, and pickles should be offered as condiments with sandwich.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155 DEGREES F. HELD FOR A MINIMUM OF 15 SECONDS

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 140 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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	338.00		
Fat	17.00g		
SaturatedFat	6.60g		
Trans Fat	0.60g		
Cholesterol	51.50mg		
Sodium	744.00mg		
Carbohydrates	28.50g		
Fiber	3.00g		
Sugar	3.50g		
Protein	22.50g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	174.00mg	Iron	3.00mg

Hamburger on Bun

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21535

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	200 Each	785850
White Wheat Hamburger Bun	200 Each	51022

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place frozen beef patties flat on a sheet pan lined with parchment paper. DO NOT overlap or stack patties. Place sheet pan in a 350 degrees preheated oven and set timer for 7-9 minutes. When timer sounds, check for internal temperature of 160 degrees or higher. Remove from oven.

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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	288.00		
Fat	12.50g		
SaturatedFat	4.10g		
Trans Fat	0.60g		
Cholesterol	39.00mg		
Sodium	519.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	99.00mg	Iron	3.00mg

Chicken Patty on Bun

Servings:	156.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21536

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 5-5.25 TYS	156 Each	641402
White Wheat Hamburger Bun	156 Each	51022

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

On large bun pan with liner, place chicken patties flat and cook in convection oven approx. 13-17 min at 350 degrees. Place cooked patty in 4" steam table and keep hot. Put the hamburger buns in 4" steam table pan and warm.

CCP: Final internal cooking temperature must reach a minimum of 165°F held for held for 15 seconds.

CCP: Hot food held for later service must maintain a minimum internal temperature f 140 degrees F°.

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: 156.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	410.00		
Fat	18.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	760.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	3.00mg

Hot Dog on Bun

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21537

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/ 2-5 GFS	160 Each	265039
Hot Dog Buns - White Wheat	160 Each	53460

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Heat hot dogs to an internal temperature of 165 degrees. Place hot dogs in 2" steam table pan and keep hot. Put hot dog buns in 4" steam table pan and warm.

Note: Ketchup, mustard, and relish should be offered as condiments with hot dog.

CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 155 DEGREES F. HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 140 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: 160.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00		
Fat	18.50g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	770.00mg		
Carbohydrates	29.00g		
Fiber	2.50g		
Sugar	3.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.64mg	Iron	2.18mg

Sloppy Joe on Bun

Servings:	132.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21539

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	30 Pound	564790
Bun White Wheat 4"	132 Each	51022

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place sealed bag in a steamer or in boiling water. Heat approximately 30-45 minutes or until product reaches serving temperature. Place cooked meat in 4" steam table and keep hot. Put the hamburger buns in 4" steam table pan and warm. Each sandwich should get 3.63 oz by weight of sloppy joe meat.

CCP: Final internal cooking temperature must reach a minimum of 165 degrees F^o held for held for 15 seconds.

CCP: Hot food held for later service must maintain a minimum internal temperature of 140 degrees F^o.

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: 132.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	295.25		
Fat	8.01g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.08mg		
Sodium	667.73mg		
Carbohydrates	36.02g		
Fiber	5.00g		
Sugar	11.01g		
Protein	19.02g		
Vitamin A	459.80IU	Vitamin C	6.01mg
Calcium	34.06mg	Iron	2.00mg

Toast

Servings:	24.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21540

Ingredients

Description	Measurement	DistPart #
School White Wheat Sandwich Bread	24 Slice	12385
MARGARINE SLD 30-1 GCHC	1 Cup	733061

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Toast bread and lightly spread softened or melted margarine on it.

