

# **Cookbook for LINCOLN CULTURAL CENTER**

**Created by HPS Menu Planner**

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# Chicken Mini Corn Dog Bites



<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1558
<b>School:</b>	TAFT ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY WGRAIN .67Z CN 2-5# HOR	240 Each	Keep Frozen until ready to cook BAKE REHEATING FROM THAWED STATE IS RECOMMENDED METHOD. CONVECTION OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. 240 count per case	864190

## Preparation Instructions

6 MINI CORN DOGS PER STUDENT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00 Each

Amount Per Serving	
<b>Calories</b>	290.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	380.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	3.00g

<b>Sugar</b>			7.00g
<b>Protein</b>			10.00g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.80mg

# Chicken Nuggets



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1560
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	1000 Each	Convection Oven: Preheat oven to 350 degrees F. Place frozen chunks on a parchment lined baking sheet and heat for 6-8 minutes. approx. 110 servings per case	394053
Buttermilk ranch dipping cup	100 Each	READY_TO_EAT Ready to eat	3098

## Preparation Instructions

10 nuggets per student/serving

1 ranch dipping cup

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.09
<b>Grain</b>	2.04
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 377.14

**Fat** 24.86g

**SaturatedFat** 3.64g

**Trans Fat** 0.00g

**Cholesterol** 67.14mg

**Sodium** 735.71mg

**Carbohydrates** 16.29g

**Fiber** 1.43g

**Sugar** 2.00g

**Protein** 22.86g

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

**Calcium** 0.00mg **Iron** 0.00mg

# Spanish rice

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1665
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	1 1/2 #10 CAN	READY_TO_EAT None 103oz per #10 can	452841
RICE PARBL LONG GRAIN 6-10 PRDCR	6 1/4 Cup	1/4 cup dry= 1cup cooked Place in Steamer and cook for 20-25 MINUTES. 1 Case = 960 Ounces (6 x 160 Ounces per Bag) of Rice, Parboiled, Long Grain, Enriched Follow Manufacturers direction for rice to water ratio per servings.	699181
SEASONING TACO 21Z TRDE	3/4 Cup		413429

## Preparation Instructions

Cooking Rice: place 6.25 Cup into 6" steam table pan add water according to manufacturers directions.

Once Rice is cooked add 3/4 Cup taco season and 1 1/2 #10 cans of salsa. Blend thoroughly.

Cover with foil and lid and place in hot holding until ready to serve

Serving size 4 oz- use # 8 Scoop

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00



<b>RedVeg</b>	0.51
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	123.10		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	387.04mg		
<b>Carbohydrates</b>	26.12g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.42g		
<b>Protein</b>	2.36g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	3.00mg

# Turkey Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1735
<b>School:</b>	PROEGLER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
TURKEY BRST STK SLCD 4-6.17 JENNO	2 Slice		563652
32 oz Pullman Loaf WW	2 Each		12265

## Preparation Instructions

Turkey

Thaw under refrigeration for at least 48 hours for a single bag or up to 72 hours for multiple bag units in box.

DO NOT THAW AT ROOM TEMPERATURE.

2 slices per sandwich

Pullman Bread

Thaw at room temperature for 24 hours

American Cheese Slices

Let sit out for 20 minutes or so to reach 50 degrees F

One slice per sandwich

ASSEMBLE

PLACE ON TOP OF BOTTOM SLICE OF BREAD 2 SLICES OF TURKEY, 1 SLICE OF AMERICAN CHEESE AND ADD TOP SLICE OF BREAD

1 COMPLETE SANDWICH FOR SERVING PER STUDENT

## Meal Components (SLE)

### Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		275.00	
<b>Fat</b>		4.50g	
<b>SaturatedFat</b>		1.75g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		910.00mg	
<b>Carbohydrates</b>		29.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		4.50g	
<b>Protein</b>		28.50g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	153.74mg	<b>Iron</b>	1.78mg

# Hamburger w/cheese on WG Bun



<b>Servings:</b>	170.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2512
<b>School:</b>	TAFT ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	Steamer:Place cooking bag inside 6" steam table pan- put frozen patties in side bag close and cover with lid. Steamer for 15-20 minutes or until internal temperature reaches 165 degrees F when using a meat thermometer.	658622
CHEESE AMER 160CT SLCD 6-5# BONGARDS	1 Slice	Keep in cooler until use	235541
Hamburger bun, Whole Grain, White	170 Each	READY_TO_EAT Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration.	Wilkens Food Service

