

Cookbook for HMS

Created by HPS Menu Planner

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4 oz Juice assorted lunch

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Cheeseburger on Bun



Servings:	1.00	Category:	Entree
Serving Size:	5.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11860

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	2 1/4 Ounce		517810
BEEF PTY PREM CKD 3Z 6-4.875# JTM	3 Ounce		547933
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Ounce		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.50
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: 5.50 1

Amount Per Serving

Calories	421.50		
Fat	21.75g		
SaturatedFat	9.06g		
Trans Fat	0.90g		
Cholesterol	80.50mg		
Sodium	783.75mg		
Carbohydrates	30.75g		
Fiber	5.50g		
Sugar	5.00g		
Protein	25.13g		
Vitamin A	150.00IU	Vitamin C	0.00mg

Calcium 179.88mg **Iron** 3.13mg

Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12185
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	3 Cup		15D44
Carrots Shredded 5#	1/4 Cup		2767
Grape Tomatoes	1/4 Cup		749041
CHEESE AMER SHRD FTNR 4-5# BONGARDS	1 Ounce		344731
CRACKER SALTINE 300-4CT ZESTA	2 Package		270644
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
PEPPERS RED BELL 1-10	1/4 Cup		626731
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
HAM DCD W/A 1/4 3-4 GCHC	2 Serving		199834

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00

Fruit	0.00
GreenVeg	0.25
RedVeg	6.10
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 1

Amount Per Serving

Calories	221.95		
Fat	6.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	660.25mg		
Carbohydrates	36.50g		
Fiber	2.08g		
Sugar	2.25g		
Protein	6.08g		
Vitamin A	13.65IU	Vitamin C	0.37mg
Calcium	20.08mg	Iron	3.04mg

Smoothie H & M

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12428
School:	CCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	4 Ounce	thaw and puree to add to smoothie	655010
FAT FREE MILK - PLASTIC GALLON	8 Fluid Ounce	add to mixture	1350
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	281.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	179.70mg
Carbohydrates	56.13g
Fiber	2.00g
Sugar	45.42g
Protein	12.73g

Vitamin A	10.00IU	Vitamin C	2.00mg
Calcium	164.33mg	Iron	0.00mg

Ham & Cheese Biscuit

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12433
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	2 1/4 Ounce	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.	866920
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice		271411
HAM SLCD .5Z 4-2.5 GFS	2 Slice		294187

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
Grain	2.20
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	278.00
Fat	12.45g
SaturatedFat	7.15g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	868.00mg
Carbohydrates	28.50g
Fiber	1.10g

Sugar	4.30g
Protein	11.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.50mg	Iron 1.37mg

Chicken Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12568
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
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	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 1

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

Sandwich Trims

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12569
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO 5X6 XL 25 MRKN	1/2 Cup		206032
PICKLE DILL SLCD HAMB 2900CT 5GAL	1/4 Ounce	2 slices	149209

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.03
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	26.20		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	99.50mg		
Carbohydrates	5.50g		
Fiber	2.10g		
Sugar	3.50g		
Protein	1.80g		
Vitamin A	749.70IU	Vitamin C	12.33mg

Calcium 25.00mg **Iron** 0.61mg

Fruit Plate

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12570
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	1/2 Cup		244630
WATERMELON RED SDLSS 2CT P/L	1/2 Cup		326089
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CHEESE COTTAGE SML 1 4-5 GCHC	2 Ounce	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup		197831
PINEAPPLE GLDN 6-7CT P/L	1/2 Cup		728489
CRACKER SALTINE 300-4CT ZESTA	4 Package	no whole grain	270644

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.49
Grain	2.00

Fruit	1.72
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 1

Amount Per Serving

Calories	484.76
Fat	5.71g
SaturatedFat	0.94g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	982.92mg
Carbohydrates	98.30g
Fiber	3.63g
Sugar	48.25g
Protein	13.11g

Vitamin A	561.39IU	Vitamin C	73.56mg
Calcium	216.48mg	Iron	3.01mg

Taco Salad w/Queso Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	6.62 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12573
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 3/16 Serving	PLACE SEALED BAGS IN A STEAMER OR IN 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. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Serving	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 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

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	7.34
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: 6.62 1

Amount Per Serving

Calories	671.14
Fat	31.53g
SaturatedFat	12.01g
Trans Fat	0.92g
Cholesterol	140.95mg
Sodium	1518.32mg
Carbohydrates	46.85g
Fiber	9.34g
Sugar	6.34g
Protein	50.58g

