

Cookbook for Millersburg Elementary-Middle School

Created by HPS Menu Planner

Table of Contents

Assorted Whole Grain Cereals

100% Fruit Juice

Assorted Fruit

Cheeseburger

Baked Beans

Peas

Chicken Patty Sandwich

Green Beans

Corn

Mexican Dip

Hamburger

Chili

Refried Beans

Hot Ham & Cheese Sandwich

Mixed Vegetables

Combo Cookie

Chicken & Noodles

Orange Chicken

Brown Rice

California Blend

Sloppy Joe

Turkey Sandwich

Chocolate Cake

Hot Dog on Bun

Pork BBQ Rib on Bun

Tenderloin on Hamburger

Sub Sandwich

Chef Salad

Grilled Cheese Sandwich

Chocolate Chip Cookie

Chef Salad

Ham & Cheese Salad

Grilled Chicken Salad

Sante Fe Chicken Salad

Teriyaki Chicken Taco- K-5

Green Beans

Buttered Corn

Buttered Peas

Glazed Carrots

Chocolate Chip Cookie

Refried Beans

Buttered Broccoli

Chicken & Noodles

Seasoned California Blend

Combo Cookie

Teriyaki Chicken

Chef Salad

Taco Filling

Bacon & Egg Biscuit

Taco Salad

Chef Salad

Grilled Ham & Cheese Sandwich

Ham Wrap

Lunchable

Turkey Sandwich

Turkey Wrap

Yogurt Parfait

Cheese Sandwich

Grilled Chicken Sandwich

Orange Chicken

Asian Chicken Salad

Asian Noodles

Chicken Alfredo

Chicken Bacon Salad

Pizza Salad

Taco Salad

Bacon & Egg Cheese Biscuit

Salad Bar with Ham

Salad Bar with Turkey

Teriyaki Chicken Taco- 6-8

Refried Beans

Mexican Dip

Hamburger-M

Broccoli with Cheese

Grilled Cheese Sandwich

Tomato Soup

Tenderloin Sandwich

Sub Sandwich

Sausage & Egg Sandwich

Breakfast Bowl

Idaho Nachos

Chicken & Noodles (Jr/Sr)

Creamed Chicken

Sweet & Sour Chicken

Ham Sub Sandwich

Breaded Chicken Salad

Chicken Bacon Salad

Taco Salad

Smoothie (Jr./Sr. High)

Hot Dog on Bun

Chef Salad

Homemade Macaroni & Cheese

Assorted Whole Grain Cereals

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9688
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
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 FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
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 LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL TRIX WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264742

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		108.89	
Fat		1.44g	
SaturatedFat		0.11g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		153.33mg	
Carbohydrates		23.22g	
Fiber		2.00g	
Sugar		7.44g	
Protein		2.00g	
Vitamin A	155.56IU	Vitamin C	4.20mg
Calcium	56.67mg	Iron	4.00mg

100% Fruit Juice

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	16.50g		
Fiber	0.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	30.60mg
Calcium	10.00mg	Iron	0.00mg

Assorted Fruit

Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 Cup		268348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 Cup		189979
Applesauce cnd	1 Cup	BAKE	110541comm
FRUIT MIXED 6-10	1 Cup	BAKE	100212
Pear Halves	1 Cup	BAKE	100226

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: 10.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.20		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.40mg		
Carbohydrates	15.20g		
Fiber	1.00g		
Sugar	12.20g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	1.80mg
Calcium	0.00mg	Iron	0.07mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9691
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	265.00
Fat	8.50g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	620.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	3.50g

Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 118.00mg	Iron 9.80mg

Baked Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9692
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	2 #10 CAN		822477
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
SAUCE BBQ 4-1GAL GCHC	2 Cup		734136
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 Cup		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup		860221

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	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	173.91		
Fat	0.57g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	609.01mg		
Carbohydrates	36.32g		
Fiber	5.49g		
Sugar	12.09g		
Protein	7.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.04mg	Iron	2.16mg