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: 24.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	136.05		
Fat	8.32g		
SaturatedFat	3.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	226.98mg		
Carbohydrates	12.70g		
Fiber	1.18g		
Sugar	1.50g		
Protein	2.39g		
Vitamin A	500.01IU	Vitamin C	0.00mg
Calcium	19.59mg	Iron	0.67mg

Assorted Cereal

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-21541

Ingredients

Description	Measurement	DistPart #
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	265803
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each	618902
CEREAL FRSTD FLKS BWL 96CT KELL	1 Each	233021

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	113.00
Fat	1.45g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	164.00mg
Carbohydrates	24.50g
Fiber	2.00g
Sugar	7.90g

Protein		2.00g	
Vitamin A	90.00IU	Vitamin C	1.08mg
Calcium	91.00mg	Iron	4.14mg

Sausage, Egg, & Cheese Biscuit

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21547

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	24 Each	462519
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	24 Each	785880
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	24 Each	120851
CHEESE AMER 160CT SLCD 6-5 COMM	24 Slice	150260

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place 24 egg patties on 1/2 sheet pan and heat in 350° oven until heated to 155° for 15 seconds. Place sausage patties on 1/2 sheet pan and heat the same as the eggs. Slice thawed biscuits in half put egg patty on bottom half top with sausage and cheese. Put on top half of biscuit, cover pan with foil and heat until cheese is melted and sandwich is heated through. Serve immediately.

CCP: Hot foods should be kept at 140°

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: 24.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	416.00		
Fat	26.00g		
SaturatedFat	11.70g		
Trans Fat	0.00g		
Cholesterol	118.50mg		
Sodium	897.00mg		
Carbohydrates	30.50g		
Fiber	1.00g		
Sugar	3.50g		
Protein	16.50g		
Vitamin A	206.00IU	Vitamin C	0.00mg
Calcium	326.00mg	Iron	1.80mg

Biscuit and Gravy

Servings:	20.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21548

Ingredients

Description	Measurement	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	20 Each	120851
GRAVY SAUSAGE FZ ORIG 10-2 BOBEV	5 Pound	511773

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

On large sheet pan place 20 frozen biscuits. Bake following package directions. Stir in 5# bag of the thawed sausage gravy and heat to 165°. Serve 4 ounces of the gravy over the biscuits.

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: 20.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	341.74
Fat	18.63g
SaturatedFat	8.49g
Trans Fat	0.00g
Cholesterol	22.72mg
Sodium	932.68mg
Carbohydrates	35.97g
Fiber	1.00g
Sugar	3.00g
Protein	9.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 237.72mg	Iron 2.12mg

Yogurt Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21549

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Pound	811500
JUICE ORNG 100 70-4FLZ SNCUP	8 Each	207980
Applesauce cnd	4 Cup	110541comm

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Stir yogurt and orange juice together in a 8 qt food storage container until well blended. Add applesauce, 2 cups at a time, stirring until smooth. Verify that the finished smoothie mixture yields 4 quarts (16 cups). This ensures that each serving will contain 1/2 cup fruit. If necessary add applesauce to meet 16 cup total yield. Serve chilled. Refrigerate if not serving immediately. Smoothies may also be refrigerated overnight.

CCP: Cold foods must be kept at 41°

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: 16.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories	155.04
Fat	0.66g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	54.09mg
Carbohydrates	34.07g
Fiber	0.50g
Sugar	26.10g
Protein	3.32g
Vitamin A 0.00IU	Vitamin C 21.00mg
Calcium 119.45mg	Iron 0.00mg

Assorted 2 ct. Pop-Tart

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-21550

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	123081
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	452082
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	865101

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Ready to eat. Can be served as is.

To heat: Microwave: place pastry on microwave safe plate, warm for 3 seconds

Toaster: remove pastry from pouch, warm pastry in toasting appliance

for one heating cycle and cool briefly before handling.

Cinnamon-2.75

Strawberry-2.25

Fudge-2.5

Blueberry- 2.25 Grain

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	364.50
Fat	5.75g
SaturatedFat	1.90g
Trans Fat	0.05g
Cholesterol	0.00mg
Sodium	379.50mg
Carbohydrates	76.00g
Fiber	5.70g
Sugar	30.25g
Protein	4.58g
Vitamin A	555.00IU
Vitamin C	0.00mg

Calcium 215.00mg **Iron** 3.60mg

Assorted Pop-Tart

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-21551

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	695880
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each	865131

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Ready to eat. Can be served as is.