Vitamin A	2444.63IU	Vitamin C	15.85mg
Calcium	371.97mg	Iron	6.94mg

Side Salad Middle School

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14451
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CARROTS BABY PLD 72-3Z P/L	1/4 Package		241541

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	26.75		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	16.88mg		
Carbohydrates	5.75g		
Fiber	2.23g		
Sugar	3.25g		
Protein	1.58g		
Vitamin A	3281.78IU	Vitamin C	23.61mg

Calcium 27.15mg **Iron** 0.54mg

Spicy Chicken Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14452
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
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	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 1

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

Spaghetti

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14523
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10 2-10 KE	2 Ounce		654560
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 5/8 Ounce		573201

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	367.00		
Fat	8.00g		
SaturatedFat	2.80g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	290.00mg		
Carbohydrates	51.00g		
Fiber	4.00g		
Sugar	9.00g		
Protein	22.00g		
Vitamin A	647.00IU	Vitamin C	19.00mg

Calcium 54.00mg **Iron** 4.00mg

Corn



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14535
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1/16 Teaspoon		184622
SALT IODIZED 18-2.25 GCHC	1 Gram		350732
Black Pepper	1/4 Teaspoon	BAKE	24108
CORN CUT IQF 30 GCHC	1 Cup	BAKE	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	0.50
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	35.01
Fat	0.52g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	393.33mg
Carbohydrates	7.00g
Fiber	0.33g
Sugar	1.67g

Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Veggie Dip #1

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14631
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROTS BABY PLD 72-3Z P/L	1/4 Cup	wash baby carrots, drain and place in cup, chill for service	241541
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	wash grape tomatoes, drain and place in cup chill for service	129631
DRESSING RNCH LT LO SOD 200-12GM GFS	1 Each	chill for service	699981

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	2.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	107.00
Fat	2.50g
SaturatedFat	0.43g
Trans Fat	0.02g
Cholesterol	3.00mg
Sodium	173.15mg
Carbohydrates	19.75g
Fiber	5.95g

Sugar	10.25g
Protein	2.00g
Vitamin A 23635.17IU	Vitamin C 145.72mg
Calcium 65.29mg	Iron 0.62mg

Veggie Dip #1

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14635
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROTS BABY PLD 72-3Z P/L	1/4 Cup	wash baby carrots, drain and place in cup, chill for service	241541
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	wash grape tomatoes, drain and place in cup chill for service	129631
DRESSING RNCH LT LO SOD 200-12GM GFS	1 Each	chill for service	699981
Cucumber	1/4 Cup	UNSPECIFIED None	

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	2.25
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories 107.00

Fat 2.50g

SaturatedFat 0.43g

Trans Fat 0.02g

Cholesterol 3.00mg

Sodium 173.15mg

Carbohydrates 19.75g

Fiber 5.95g

Sugar 10.25g

Protein 2.00g

Vitamin A 23635.17IU **Vitamin C** 145.72mg

Calcium 65.29mg **Iron** 0.62mg

Green Peas

NO IMAGE

Servings:	120.00	Category:	Vegetable
Serving Size:	120.00 120	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14646
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	1/2 Cup	cook with seasonings and hold at proper temp	285660
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup		299405
SPICE PEPR WHITE GRND 17Z TRDE	1 Teaspoon		513776

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: 120.00

Serving Size: 120.00 120

Amount Per Serving

Calories	3.77
Fat	0.37g
SaturatedFat	0.23g
Trans Fat	0.00g
Cholesterol	1.00mg
Sodium	0.00mg
Carbohydrates	0.07g
Fiber	0.02g
Sugar	0.02g
Protein	0.03g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.01mg

Romaine Lettuce & Tomato Cup



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14742
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CLND 2-5 RSS	1/2 Cup	1/2 cup dished is equal to 1/4 cup. Wash, drain, and chop 1 pound of romaine lettuce	702609
TOMATO 5X6 XL 25 MRKN	1/2 Cup	Wash, drain, and slice	206032

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 1

Amount Per Serving

Calories	21.20		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.50mg		
Carbohydrates	4.50g		
Fiber	1.60g		
Sugar	3.00g		
Protein	1.30g		
Vitamin A	749.70IU	Vitamin C	12.33mg

Calcium 17.00mg **Iron** 0.43mg

Chicken Fajita Nachos



Servings:	1.00	Category:	Entree
Serving Size:	7.25 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14743
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 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
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	2 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
SEASONING FAJITA MIX 6-8.9Z LAWR	1/4 Teaspoon		518298
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 1/2 Ounce		903490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 7.25 1