Peas

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9693
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	45 Pound		285660
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.44

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	84.21		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.04mg		
Carbohydrates	7.80g		
Fiber	2.60g		
Sugar	2.60g		
Protein	3.25g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.71mg

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9695
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	360.00		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	600.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	Iron	10.00mg

Green Beans

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9696
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	10 #10 CAN		273856
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.52
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	59.57		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	302.06mg		
Carbohydrates	4.17g		
Fiber	2.09g		
Sugar	2.09g		
Protein	1.04g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	31.38mg	Iron	0.42mg

Corn

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9702
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	45 Pound		283730
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.37

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	108.57		
Fat	4.76g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.04mg		
Carbohydrates	15.97g		
Fiber	2.00g		
Sugar	2.99g		
Protein	2.00g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	3.08mg	Iron	0.40mg

Mexican Dip

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9705
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	18 Ounce		159204
BEAN REFRD 6-10 GRSZ	4 #10 CAN		293962
SOUP CRM OF MUSHRM 12-5 CAMP	2 #5 CAN	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN		695513
SAUCE CHS CHED POUCH 6-106Z LOL	3 Package		135261
SALSA 103Z 6-10 REDG	3 #10 CAN	READY_TO_EAT None	452841
CHEESE CHED MLD SHRD 4-5 LOL	10 Pound		150250

Preparation Instructions

Heat together first 7 ingredients. Portion $\frac{3}{4}$ c into serving dishes and top with 1/2oz shredded cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.03
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.17

OtherVeg	0.00
Legumes	0.17
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00
Serving Size: 0.75 Cup

Amount Per Serving

Calories	374.22
Fat	22.04g
SaturatedFat	9.94g
Trans Fat	2.13g
Cholesterol	82.37mg
Sodium	1055.69mg
Carbohydrates	16.38g
Fiber	2.16g
Sugar	1.17g
Protein	24.10g

Vitamin A	526.57IU	Vitamin C	0.00mg
Calcium	224.66mg	Iron	1.38mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9706
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00
Fat	6.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	410.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 22.00mg **Iron** 9.80mg

Chili

Servings:	315.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9708
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
BEAN CHILI HOT 6-10 BROOKS	9 #10 CAN		785024
TOMATO PASTE 6-10 HUNTS	2 11/16 #10 CAN		444707
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup		331473
SPICE GARLIC POWDER 21Z TRDE	2 1/4 Tablespoon		224839
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon		225061
SUGAR BROWN LT 12-2 P/L	4 Cup		860311
Tap Water for Recipes	4 3/4 Gallon	UNPREPARED	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.51
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.44
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	288.65
Fat	12.56g
SaturatedFat	4.06g
Trans Fat	2.03g
Cholesterol	52.83mg
Sodium	515.75mg
Carbohydrates	23.87g

Fiber	9.19g		
Sugar	5.36g		
Protein	19.57g		
Vitamin A	221.71IU	Vitamin C	1.77mg
Calcium	30.16mg	Iron	2.36mg

Refried Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9741
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 #10 CAN		293962
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.27
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	174.89
Fat	3.76g
SaturatedFat	1.47g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	619.22mg
Carbohydrates	25.06g
Fiber	6.47g
Sugar	1.34g
Protein	10.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 103.17mg	Iron 2.16mg

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9742
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.83
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	225.00		
Fat	6.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	47.50mg		
Sodium	710.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	18.50g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	98.00mg	Iron	8.72mg

Mixed Vegetables

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9743
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 5-WAY 30 GCHC	45 Pound		285690
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.44
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	77.71		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	169.04mg		
Carbohydrates	7.80g		
Fiber	1.95g		
Sugar	2.60g		
Protein	1.30g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.39mg