## Preparation Instructions

Serve:

Place 1 hamburger patty on bottom portion of bun, place 1 slice of cheese on top of patty and place with top bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 250.21

**Fat** 9.51g

**SaturatedFat** 3.51g

**Trans Fat** 0.50g

**Cholesterol** 40.04mg

**Sodium** 351.29mg

**Carbohydrates** 24.01g

**Fiber** 3.00g

**Sugar** 5.01g

**Protein** 13.02g

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

**Calcium** 0.44mg      **Iron** 1.08mg

# Hamburger on WG Bun

NO IMAGE

<b>Servings:</b>	170.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2513
<b>School:</b>	TAFT ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	Keep Frozen until ready to cook. For Best Results use Steamer Place frozen beef patties in a cooking bag, place in a 6" steam table pan, close bag and place lid on pan. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F when using a meat thermometer. After cooking place covered pan in steam table or in hot holding until ready to serve. Please do not leave in hot holding more than 20 minutes. 170 per case	658622
Hamburger bun, Whole Grain, White	170 Each	READY_TO_EAT Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration. 120/2oz per case 12 per bag/10 bags per case	Wilkens Food Service

## Preparation Instructions

Serve:

Place 1-2.0 oz hamburger patty on bottom portion of bun, place 1 slice of cheese on top of patty and place with top bun.

### Meal Components (SLE)

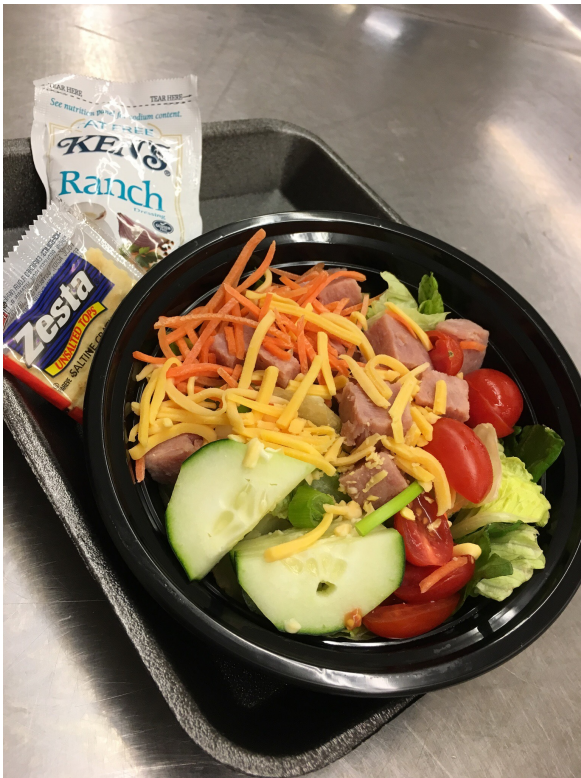
Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 170.00			
Serving Size: 2.00 Ounce			
<b>Amount Per Serving</b>			
<b>Calories</b>	250.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.08mg

# Garden Fresh Tossed Salad



<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2573
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	2 cups of romaine lettuce = 1 cup eq. of vegetable	735787
TOMATO CHERRY 11 MRKN	120 Each	Wash and air dry 5 medium size cherry tomatoes =1oz approx. 120 cherry tomatoes will be used for 24 salads.	569551
Cucumber	96 Slice	4 slices = 1 1/2 oz (wt.) cucumber	16P98
Carrots, baby	72 Each	3 baby carrots = 1/8 cup/1oz	18D69
CHEESE AMER SHRD FTTH 4-5 BONGARDS - Bongards - W	24 Ounce		359572



Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	72 Ounce	3oz portion	202150

## Preparation Instructions

Place 2 cups of romaine lettuce in 12 oz round black bowl  
 Add to top 3 oz of turkey ham- (Use a level 4 oz ladle)  
 Add 1/4 cup -5 cherry tomatoes  
 Add 1/4 cup-4 slices of cucumbers  
 Add 1/4 cup 3 baby carrots  
 and top with 1 Tablespoon-Use # 30 Scoop of shredded cheese.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	3.60
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	394.44
<b>Fat</b>	12.74g
<b>SaturatedFat</b>	6.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.00mg
<b>Sodium</b>	1190.40mg
<b>Carbohydrates</b>	46.20g
<b>Fiber</b>	3.32g
<b>Sugar</b>	6.00g
<b>Protein</b>	21.46g
<b>Vitamin A</b> 899.64IU	<b>Vitamin C</b> 16.60mg
<b>Calcium</b> 192.80mg	<b>Iron</b> 2.09mg