To heat: Microwave: place pastry on microwave safe plate, warm for 3 seconds

Toaster: remove pastry from pouch, warm pastry in toasting appliance

for one heating cycle and cool briefly before handling.

Cinnamon-1.25

Strawberry-1.0

Fudge-1.25

Blueberry- 1.0 Grain

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	185.00
Fat	2.75g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	192.50mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	15.25g
Protein	2.25g
Vitamin A	500.00IU
Vitamin C	0.00mg

Calcium 107.50mg **Iron** 1.80mg

Chicken Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21552

Ingredients

Description	Measurement	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	120851
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	645080

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Heating instructions from frozen:

Preheat convection oven to 350 degrees.

Place breakfast patties on sheet pan in single layer. Cook for 8-10 minutes until internal temperature reaching 160 F for a minimum of 15 seconds.

CCP: Hot foods should be kept at 140°

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.00		
Fat	12.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	17.50mg		
Sodium	625.00mg		
Carbohydrates	34.00g		
Fiber	2.50g		
Sugar	3.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	241.00mg	Iron	2.80mg

Chef Salad w/ Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21555

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup	600504
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	100012
CARROT SHRD MED 2-5 RSS	3/16 Cup	313408
CUCUMBER SELECT 6CT MRKN	1/4 Cup	592323
TOMATO GRAPE SWT 10 MRKN	3/16 Cup	129631
Ham, Cubed Frozen	1 7/8 Ounce	100188-H

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut or dice all vegetables. Put lettuce on tray or bowl, top with diced meat and grated cheese

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.38
RedVeg	0.13
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	114.15		
Fat	4.58g		
SaturatedFat	3.51g		
Trans Fat	0.00g		
Cholesterol	37.00mg		
Sodium	460.64mg		
Carbohydrates	7.51g		
Fiber	1.23g		
Sugar	3.37g		
Protein	12.00g		
Vitamin A	1298.87IU	Vitamin C	3.97mg
Calcium	21.15mg	Iron	0.76mg

Chef Salad w/ Turkey

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21556

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup	600504
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	100012
CARROT SHRD MED 2-5 RSS	3/16 Cup	313408
CUCUMBER SELECT 6CT MRKN	1/4 Cup	592323
TOMATO GRAPE SWT 10 MRKN	3/16 Cup	129631
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	2 5/16 Ounce	100125

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut or dice all vegetables. Put lettuce on tray or bowl, top with diced meat and grated cheese

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Meal Components (SLE)

Amount Per Serving

Meat	2.78
Grain	0.00
Fruit	0.00
GreenVeg	0.38
RedVeg	0.13
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	188.61		
Fat	9.92g		
SaturatedFat	4.29g		
Trans Fat	0.00g		
Cholesterol	62.44mg		
Sodium	112.64mg		
Carbohydrates	4.51g		
Fiber	1.23g		
Sugar	1.87g		
Protein	22.74g		
Vitamin A	1298.87IU	Vitamin C	3.97mg

Calcium 21.15mg **Iron** 0.76mg

Nacho Supreme

Servings:	42.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21557

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	8 3/8 Pound	722330
CHIP TORTL RND YEL 5-1.5 KE	2 11/16 Pound	163020
Salsa, Low-Sodium, Canned	1 #10 CAN	100330
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 1/2 Pound	600504
Cheese, Cheddar Reduced fat, Shredded	42 Ounce	100012

Preparation Instructions

Wash hands. Refer to our Standard Operation Procedures (SOP).

Place beef taco filling ready-to-serve bag in a steamer or boiling water. Heat approximately 45 minutes or until product reaches a serving temperature of 165° F. Keep beef taco filling ready-to-serve bag sealed until cooking is complete. Open bag carefully

to avoid being burned and put in steam table pan for serving.