Combo Cookie

Servings:	340.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9744
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
SUGAR CANE GRANUL 25 GCHC	6 Cup		108642
MARGARINE SLD ZT 30-1 GFS	6 Cup		557482
OIL CORN 2-2.5GAL MAZOLA	6 Cup		433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	6 Tablespoon		110736
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308
BAKING SODA 36Z GCHC	2 Tablespoon		513849
SPICE CREAM OF TARTAR 29Z TRDE	2 Tablespoon		513687
FLOUR ULTRAGRAIN 50 HLCHC	20 Cup		515002
OATS QUICK HOT CEREAL 12-42Z GCHC	8 Cup		240869
CEREAL RICE KRISPIES 4-27Z KELL	8 Cup		732427
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	8 Cup		283610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.04
Grain	0.31
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 340.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	139.27
Fat	8.93g
SaturatedFat	2.75g
Trans Fat	0.01g
Cholesterol	3.81mg
Sodium	114.44mg
Carbohydrates	14.78g
Fiber	1.06g
Sugar	7.12g
Protein	1.70g

Vitamin A	141.18IU	Vitamin C	0.00mg
Calcium	2.68mg	Iron	0.92mg

Chicken & Noodles

Servings:	350.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9745
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	45 Pound		100101
BROTH CHIX 12-5 COLLEGE INN	6 #5 CAN		264865
SOUP CRM OF CHIX 12-5 HLTHYREQ	5 #5 CAN		695513
BASE CHIX RSTD 25 GCHC	2 Pound		160830
Tap Water for Recipes	7 Gallon	UNPREPARED	000001WTR
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Tablespoon		225037
MARGARINE SLD 30-1 GCHC	1 Pound		733061
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	20 Pound		654580

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	180.88
Fat	4.06g
SaturatedFat	0.51g
Trans Fat	0.00g
Cholesterol	44.72mg
Sodium	569.15mg
Carbohydrates	20.51g
Fiber	2.74g
Sugar	1.67g

Protein	16.18g		
Vitamin A	119.29IU	Vitamin C	0.00mg
Calcium	1.41mg	Iron	0.82mg

Orange Chicken

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9746
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	15 Cup		802860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.57
Grain	1.29
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	328.99		
Fat	15.34g		
SaturatedFat	2.95g		
Trans Fat	0.00g		
Cholesterol	23.60mg		
Sodium	537.78mg		
Carbohydrates	31.88g		
Fiber	3.54g		
Sugar	14.62g		
Protein	16.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.94mg	Iron	2.36mg

Brown Rice

Servings:	96.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9747
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	12 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
BROTH CHIX 12-5 COLLEGE INN	4 #5 CAN		264865

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	89.44		
Fat	1.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	251.50mg		
Carbohydrates	18.30g		
Fiber	0.50g		
Sugar	0.30g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.87mg	Iron	0.50mg

California Blend

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9748
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF 30 KE	30 Pound		283780
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.48
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	54.84		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.39mg		
Carbohydrates	3.23g		
Fiber	1.29g		
Sugar	1.29g		
Protein	0.65g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	12.99mg	Iron	0.00mg

Sloppy Joe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9749
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 11/16 Ounce		564790
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	265.00		
Fat	7.50g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	557.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	18.00g		
Vitamin A	459.00IU	Vitamin C	6.00mg
Calcium	36.00mg	Iron	10.00mg

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9750
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	230.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	510.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.36mg

Chocolate Cake

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9751
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	3 Cup		515002
SUGAR CANE GRANUL 25 GCHC	3 1/2 Cup		108642
COCOA PWD BAKING 6-5 GCHC	2 1/8 Cup		269654
BAKING SODA 36Z GCHC	2 1/2 Teaspoon		513849
BAKING POWDER 6-5 CLABBER GIRL	2 1/2 Teaspoon		361032
SALT IODIZED 24-26Z GFS	1 1/2 Teaspoon		108308
EGG SHL LRG A GRD 6-30CT GCHC	4 Each		206539
MILK WHT 1 4-1GAL RGNLBRND	2 1/4 Cup		817801
OIL CORN 2-2.5GAL MAZOLA	7/8 Cup		433518
FLAVORING VANILLA IMIT 1-QT KE	5 Teaspoon		110736
MARGARINE SLD ZT 30-1 GFS	9 Tablespoon		557482
SUGAR POWDERED 10X 12-2 PION	4 Cup		859740