# Yang's Mandarin Orange Chicken & Asian Fried Rice



<b>Servings:</b>	192.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.60 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3836
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	696 Ounce	<p>Per Serving 2.5oz Chicken w/1.1 oz sauce. Place chicken on a sheet tray in a single layer . Bake in preheated oven @ 400 degrees F for 16-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.</p> <p>Place bag of sauce in a steam table pan and heat for 10-15 minutes or until the internal temperature reaches 165 degrees F or 15 minutes seconds or longer.</p>	550512
Vegetable Fried Rice	192 Serving	<p><b>HEAT_AND_SERVE</b> From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff.</p> <p>Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4oz ladle</p>	78001

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 3.60 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		361.04	
<b>Fat</b>		9.02g	
<b>SaturatedFat</b>		1.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		40.28mg	
<b>Sodium</b>		621.94mg	
<b>Carbohydrates</b>		52.13g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		13.07g	
<b>Protein</b>		18.08g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.21mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.73mg

# Southern Oven Fried Chicken

NO IMAGE

<b>Servings:</b>	160.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3837
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	480 Ounce	<b>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY.</b> CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. FROM FROZEN, PLACE PIECES IN A SINGLE LAYER ON A PARCHMENT PAPER LINED SHEET PAN OR ON A WIRE RACK SPRAYED WITH PAN RELEASE. HEAT FOR 25 -30 MINUTES. FOR BEST PERFORMANCE HOLD ON A SHEET PAN, UNCOVERED, WITH A WIRE RACK, ABOVE 140 DEGREES F IN A DRY HEAT ENVIRONMENT. Approx. 82 pieces per case - 1 breast pc. = 2.25 m/ma & 0.75 oz. grain - 1 drum = 2 m/ma & 0.75 oz. grain - 1 thigh = 3.25 m/ma & 1 oz. grain	258610
CORNBREAD PRE- CUT 4-30CT CP	160 Piece		579785

## Preparation Instructions

K-3 - 1 drum = 2 m/ma & 0.75 oz. grain

5-13 - 1 breast pc. = 2.25 m/ma & 0.75 oz. grain

9-12 - 1 thigh = 3.25 m/ma & 1 oz. grain

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	0.83
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 160.00  
Serving Size: 1.00 Ounce

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**Amount Per Serving**

<b>Calories</b>	400.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.24g
<b>Cholesterol</b>	110.00mg
<b>Sodium</b>	730.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	1.40g
<b>Sugar</b>	11.00g
<b>Protein</b>	19.00g

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<b>Vitamin A</b>	71.47IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Nacho Grande

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4172
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	To thaw, place product under refrigeration overnight. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 2oz per portion use #10 scoop	674312
CHIP TORTL RND YEL 5-1.5 KE	100 Ounce	1oz = 10 chips 120 portions per case	163020
BEAN REFRD 6-10 GRSZ	2 #10 CAN		293962
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup		135261

## Preparation Instructions

Place beef crumbles in a 6" steam table pan mix in 1/4 cup taco seasoning-follow cooking instructions

To Assemble for Serving-

Place 10 tortilla chips in 3# boat,

add refried beans-1/4 Cup use #10 scoop

then add 2.03 oz beef using #10 Scoop,

Next add 1/4Cup cheese sauce using #10 scoop,

Can be served with Sour Cream & Salsa

## Meal Components (SLE)

### Amount Per Serving

<b>Meat</b>	2.37
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.26
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		362.43	
<b>Fat</b>		16.03g	
<b>SaturatedFat</b>		6.01g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		35.00mg	
<b>Sodium</b>		694.19mg	
<b>Carbohydrates</b>		33.40g	
<b>Fiber</b>		5.10g	
<b>Sugar</b>		0.52g	
<b>Protein</b>		18.64g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	167.78mg	<b>Iron</b>	2.47mg

# Lumberjack

NO IMAGE

<b>Servings:</b>	56.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4714
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lumberjack	320 Ounce	<b>BAKE</b> Prepare from frozen. Bake in preheated 350 degrees oven for 15-20 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer	3236

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	2.01
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	401.00		
<b>Fat</b>	20.05g		
<b>SaturatedFat</b>	5.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	621.55mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	14.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg



**Calcium** 0.00mg **Iron** 0.00mg

# Rockin'ola Strawberry & Blueberry Yogurt Parfait-K-6

NO IMAGE

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6833
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	244630
BLUEBERRY IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	166720
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	portion size-1/4 Cup -use #16 scoop	109568
Rockin'ola Pro granola	24 Each	pre-packaged bag 1.5 oz- or bule 1/4 cup use scoop #16 1 per student	4244
YOGURT VAN L/F PARFPR 6-4 YOPL	18 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500

## Preparation Instructions

1 serving per student

Layer in 12oz parfait cup

- 1.) Add 1/4 Cup of graham cracker crumb to bottom of parfait cup-Use #16 scoop
- 2.) Add 3oz of Vanilla yogurt in bottom of cup USE #10 scoop
- 3.) Add 1/4 Cup berries on top of yogurt

- 4.) Add 3oz of Vanilla yogurt on top of berries USE #10 scoop
- 5.) Add another 1/4 Cup of berries
- 6.) Place insert in cup and add 1 bag of Rockin'ola Pro granola or 1/4 Cup(use#16 scoop) of bulk Rockin'ola Pro granola
- 7.) place domed lid on cup

Must serve chilled- keep in refrigerator until serving time- when on the line keep in pan with cooling pads.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	440.41
<b>Fat</b>	8.70g
<b>SaturatedFat</b>	0.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	247.89mg
<b>Carbohydrates</b>	79.20g
<b>Fiber</b>	5.42g
<b>Sugar</b>	41.21g
<b>Protein</b>	13.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 14.40mg
<b>Calcium</b> 219.16mg	<b>Iron</b> 7.85mg

# Classic Hummus

NO IMAGE

<b>Servings:</b>	70.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7466
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	25 Ounce	RECONSTITUTE Ready to Mix 1/2 bag = 55 servings	4937
BEAN GARBANZO 6-10 GCHC	2 #10 CAN	Drain and rinse	118753
Original with Sea Salt Wave	70 Bag	READY_TO_EAT Ready to Eat	2742

## Preparation Instructions

Place 1/2 can of garbanzo beans in food processor add 1/4 of bag of hummus sauce.

Blend until creamy consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

Scoop 1/2 cup of hummus into 5oz plastic up and place lid on.

Store in in cooler overnight until serving time

Serve 1-1/2 cup hummus with 1 bag of pita chips.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.37
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 70.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

<b>Calories</b>	182.72
<b>Fat</b>	6.62g
<b>SaturatedFat</b>	1.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	355.64mg
<b>Carbohydrates</b>	25.66g
<b>Fiber</b>	5.70g
<b>Sugar</b>	3.57g
<b>Protein</b>	4.43g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	44.34mg	<b>Iron</b>	0.53mg

# Pizza Cheese Crunchers



<b>Servings:</b>	71.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.48 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7967

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	285 Piece	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required. 1 case (395.5oz) = 285 pieces/4= 71 servings	143271
SAUCE MARINARA A/P 6-10 REDPK	142 Ounce	<b>READY_TO_EAT</b> None	592714

## Preparation Instructions

Keep Frozen until ready to prepare:

Convection oven: preheat to 350 degrees F.

Place in a single layer on parchment lined perforated sheet tray.

Bake for 15-16 minutes, if cooking more than one tray may take longer to cook.

or Until internal temperature reaches 165 degrees f for 15 seconds or longer.

4 pieces per portion Serve with 1/2 cup of marinara sauce

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	2.51
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 71.00  
Serving Size: 5.48 Ounce

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**Amount Per Serving**

<b>Calories</b>	442.91
<b>Fat</b>	20.07g
<b>SaturatedFat</b>	9.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.11mg
<b>Sodium</b>	868.07mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	7.45g
<b>Sugar</b>	5.87g
<b>Protein</b>	21.50g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	439.93mg	<b>Iron</b>	2.22mg

# Cornbread



<b>Servings:</b>	120.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8569
<b>School:</b>	AVIS Huff		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD PRE-CUT 4-30CT CP	120 Piece	Keep frozen until ready to serve. Thaw under refrigeration for 24 hours. 1 slice per portion	579785

## Preparation Instructions

1 slice per portion

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Slice

Amount Per Serving			
<b>Calories</b>	210.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.24g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	71.47IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg



# Refried Beans

NO IMAGE

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8581
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 1/2 #10 CAN	Rinse top of can free from debris. Place 2-#10 cans in 4" steam table pan cover with lid and place in preheated oven at 350 degrees F for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. SHELF LIFE: DRY STORAGE= 730 DAYS.	293962