Serve taco meat on top of 10 chips and offer cheese, salsa and lettuce on side. Portion Size: 3.17 oz taco meat, 1 oz tortilla chips, 1/2 oz lettuce, 1 oz salsa, 1 oz shredded cheese

CCP: Hot foods should be held at 135° in steam tables and hot cabinets. The limit for holding hot foods is 4 hours. Cold foods should be kept at 41° or less.

*Turkey taco filling can also be used. If the taco fillings are not available then use the taco recipe, D-13, in the school recipe book.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.27
Fruit	0.00
GreenVeg	0.11
RedVeg	0.31
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	351.24
Fat	15.48g
SaturatedFat	6.31g
Trans Fat	0.29g
Cholesterol	55.04mg
Sodium	682.05mg
Carbohydrates	31.85g
Fiber	6.69g

Sugar			4.66g
Protein			22.04g
Vitamin A	645.68IU	Vitamin C	5.01mg
Calcium	85.92mg	Iron	2.56mg

Chicken Potato Bowl

Servings:	108.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21558

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	29 Pound	536620
POTATO PRLS XTRA RICH 6-3.56 BAMER	1 3/8 Package	222585
CORN CUT IQF 30 GCHC	19 11/16 Pound	285620
GRAVY MIX CHIX 8-22.6Z TRIO	17 3/16 Ounce	290025

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Cook chicken from frozen in 350 degrees oven for 6-8 minutes or until internal temperature reaches 165 degrees internally for 15 seconds. Prepare mashed potatoes and gravy according to Recipe# I-27. Prepare corn according to Recipe# I-35.

In 12 ounce foam bowl, place one serving (#8 disher) potatoes then one serving (4 oz spoodle) of corn, then one serving (10 each) of popcorn chicken. Ladle 1 ounce of gravy on top.

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	1.00

Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories	366.19		
Fat	13.40g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	69.93mg		
Sodium	684.87mg		
Carbohydrates	39.47g		
Fiber	4.20g		
Sugar	0.83g		
Protein	21.55g		
Vitamin A	199.79IU	Vitamin C	0.00mg
Calcium	30.30mg	Iron	1.64mg

Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21579

Ingredients

Description	Measurement	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	1/2 Cup	244630
YOGURT STRAWB L/F PARFPR 6-4 YOPL	4 Ounce	811490
BLUEBERRY IQF 4-5 GFS	1/2 Cup	166720
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	811500
Malt O Meal Bulk Cinnamon Granola	3/4 Cup	7485

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

In a 14 oz parfait glass on a clean work surface layer 1/2 cup fruit, 4 oz yogurt, 1/2 cup fruit, 4 oz yogurt, and 3/4 cup cinnamon granola. Cap with dome lid.

Keep refrigerated until ready to serve.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for serving for 4 hours should be thrown away.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PARFAIT

Amount Per Serving

Calories	535.12
Fat	6.33g
SaturatedFat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	181.73mg
Carbohydrates	107.36g
Fiber	6.50g
Sugar	57.85g
Protein	12.67g
Vitamin A 0.00IU	Vitamin C 28.80mg
Calcium 250.14mg	Iron 0.36mg

Walking Taco

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21580

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	10 Pound	722330
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	50 Package	696871
Salsa, Low-Sodium, Canned	1 #10 CAN	100330
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 5/8 Pound	242489
Cheese, Cheddar Reduced fat, Shredded	50 Ounce	100012

Preparation Instructions

Wash hands. Refer to our Standard Operation Procedures (SOP).

Place beef taco filling ready-to-serve bag in a steamer or boiling water. Heat approximately 45 minutes or until product reaches a serving temp of 165 degrees.

Portion size for each walking taco is: 3.17 oz taco meat, 1 bag of tortilla scoops, 1/2 oz lettuce, 1 oz salsa, and 1 oz shredded cheese

CCP: Hot foods should be held at 135° in steam tables and hot cabinets. The limit for holding hot foods is 4 hours. Cold foods should be kept at 41° or less.