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.16
Grain	0.26
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Piece

Amount Per Serving

Calories	168.18
Fat	7.23g
SaturatedFat	1.93g
Trans Fat	0.01g
Cholesterol	16.60mg
Sodium	244.72mg
Carbohydrates	22.76g
Fiber	0.64g
Sugar	17.40g
Protein	3.29g

Vitamin A	160.56IU	Vitamin C	0.00mg
Calcium	60.74mg	Iron	0.39mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9755
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	770.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.11mg	Iron	10.76mg

Pork BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9756
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	11.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	580.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	7.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	11.08mg

Tenderloin on Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9757
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00		
Fat	17.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	530.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	9.80mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9758
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce		236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.73
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	293.02
Fat	12.46g
SaturatedFat	3.71g
Trans Fat	0.00g
Cholesterol	71.31mg
Sodium	988.06mg
Carbohydrates	23.12g
Fiber	2.00g
Sugar	3.50g
Protein	20.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 142.78mg	Iron 9.07mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9759
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Ham, Cubed Frozen	2 1/2 Ounce		100188-H

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	191.38		
Fat	11.05g		
SaturatedFat	8.05g		
Trans Fat	0.00g		
Cholesterol	66.89mg		
Sodium	665.41mg		
Carbohydrates	6.21g		
Fiber	0.56g		
Sugar	2.60g		
Protein	17.80g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	206.22mg	Iron	0.20mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9760
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice		722360
MARGARINE SLD ZT 30-1 GFS	1 Tablespoon		557482
Aunt Millie's Wheat Sandwich Bread	2 Slice	READY_TO_EAT	466

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.00		
Fat	19.00g		
SaturatedFat	8.75g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	930.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	15.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	294.00mg	Iron	8.00mg

Chocolate Chip Cookie

Servings:	350.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9761
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD ZT 30-1 GFS	5 Pound		557482
SUGAR BROWN LT 12-2 P/L	1 Pound		860311
SUGAR CANE GRANUL 25 GCHC	8 1/4 Cup		108642
EGG SHL LRG A GRD 6-30CT GCHC	17 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	3/4 Cup		110736
BAKING SODA 36Z GCHC	2 7/8 Tablespoon		513849
SALT IODIZED 24-26Z GFS	1 7/16 Tablespoon		108308
FLOUR ULTRAGRAIN 50 HLCHC	24 Cup		515002
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	5 3/8 Cup		283610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.10
Grain	0.30
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	112.31
Fat	6.41g
SaturatedFat	2.87g
Trans Fat	0.00g
Cholesterol	8.99mg
Sodium	133.34mg
Carbohydrates	13.18g
Fiber	0.82g

Sugar			6.66g
Protein			1.60g
Vitamin A	228.57IU	Vitamin C	0.00mg
Calcium	3.85mg	Iron	0.61mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9771
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
Chicken, Diced, Cooked, Frozen	1 Ounce		100101
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/2 Ounce	UNPREPARED	100012
EGG SHL LRG A GRD PAST 6-30CT GCHC	1 Each		265454
Whole Grain Dinner Roll	1 roll	BAKE	4372

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	1.25
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	296.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	236.00mg		
Sodium	398.00mg		
Carbohydrates	21.50g		
Fiber	4.00g		
Sugar	4.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.60mg
Calcium	60.00mg	Iron	1.36mg

Ham & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9772
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TURKEY HAM DCD 2-5 JENNO	2 Ounce		202150
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Ounce	UNPREPARED	100012
Whole Grain Dinner Roll	1 roll	BAKE	4372