## Preparation Instructions

1/2 cup serving size per portion.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.47
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	131.57
<b>Fat</b>	1.88g
<b>SaturatedFat</b>	0.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	498.10mg
<b>Carbohydrates</b>	21.62g
<b>Fiber</b>	5.64g
<b>Sugar</b>	0.94g
<b>Protein</b>	7.52g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.29mg	<b>Iron</b>	1.88mg

# Steamed Carrots

NO IMAGE

<b>Servings:</b>	157.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8582
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	6 #10 CAN	Rinse top of can free from debris Place 2 #10 cans in 4" steam table pan and cover with lid and steam for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.	100309

## Preparation Instructions

1/2 cup per serving.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	18.92		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	147.15mg		
<b>Carbohydrates</b>	4.20g		
<b>Fiber</b>	1.05g		
<b>Sugar</b>	2.10g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.00mg

# Green Beans

NO IMAGE

<b>Servings:</b>	168.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8585
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	6 #10 CAN	Rinse can free from debris. Place 2 #10 can in slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until the internal temperature reaches 135 degrees for 15 seconds or longer.	100307

## Preparation Instructions

1/2 cup serving size per portion.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.46
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	14.78		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	129.33mg		
<b>Carbohydrates</b>	2.77g		
<b>Fiber</b>	1.85g		
<b>Sugar</b>	0.92g		
<b>Protein</b>	0.92g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.00mg

# Assorted Cereal

NO IMAGE

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8782
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT 36CT	10 Package		676160

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.83
<b>Fruit</b>	0.17
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 60.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	243.33
<b>Fat</b>	4.33g
<b>SaturatedFat</b>	0.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	226.67mg
<b>Carbohydrates</b>	50.00g
<b>Fiber</b>	3.67g
<b>Sugar</b>	17.83g
<b>Protein</b>	3.33g

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<b>Vitamin A</b>	641.67IU	<b>Vitamin C</b>	57.70mg
<b>Calcium</b>	121.83mg	<b>Iron</b>	5.36mg



# Assorted Fresh Fruit



<b>Servings:</b>	150.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11342
<b>School:</b>	Kankakee High School-Main		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.01
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	0.65		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.01mg		
<b>Carbohydrates</b>	0.16g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.12g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.08mg	<b>Iron</b>	0.00mg

# Sunshine Orange Smoothie



<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15466
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	12 Each		197769
YOGURT VAN L/F PARFPR 6-4 YOPL	12 Cup	READY_TO_EAT Ready to use with pouch & serving tip. 3 1/4 bags of per 50 servings	811500
Bagel, WG, sliced	24 Ounce	READY_TO_EAT No baking necessary. Thaw under refrigeration 24-48 hours. Place in warmer for 15-20 minutes prior to serving 24 oz of bagel = 24 each	Wilkens Food Service
CHEESE CREAM CUP 100-1Z GCHC	24 Each		228427
ORANGES MAND WTR PACK 24-13.75Z GCHC	1 #10 CAN	Rinse can free from debris. open and drain juice from orange slices.	275336
JUICE ORNG CONC 100 ASEP 12-1LTR GFS	96 Fluid Ounce		695831

## Preparation Instructions

Can make a couple of days ahead of time and chill in cooler until ready to serve.  
 Make 4 batches of 6 portions of 1 cup Sunshine Orange Smoothie  
 Place 3 cup of orange slices w/o juice and 3 peeled banana in blender.

Add 3 cup orange juice and blend until smooth. 20-30 seconds.

Next add in 3 cup vanilla yogurt and blend another 10 seconds.

Pour 1 cup of Sunshine Orange smoothie in 12oz clear plastic cup with lid and a straw.

Serve with 1 sliced bagel and 1-1oz cream cheese cup.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.49
<b>Grain</b>	1.00
<b>Fruit</b>	0.25
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	566.87		
<b>Fat</b>	10.57g		
<b>SaturatedFat</b>	6.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	308.75mg		
<b>Carbohydrates</b>	107.87g		
<b>Fiber</b>	4.37g		
<b>Sugar</b>	76.86g		
<b>Protein</b>	11.53g		
<b>Vitamin A</b>	337.76IU	<b>Vitamin C</b>	5.14mg
<b>Calcium</b>	213.43mg	<b>Iron</b>	1.25mg