NOTE: Turkey taco filling can also be used. If the taco fillings are not available then use the taco recipe, D-13, in the school recipe book.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	325.48
Fat	13.45g
SaturatedFat	5.82g
Trans Fat	0.29g
Cholesterol	55.33mg
Sodium	693.26mg
Carbohydrates	29.65g
Fiber	5.32g
Sugar	4.32g
Protein	21.92g

Vitamin A	651.10IU	Vitamin C	5.05mg
Calcium	73.72mg	Iron	2.32mg

Bosco Sticks w/ Marinara Sauce

Servings:	100.00	Category:	Entree
Serving Size:	2.00 breadstick	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21583

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	200 Each	787440
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	100 Each	677721

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedure (SOP)

Preheat oven to 400 degrees. Place bosco sticks on a baking sheet. Cook for 6-8 minutes. Let stand for 2 minutes before serving.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 100.00

Serving Size: 2.00 breadstick

Amount Per Serving

Calories	260.00
Fat	6.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	480.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	6.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 232.00mg	Iron 2.00mg

Spaghetti w/ Meat Sauce

Servings:	85.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21585

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	30 Pound	573201
PASTA SPAGHETTI 20 THIN 20 GCHC	10 11/16 Pound	108332

Preparation Instructions

Wah hands. Refer to our Standard Operation Procedures (SOP).

For sauce, place sealed bad 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.

For noodles, use 1 gallon of boiling water per pound of pasta. When water has reached a boil, add 1 tablespoon of salt per gallon to bring out pasta's natural flavors. Stir pasta occasionally to prevent sticking and keep water at a rolling boil. If pasta is used on a steam table, in soups, or baked dishes, reduce cook time by one-fourth. Pasta will continue to absorb moisture while baking.

CCP: Hot foods should be held at 135 degrees in steam tables and hot cabinets.

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: 85.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	368.50
Fat	8.06g
SaturatedFat	2.82g
Trans Fat	0.00g
Cholesterol	55.46mg
Sodium	292.44mg
Carbohydrates	51.10g
Fiber	4.02g
Sugar	9.06g
Protein	22.13g
Vitamin A 652.44IU	Vitamin C 19.16mg
Calcium 54.37mg	Iron 3.82mg

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21587

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup	600504
CARROT SHRD MED 2-5 RSS	3/16 Cup	313408
CUCUMBER SELECT 6CT MRKN	1/4 Cup	592323
TOMATO GRAPE SWT 10 MRKN	3/16 Cup	129631

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut or dice all vegetables. Put lettuce on tray or bowl, top with diced meat.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.38
RedVeg	0.13
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories			18.65
Fat			0.08g
SaturatedFat			0.01g
Trans Fat			0.00g
Cholesterol			0.00mg
Sodium			12.64mg
Carbohydrates			4.01g
Fiber			1.23g
Sugar			1.87g
Protein			1.00g
Vitamin A	1298.87IU	Vitamin C	3.97mg
Calcium	21.15mg	Iron	0.76mg

BBQ Pork Sandwich-Elementary

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22536

Ingredients

Description	Measurement	DistPart #
PORK SHRDD BBQ 6-5 JTM	25 Pound	366320
BUN WHITE WHEAT 3.5"	100 Each	51032

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Prepare BBQ Pork according to package directions. Stack buns in a 4 inch steam table pan. Tightly cover pan with foil or a lid. Heat in a warmer or in a 300 degree oven for 10 minutes. Weigh 4 ounces of BBQ pork to determine appropriate scoop size for serving.

For best results assemble sandwiches on serving line.

CCP: Hot foods must reach 155° for a minimum of 15 seconds.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	338.00		
Fat	8.20g		
SaturatedFat	2.10g		
Trans Fat	0.04g		
Cholesterol	44.00mg		
Sodium	469.90mg		
Carbohydrates	43.00g		
Fiber	3.40g		
Sugar	19.00g		
Protein	22.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

Chicken Patty on Bun-Elementary

Servings:	156.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22537
School:	Bailey		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 5-5.25 TYS	156 Each	641402
BUN WHITE WHEAT 3.5"	156 Each	51032

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

On large bun pan with liner, place chicken patties flat and cook in convection oven approx. 13-17 min at 350 degrees. Place cooked patty in 4" steam table and keep hot. Put the hamburger buns in 4" steam table pan and warm.