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	1.25
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	15.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	475.00mg		
Carbohydrates	23.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	29.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	32.00mg	Iron	0.72mg

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9777

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
STRAWBERRY 8 MRKN	1/4 Cup		212768
BLUEBERRY 12-1PT P/L	1/4 Cup		451690
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.22
GreenVeg	1.00

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	389.46	
Fat	13.80g	
SaturatedFat	5.00g	
Trans Fat	0.15g	
Cholesterol	55.00mg	
Sodium	830.96mg	
Carbohydrates	46.75g	
Fiber	6.07g	
Sugar	15.45g	
Protein	22.68g	
Vitamin A	26.87IU	Vitamin C 37.48mg
Calcium	65.54mg	Iron 2.14mg

Sante Fe Chicken Salad

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9907
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	50 Cup		451730
Chicken, Diced, Cooked, Frozen	5 Pound		100101
Salsa, Low-Sodium, Canned	4 Cup	READY_TO_EAT	100330
SPICE CUMIN GRND 15Z TRDE	2 Tablespoon		273945
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon		331473
BEANS BLACK LO SOD 6-10 BUSH	6 1/4 Cup		231981
Corn fzn	6 1/4 Cup	BAKE	100348
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	20 Each	<p>READY_TO_EAT</p> <p>1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients</p>	644182

Preparation Instructions

Each Salad:

lettuce 2c.

Chicken Mixture 3 oz

Black Beans ¼ c

Corn ¼ c

Flatbread 1

The chicken mixture is made with 5# diced chicken, 4 c. salsa, 2 tbl gr cumin, and 2 tbl chipotle chili powder. Mixed well

Meal Components (SLE)

Amount Per Serving

Meat	3.20
Grain	1.60
Fruit	0.00
GreenVeg	1.00
RedVeg	0.16
OtherVeg	0.00
Legumes	0.25
Starch	0.25

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	385.50		
Fat	7.95g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	67.20mg		
Sodium	497.70mg		
Carbohydrates	48.46g		
Fiber	9.68g		
Sugar	6.88g		
Protein	30.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.00mg	Iron	2.40mg

Teriyaki Chicken Taco- K-5

Servings:	467.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11320
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	70 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	7 Quart		417622
Cheese, Cheddar Reduced fat, Shredded	467 Tablespoon		100012
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	467 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690120

Preparation Instructions

Mix approximately 10 lbs. of fajita meat with 1 quart of teriyaki sauce in each pan. Will have 7 pans total.

Marinate overnight.

Cook meat and drain.

Place 2 oz. scoop chicken on each tortilla and top with 1 Tbsp. of shredded cheddar cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 467.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	234.42
Fat	6.82g
SaturatedFat	3.41g
Trans Fat	0.00g
Cholesterol	57.20mg
Sodium	894.34mg
Carbohydrates	25.29g
Fiber	1.00g
Sugar	10.08g
Protein	16.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 0.72mg

Green Beans

Servings:	204.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12136
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	9 #10 CAN		118737
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	3 Tablespoon		108308

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	0.59
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 204.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	38.51		
Fat	1.73g		
SaturatedFat	1.10g		
Trans Fat	0.00g		
Cholesterol	4.71mg		
Sodium	263.19mg		
Carbohydrates	4.56g		
Fiber	2.28g		
Sugar	2.28g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.31mg	Iron	0.46mg

Buttered Corn

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12139
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	30 Pound	BAKE	285620
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	3 Tablespoon		108308

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: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.06		
Fat	2.30g		
SaturatedFat	1.36g		
Trans Fat	0.00g		
Cholesterol	5.82mg		
Sodium	127.88mg		
Carbohydrates	3.50g		
Fiber	0.17g		
Sugar	0.83g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.00mg

Buttered Peas

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12149
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN 6-4 GCHC	26 3/16 Pound		610802
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	7/8 Pound		299405
SALT IODIZED 24-26Z GFS	2 5/8 Tablespoon		108308