# Blueberry Smoothie

NO IMAGE

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15467
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF 4-5 GFS	12 Cup		166720
BANANA TURNING SNGL 150CT 40 P/L	12 Each		197769
JUICE APPLE 100 ASEP 12-46FLZ HV	96 Fluid Ounce		584339
YOGURT VAN L/F PARFPR 6-4 YOPL	12 Cup	READY_TO_EAT Ready to use with pouch & serving tip. 3 1/4 bags of per 50 servings	811500
Bagel, WG, sliced	24 Ounce	READY_TO_EAT No baking necessary. Thaw under refrigeration 24-48 hours. Place in warmer for 15-20 minutes prior to serving 24 oz of bagel = 24 each	Wilkins Food Service
CHEESE CREAM CUP 100-1Z GCHC	24 Each		228427

## Preparation Instructions

Can make a couple of days ahead of time and chill in cooler until ready to serve.

Make 4 batches of 6 portions of 1 cup Blueberry Smoothie

Place 3 cup of fresh blueberries w/o juice and 3 peeled banana in blender.

Add 3 cup apple juice and blend until smooth. 20-30 seconds.

Next add in 3 cup vanilla yogurt and blend another 10 seconds.

Pour 1 cup of Blueberry smoothie in 12oz clear plastic cup with lid and a straw.

Serve with 1 sliced bagel and 1-1oz cream cheese cup.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.49
<b>Grain</b>	1.00
<b>Fruit</b>	0.75
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	442.17		
<b>Fat</b>	10.67g		
<b>SaturatedFat</b>	6.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	287.57mg		
<b>Carbohydrates</b>	77.59g		
<b>Fiber</b>	5.87g		
<b>Sugar</b>	45.74g		
<b>Protein</b>	8.65g		
<b>Vitamin A</b>	337.76IU	<b>Vitamin C</b>	96.94mg
<b>Calcium</b>	168.28mg	<b>Iron</b>	0.16mg

# Strawberry Smoothie

NO IMAGE

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15469
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	12 Each		197769
STRAWBERRY WHL IQF 4-5 GFS	12 Cup	1 bag =16 cups	244630
JUICE ORNG CONC 100 ASEP 12-1LTR GFS	96 Fluid Ounce		695831
YOGURT VAN L/F PARFPR 6-4 YOPL	12 Cup	READY_TO_EAT Ready to use with pouch & serving tip. 3 1/4 bags of per 50 servings	811500
Bagel, WG, sliced	24 Ounce	READY_TO_EAT No baking necessary. Thaw under refrigeration 24-48 hours. Place in warmer for 15-20 minutes prior to serving 24 oz of bagel = 24 each	Wilkens Food Service
CHEESE CREAM CUP 100-1Z GCHC	24 Each		228427

## Preparation Instructions

Can make a couple of days ahead of time and chill in cooler until ready to serve.

Make 4 batches of 6 portions of 1 cup strawberry Smoothie

Place 3 cup of strawberries w/o juice and 3 peeled banana in blender.

Add 3 cup orange juice and blend until smooth. 20-30 seconds.

Next add in 3 cup vanilla yogurt and blend another 10 seconds.

Pour 1 cup of strawberry smoothie in 12oz clear plastic cup with lid and a straw.

Serve with 1 sliced bagel and 1-1oz cream cheese cup.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.49
<b>Grain</b>	1.00
<b>Fruit</b>	0.75
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	543.37
<b>Fat</b>	10.57g
<b>SaturatedFat</b>	6.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	297.97mg
<b>Carbohydrates</b>	103.59g
<b>Fiber</b>	5.87g
<b>Sugar</b>	72.74g
<b>Protein</b>	10.45g
<b>Vitamin A</b> 337.76IU	<b>Vitamin C</b> 32.14mg
<b>Calcium</b> 201.88mg	<b>Iron</b> 1.18mg

# Home Style Biscuits and Gravy



NO IMAGE

<b>Servings:</b>	32.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18861
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	32 Each	<p><b>BAKE</b>                      For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.                      120 ct per case</p>	631902
GRAVY MIX BISC WHITE SAUCE 12-24Z	42 9/16 Tablespoon	<p><b>MIXING WITH A WIRE WHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES.</b>  <b>REMOVE</b>                      1 Case = 1536 Fluid Ounces (12 x (24 oz dry = 128 Fluid Ounces per Bag) of Gravy, Biscuit, White                      4 fl oz per serving                      1 bags (24 oz dry)= 128 fl oz per 32 servings 4 fl oz</p>	242420
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	32 Each	<p><b>From Thawed state:</b>                      32 ea per recipe serving                      reheat in oven or convey oven until internal temperature reaches 165 degrees F for 15 seconds or longer.                      rough chop bite size pieces in food processor or knife.                      Mix into warm gravy mix.</p>	184970