Amount Per Serving

Calories	507.50
Fat	23.50g
SaturatedFat	7.80g
Trans Fat	0.00g
Cholesterol	83.00mg
Sodium	1062.50mg
Carbohydrates	44.75g
Fiber	4.00g
Sugar	0.00g
Protein	27.00g

Vitamin A	420.00IU	Vitamin C	0.00mg
Calcium	249.00mg	Iron	1.72mg

Walking Taco



Servings:	1.00	Category:	Entree
Serving Size:	6.62 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14756
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 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
TACO FILLING BEEF REDC FAT 6-5 COMM	3 3/16 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN 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. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 6.62 1

Amount Per Serving			
Calories	429.40		
Fat	20.90g		
SaturatedFat	8.10g		
Trans Fat	0.29g		
Cholesterol	65.00mg		
Sodium	884.90mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	2.00g		
Protein	22.80g		
Vitamin A	1045.00IU	Vitamin C	5.00mg
Calcium	283.00mg	Iron	2.60mg

Yogurt Parfait-HS & MS



Servings:	1.00	Category:	Entree
Serving Size:	9.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14757
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	1 Ounce	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF 4-5 GFS	1/2 Cup		244630

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.49
Grain	1.00
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: 9.00 1

Amount Per Serving

Calories 256.94

Fat 4.25g

SaturatedFat 0.37g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 134.70mg

Carbohydrates 49.63g

Fiber 3.50g

Sugar 26.92g

Protein 6.73g

Vitamin A 0.00IU **Vitamin C** 27.00mg

Calcium 144.33mg **Iron** 1.08mg

Mashed Potatoes

NO IMAGE

Servings:	41.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14775
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	11/16 Ounce		146581
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Ounce		299405
SEASONING GARLIC PEPR 21Z TRDE	1/2 Teaspoon		655252

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: 41.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	11.46
Fat	1.09g
SaturatedFat	0.68g
Trans Fat	0.00g
Cholesterol	2.93mg
Sodium	5.73mg
Carbohydrates	0.34g
Fiber	0.02g
Sugar	0.00g
Protein	0.05g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.01mg

Green Beans

NO IMAGE

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 #1 CAN	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14776
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	1/2 Cup	Drain liquid Place in pan with all seasonings cook 30 minutes reaching 165 degrees	118737
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Tablespoon		299405
ONION WHITE 12-2 P/L	1		652054
SALT IODIZED 18-2.25 GCHC	1 Teaspoon		350732
Black Pepper	1 Teaspoon	BAKE	24108

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: 25.00

Serving Size: 1.00 #1 CAN

Amount Per Serving

Calories	8.80		
Fat	0.88g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	2.40mg		
Sodium	21.33mg		
Carbohydrates	0.16g		
Fiber	0.08g		
Sugar	0.08g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.20mg	Iron	0.02mg

Broccoli & Cheese

NO IMAGE

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14981
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package		135261
BROCCOLI CUTS IQF 30 GCHC	1 Cup	BAKE	285590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.22
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	29.75		
Fat	2.07g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	5.91mg		
Sodium	118.32mg		
Carbohydrates	0.93g		
Fiber	0.02g		
Sugar	0.01g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.04mg	Iron	0.01mg

Philly Beef Steak on Bun

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	0.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15315
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB HWN SLCD 4.5 6-12CT GCHC	1 Each		633831
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each		720861
CHEESE BLND MOZZ/PROV SHRD 4-5 PG	1 Ounce		441767

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: 0.00 1

Amount Per Serving

Calories	438.10		
Fat	15.40g		
SaturatedFat	6.65g		
Trans Fat	0.52g		
Cholesterol	52.50mg		
Sodium	913.50mg		
Carbohydrates	50.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	24.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 106.00mg **Iron** 1.44mg

Assorted Cereal

NO IMAGE

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17104
School:	Sinking Fork		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL REESEES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL FROOT LOOPS R/S BWL 96- 1Z KELL	1 Each		283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190

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: 8.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories	108.75
Fat	1.50g
SaturatedFat	0.19g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	136.25mg
Carbohydrates	23.13g
Fiber	2.25g
Sugar	7.75g
Protein	1.88g
Vitamin A 175.00IU	Vitamin C 3.98mg
Calcium 73.75mg	Iron 4.20mg

4 oz Juice assorted



Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18464
School:	Millbrooke		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms 100% Orange Juice	4 fl. oz.		

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: 4.00 Serving

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	50.00mg
Calcium	0.00mg	Iron	0.00mg

4 oz Juice assorted lunch



Servings:	1.00	Category:	Fruit
Serving Size:	4.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18465
School:	Millbrooke		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms 100% Orange Juice	4 fl. oz.		