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: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	64.92		
Fat	2.13g		
SaturatedFat	1.35g		
Trans Fat	0.00g		
Cholesterol	5.80mg		
Sodium	193.09mg		
Carbohydrates	7.81g		
Fiber	2.60g		
Sugar	2.60g		
Protein	3.26g		
Vitamin A	260.50IU	Vitamin C	3.91mg
Calcium	0.10mg	Iron	0.70mg

Glazed Carrots

Servings:	87.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12153
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	43 1/2 Cup		100352
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
100% Orange Juice	1 Cup		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 87.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	48.88		
Fat	3.02g		
SaturatedFat	1.29g		
Trans Fat	0.00g		
Cholesterol	29.52mg		
Sodium	43.23mg		
Carbohydrates	6.92g		
Fiber	2.00g		
Sugar	3.85g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	1.38mg
Calcium	0.00mg	Iron	0.00mg

Chocolate Chip Cookie

Servings:	350.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12154
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GCHC	5 1/2 Pound		108642
SUGAR BROWN LT 12-2 P/L	3 Pound		860311
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Pound		299405
EGG SHL LRG A GRD 6-30CT GCHC	24 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	5 Tablespoon		110736
FLOUR ULTRAGRAIN 50 HLCHC	9 1/2 Pound		515002
BAKING SODA 36Z GCHC	4 Tablespoon		513849
SALT IODIZED 24-26Z GFS	3 Tablespoon		108308
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	8 Cup		283610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	138.33
Fat	6.07g
SaturatedFat	3.44g
Trans Fat	0.00g
Cholesterol	23.66mg
Sodium	137.37mg
Carbohydrates	20.35g
Fiber	1.23g
Sugar	10.59g

Protein	2.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.65mg	Iron	0.92mg

Refried Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12160
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 #10 CAN		293962
Cheese, Cheddar Reduced fat, Shredded	30 Ounce		100012
SEASONING TACO MIX 6-9Z GRSZ	9 Ounce		222313

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.30
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.65
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	213.47		
Fat	4.39g		
SaturatedFat	1.85g		
Trans Fat	0.00g		
Cholesterol	6.00mg		
Sodium	1014.26mg		
Carbohydrates	31.73g		
Fiber	7.76g		
Sugar	1.29g		
Protein	12.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.88mg	Iron	2.59mg

Buttered Broccoli

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12161
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound	BAKE	285590
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	3 Tablespoon		108308

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	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	38.89		
Fat	2.44g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	156.53mg		
Carbohydrates	3.33g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.45mg	Iron	0.67mg

Chicken & Noodles

Servings:	350.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12162
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	45 Pound		100101
BROTH CHIX 12-5 COLLEGE INN	6 #5 CAN		264865
SOUP CRM OF CHIX 12-5 HNZ	5 #5 CAN		101656
BASE CHIX 12-1 GCHC	2 Pound		439606
Tap Water for Recipes	7 Gallon	UNPREPARED	000001WTR
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Tablespoon		225037
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	20 Pound		654580

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	183.93
Fat	4.31g
SaturatedFat	0.79g
Trans Fat	0.00g
Cholesterol	46.96mg
Sodium	594.60mg
Carbohydrates	20.51g
Fiber	2.74g
Sugar	1.67g
Protein	16.18g

Vitamin A	10.14IU	Vitamin C	0.00mg
Calcium	3.43mg	Iron	0.86mg

Seasoned California Blend

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12176
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM 30 GCHC	30 Pound		285740
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	3 Tablespoon		108308

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: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.02		
Fat	2.44g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	163.09mg		
Carbohydrates	2.76g		
Fiber	1.66g		
Sugar	1.10g		
Protein	1.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.67mg	Iron	0.55mg