# Preparation Instructions

1 warm biscuit split in half and top biscuits w/4 fl oz of sausage gravy

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	305.00
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	9.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	770.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 156.00mg	<b>Iron</b> 1.44mg

# Banana Berry Smoothie

NO IMAGE

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18981
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF 4-5 GFS	6 1/2 Cup		166720
BANANA TURNING SNGL 150CT 40 P/L	12 Each		197769
STRAWBERRY WHL IQF 4-5 GFS	6 1/2 Cup		244630
JUICE APPLE 100 ASEP 12-46FLZ HV	96 Fluid Ounce		584339
YOGURT VAN L/F PARFPR 6-4 YOPL	12 Cup	READY_TO_EAT Ready to use with pouch & serving tip. 3 1/4 bags of per 50 servings	811500
Bagel, WG, sliced	24 Ounce	READY_TO_EAT No baking necessary. Thaw under refrigeration 24-48 hours. Place in warmer for 15-20 minutes prior to serving 24 oz of bagel = 24 each	Wilkens Food Service
CHEESE CREAM CUP 100-1Z GCHC	24 Each		228427

## Preparation Instructions

Can make a couple of days ahead of time and chill in cooler until ready to serve.

Make 4 batches of 6 portions of 1 cup Banana Berry Smoothie

Place 1 1/2 cup of fresh blueberries & 1 1/2 Cup strawberries w/o juice and 3 peeled banana in blender.  
 Add 3 cup apple juice and blend until smooth. 20-30 seconds.  
 Next add in 3 cup vanilla yogurt and blend another 10 seconds.  
 Pour 1 cup of Banana Berry smoothie in 12oz clear plastic cup with lid and a straw.  
 Serve with 1 sliced bagel and 1-1oz cream cheese cup.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.49
<b>Grain</b>	1.00
<b>Fruit</b>	0.79
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	437.38
<b>Fat</b>	10.44g
<b>SaturatedFat</b>	6.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	287.57mg
<b>Carbohydrates</b>	77.21g
<b>Fiber</b>	5.76g
<b>Sugar</b>	45.42g
<b>Protein</b>	8.65g
<b>Vitamin A</b> 337.76IU	<b>Vitamin C</b> 110.74mg
<b>Calcium</b> 173.70mg	<b>Iron</b> 0.35mg

# Assorted Cup Fruit

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19249
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches	1/2 Cup	BAKE	
Applesauce, Unsweetened	1/2 Cup	READY_TO_EAT	5721
Mandarin Oranges	1/2 Cup	READY_TO_EAT wash/wipe can free from dirt & debris	3802
Mixed Fruit in Juice	1/2 Cup	READY_TO_EAT Ready to Eat	61550
Pineapple Tidbits in Juice	1/2 Cup	READY_TO_EAT Shelf Stable-Use by expiration date	3801
Diced Pears in Juice	1/2 Cup	READY_TO_EAT	Wilkens Food Service

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	2.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

<b>Calories</b>	295.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	73.50g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	60.00g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.00mg

# Assorted Fresh Vegetable



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19250
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Carrots	3/4 Cup	UNSPECIFIED None	
PEPPERS ASST COLORS 4-6CT P/L	3/4 Cup		644562
Broccoli Florets	1/2 Cup	READY_TO_EAT	2332

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	83.15
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	58.90mg
<b>Carbohydrates</b>	16.50g
<b>Fiber</b>	5.45g
<b>Sugar</b>	4.00g

<b>Protein</b>	2.70g
<b>Vitamin A</b> 1573.80IU	<b>Vitamin C</b> 205.48mg
<b>Calcium</b> 31.91mg	<b>Iron</b> 36.52mg

# Assorted Fruit Juice

NO IMAGE

<b>Servings:</b>	150.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19251
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX PNCH FRTABLES+ 36-6.75FLZ	1 Each		460602
JUICE BOX TROP FRTABLES+ 36-6.75FLZ	1 Each		460612
JUICE APPL BX 36-200ML A&E	1 Each		171122
JUICE FRT PNCH 100 BX 36-200ML A&E	1 Each		171171
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each		659712
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00



<b>Fruit</b>	0.02
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	3.80
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.70mg
<b>Carbohydrates</b>	0.92g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.78g
<b>Protein</b>	0.01g