CCP: Final internal cooking temperature must reach a minimum of 165°F held for held for 15 seconds.

CCP: Hot food held for later service must maintain a minimum internal temperature f 140 degrees F°.

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: 156.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	410.00		
Fat	18.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	740.00mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg

Ham and Cheese Sandwich-Elementary

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22538

Ingredients

Description	Measurement	DistPart #
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	225 Ounce	100187
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice	150260
BUN WHITE WHEAT 3.5"	100 Each	51032

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Shave ham in wafer thin slices. Weigh 2 1/4 ounces of ham to determine size of individual serving. Place 24 bottom portions of buns on bun pan, 4 across and 6 down. Portion 2 1/4 ounces of shaved ham and 1/2 ounce of sliced cheese on bun. Place top on sandwich. Cover pan tightly with plastic wrap and place in refrigerator until serving time. For hot ham and cheese follow above directions and set in oven until hot and cheese is melted. Serve immediately.

CCP: Cold foods should be kept at 41° or colder. Hot foods should be kept at 140° or warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	258.24		
Fat	10.19g		
SaturatedFat	4.34g		
Trans Fat	0.00g		
Cholesterol	45.70mg		
Sodium	882.87mg		
Carbohydrates	29.19g		
Fiber	2.00g		
Sugar	5.34g		
Protein	17.72g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	0.00mg

Hamburger on Bun-Elementary

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22539
School:	Bailey		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	200 Each	785850
BUN WHITE WHEAT 3.5"	200 Each	51032

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place frozen beef patties flat on a sheet pan lined with parchment paper. DO NOT overlap or stack patties. Place sheet pan in a 350 degrees preheated oven and set timer for 7-9 minutes. When timer sounds, check for internal temperature of 160 degrees or higher. Remove from oven.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	288.00		
Fat	12.00g		
SaturatedFat	3.60g		
Trans Fat	0.60g		
Cholesterol	39.00mg		
Sodium	499.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	2.00mg

Sloppy Joe on Bun-Elementary

Servings:	132.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22540
School:	Bailey		

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	30 Pound	564790
BUN WHITE WHEAT 3.5"	132 Each	51032

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place sealed bag in a steamer or in boiling water. Heat approximately 30-45 minutes or until product reaches serving temperature. Place cooked meat in 4" steam table and keep hot. Put the hamburger buns in 4" steam table pan and warm. Each sandwich should get 3.63 oz by weight of sloppy joe meat.

CCP: Final internal cooking temperature must reach a minimum of 165 degrees F^o held for held for 15 seconds.

CCP: Hot food held for later service must maintain a minimum internal temperature of 140 degrees F^o.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 132.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	285.25		
Fat	8.01g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.08mg		
Sodium	647.73mg		
Carbohydrates	35.02g		
Fiber	4.00g		
Sugar	11.01g		
Protein	19.02g		
Vitamin A	459.80IU	Vitamin C	6.01mg
Calcium	34.06mg	Iron	2.00mg

Turkey and Cheese Sandwich-Elementary

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22541
School:	Bailey		

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice	150260
TURKEY, DELI BREAST, SLICED	12 1/2 Pound	110554
BUN WHITE WHEAT 3.5"	100 Each	51032

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Assemble sandwiches by placing 2 ounces of turkey and 1 slice of cheese on each bun. Serve immediately or cover and place in refrigerator until serving time.

CCP: Cold foods must be chilled to 41°. Total time of food at room temperature must NOT exceed 4 hours.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	250.19		
Fat	7.90g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	37.70mg		
Sodium	754.55mg		
Carbohydrates	26.90g		
Fiber	2.00g		
Sugar	3.50g		
Protein	19.70g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	0.00mg