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: 4.00 1

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	50.00mg
Calcium	0.00mg	Iron	0.00mg

Sidekick

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18519
School:	Crofton Elementary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

Apple



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18588
School:	HMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 113CT MRKN	1 Piece		197696

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

Chili

NO IMAGE

Servings:	600.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19101
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD 16Z TRDE	3 Cup		331473
BEAN KIDNEY RED LT 6-10 GCHC	13 #10 CAN		118788
TOMATO PASTE CALIF 26 6-10 GCHC	2 #10 CAN		100196
ONION DEHY CHPD 15 P/L	4 Cup		263036
TOMATO DCD I/JCE MW 6-10 GFS	8 #10 CAN		246131
Cold Water	8 Gallon		0000
SUGAR CANE GRANUL 25 GCHC	2 Cup		108642
SALT IODIZED 18-2.25 GCHC	1 Cup		350732
SPICE PEPR BLK REG GRIND 16Z TRDE	8 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	4 Teaspoon		224839
KETCHUP LO SOD 2-1.5GAL REDG	2 #10 CAN	READY_TO_EAT None	645922
BEEF CRMBL CKD IQF 6-5# JTM	91 1/2 Pound		661940

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	0.17
OtherVeg	0.00
Legumes	0.28
Starch	0.00

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	262.03		
Fat	12.00g		
SaturatedFat	4.50g		
Trans Fat	0.70g		
Cholesterol	42.00mg		
Sodium	586.22mg		
Carbohydrates	21.43g		
Fiber	6.78g		
Sugar	6.96g		
Protein	18.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.82mg	Iron	4.16mg

Grilled Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19218

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 4-5 GCHC	2 Ounce		271411
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Teaspoon		614640

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 1

Amount Per Serving

Calories	235.00		
Fat	10.67g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	391.67mg		
Carbohydrates	22.50g		
Fiber	4.00g		
Sugar	2.50g		
Protein	8.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	158.83mg	Iron	2.00mg

Chicken Parmesan Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19901
School:	HHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	#16 scoop	645170
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	#16 scoop	592714
BUN HAMB HWN SLCD 4.5 6- 12CT GCHC	1 Each		633831
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

1. Cook chicken according to directions, CCP: Hot hold at 135F or higher
2. Place 2 chicken tenders, #16 scoop of mozzarella & #16 scoop of marinara sauce onto Hawaiian Bun
3. Hold in warmer

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25

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	577.43		
Fat	17.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	1415.71mg		
Carbohydrates	67.86g		
Fiber	4.43g		
Sugar	15.86g		
Protein	35.43g		

Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	236.43mg	Iron	1.08mg

Sweet & Sour Chicken

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20251
School:	HHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SWT & SOUR 4-1GAL LACHY	2 Tablespoon		242292
CHIX BRST CHNK HMSTYL FC NAE 10	6 Each		222112

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: 1.00 1

Amount Per Serving

Calories	420.00		
Fat	18.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	980.00mg		
Carbohydrates	35.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.50mg

Italian Sub

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20252
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI SLCD 14-16/Z 2-5 GCHC	6 Each		729981
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	3 Slice		680656
BACON CKD SLCD 2-150CT ARMR	2 Slice		563315
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

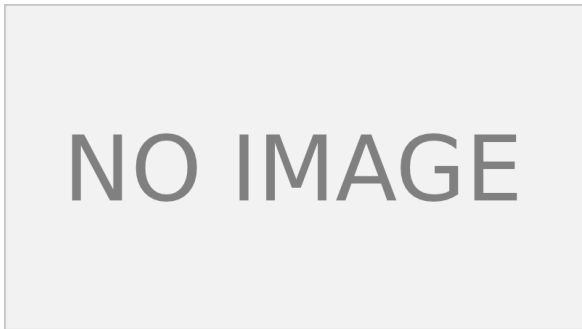
Serving Size: 1.00 1

Amount Per Serving

Calories	403.33
Fat	21.07g
SaturatedFat	8.78g
Trans Fat	0.00g
Cholesterol	63.25mg
Sodium	1257.57mg
Carbohydrates	30.75g
Fiber	2.00g

Sugar	5.75g
Protein	22.93g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 206.00mg	Iron 2.44mg

Peppers & Onions



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20398
School:	CCMS		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	31.81		
Fat	0.60g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	87.48mg		
Carbohydrates	5.57g		
Fiber	1.19g		
Sugar	2.78g		
Protein	0.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.93mg	Iron	0.28mg