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<b>Vitamin A</b>	20.00IU	<b>Vitamin C</b>	2.40mg
<b>Calcium</b>	0.80mg	<b>Iron</b>	0.00mg

# Buffalo Flavored Cheese Crunchers

NO IMAGE

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19267
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BUFF CHS CRNCH 1.38Z 8- 3.125#	288 Each	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 13-14 minutes (full tray). If baking more than one tray, longer cooking time may be required. 1 Case = 288 Average Count (8 x 36 Average Count per Bag) Cheese Crunches, Buffalo, 1.38 Ounce 72 servings	233211

## Preparation Instructions

4 ea per portion

1/2 cup marinara sauce

or buttermilk ranch dipping cup

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 72.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	530.00		
<b>Fat</b>	31.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	500.00mg	<b>Iron</b>	1.80mg

# Stir Fried Vegetable



NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19268
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GCHC	1/2 Cup	PACKAGING: 2# POLY BAG IN CORRUGATE BOX. PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR.	440884

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

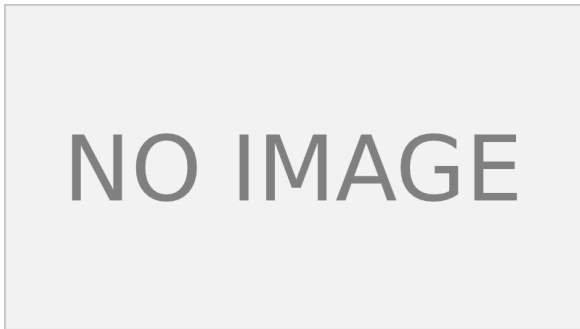
Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	20.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	6.67mg
<b>Carbohydrates</b>	4.00g
<b>Fiber</b>	1.33g
<b>Sugar</b>	1.33g

<b>Protein</b>		0.67g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# French Fries



<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20583
<b>School:</b>	PROEGLER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fries 3/8 S/C Ovations 6-5 Mcc	40 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	868961

## Preparation Instructions

Place 1/4 cup french fries

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	84.39
<b>Fat</b>	2.95g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	109.70mg
<b>Carbohydrates</b>	14.35g
<b>Fiber</b>	0.84g
<b>Sugar</b>	0.00g

<b>Protein</b>		1.69g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.04mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.30mg

# Breakfast Tornado



<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22305
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST WHLWHE 2.79Z 18- 8CT	144 Each	Conventional Oven, Convection Oven, Deep Fryer, Roller Grill. Cook to an internal temperature that reaches or exceed 161 degrees F. Convection Oven: Fan on High. From frozen 13 minutes at 350 degrees F. From thawed, 9 minutes at 350 degrees F. Place tornados evenly 1 inch apart on a cooking sheet. Place in preheated oven for time necessary. Bake. Let rest for 1 minute.	495932

## Preparation Instructions

- 1 ea per serving k-8
- 2 ea per serving 9-12

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.75
<b>Grain</b>	1.25
<b>Fruit</b>	0.00



<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 144.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	180.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	7.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Italian Combo Platter

NO IMAGE

<b>Servings:</b>	113.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22391
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Breaded Mozzarella Sticks	339 Each	BAKE Keep Frozen Pre Heat oven to 375 degrees, low fan speed place frozen sticks in a single layer on parchment lined baking sheet. Bake for 9-11 minutes or until internal temperature reaches 165 degrees F. Remove from oven and let stand for 1-2 minutes.	41009
WG Breaded Mini Cheese Ravioli	452 Each	BAKE Keep Frozen Preheat oven to 375 degrees low fan speed Place frozen ravioli in a single layer on parchment lined sheet trays Bake for 7 minutes or until internal temperature reaches 165 degrees for 15 seconds Remove from oven and let stand for 1-2 minutes	41834
SAUCE MARINARA A/P 6-10 REDPK	28 1/4 Cup	READY_TO_EAT None Place 1 Can of Marinara sauce in steam table pan place in steamer for 5 minutes to warm sauce	592714

## Preparation Instructions

Serving Size

3 Breaded Mozzarella Sticks

4 Mini Breaded Ravioli

1/4 cup warm marinara sauce

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	297.86		
<b>Fat</b>	8.91g		
<b>SaturatedFat</b>	4.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	29.57mg		
<b>Sodium</b>	572.43mg		
<b>Carbohydrates</b>	38.37g		
<b>Fiber</b>	4.51g		
<b>Sugar</b>	3.77g		
<b>Protein</b>	16.31g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.00mg	<b>Iron</b>	0.00mg