Combo Cookie

Servings:	380.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12178
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
SUGAR CANE GRANUL 25 GCHC	6 Cup		108642
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	6 Cup		299405
OIL CORN 2-2.5GAL MAZOLA	6 Cup		433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	6 Tablespoon		110736
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308
BAKING SODA 36Z GCHC	2 Tablespoon		513849
SPICE CREAM OF TARTAR 29Z TRDE	2 Tablespoon		513687
FLOUR ULTRAGRAIN 50 HLCHC	21 1/4 Cup		515002
OATS QUICK HOT CEREAL 12-42Z GCHC	6 Cup		240869
CEREAL RICE KRISPIES 4-27Z KELL	6 Cup		732427
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	6 Cup		283610
COCONUT FANCY SHRD 5-2 GCHC	6 Cup		265829

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.75

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

Nutrition Facts

Servings Per Recipe: 380.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	126.91
Fat	8.11g
SaturatedFat	3.20g
Trans Fat	0.01g
Cholesterol	10.99mg
Sodium	74.25mg
Carbohydrates	12.52g
Fiber	1.60g
Sugar	5.71g
Protein	1.42g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.51mg	Iron	0.70mg

Teriyaki Chicken

Servings:	26.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12181
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	5 Pound		100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	16 Ounce		417622

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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: 26.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	159.64		
Fat	3.62g		
SaturatedFat	1.81g		
Trans Fat	0.00g		
Cholesterol	66.97mg		
Sodium	942.26mg		
Carbohydrates	12.89g		
Fiber	0.00g		
Sugar	11.66g		
Protein	16.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12182
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon		150250
Ham, Cubed Frozen	1 11/16 Ounce		100188-H
EGG HRD CKD DCD IQF 4-5 GCHC	3/4 Ounce		192198
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	148.33		
Fat	7.95g		
SaturatedFat	4.97g		
Trans Fat	0.00g		
Cholesterol	117.44mg		
Sodium	430.39mg		
Carbohydrates	5.60g		
Fiber	1.00g		
Sugar	2.76g		
Protein	13.72g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	126.09mg	Iron	0.42mg

Taco Filling

Servings:	300.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12183
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	50 Pound		722330
BEAN REFRD 6-10 GRSZ	2 #10 CAN		293962

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.68
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.09
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	117.85		
Fat	4.47g		
SaturatedFat	1.60g		
Trans Fat	0.24g		
Cholesterol	29.44mg		
Sodium	336.95mg		
Carbohydrates	8.17g		
Fiber	2.72g		
Sugar	1.85g		
Protein	12.15g		
Vitamin A	542.59IU	Vitamin C	4.21mg
Calcium	42.25mg	Iron	2.03mg

Bacon & Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12184
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each		433608
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.17
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	265.00
Fat	15.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	680.01mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	2.00g

Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	1.08mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12214
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 3/16 Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	0.00
Fruit	0.00
GreenVeg	0.75
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	153.90		
Fat	7.15g		
SaturatedFat	3.30g		
Trans Fat	0.29g		
Cholesterol	42.50mg		
Sodium	339.40mg		
Carbohydrates	8.25g		
Fiber	3.50g		
Sugar	3.50g		
Protein	16.05g		
Vitamin A	720.00IU	Vitamin C	5.00mg
Calcium	114.75mg	Iron	2.00mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14124
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 Slice		556121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	2 Cup		242489
White Wheat Dinner Rolls	2 Each		33119

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	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	342.50
Fat	14.25g
SaturatedFat	7.49g
Trans Fat	0.06g
Cholesterol	60.00mg
Sodium	790.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	4.00g
Protein	20.50g
Vitamin A 300.02IU	Vitamin C 0.90mg
Calcium 284.84mg	Iron 2.12mg

Grilled Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14125
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	4 Slice		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice		336

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 Each

Amount Per Serving			
Calories	320.66		
Fat	8.28g		
SaturatedFat	4.64g		
Trans Fat	0.00g		
Cholesterol	44.51mg		
Sodium	680.33mg		
Carbohydrates	5.28g		
Fiber	0.00g		
Sugar	3.64g		
Protein	14.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14126
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.18
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	337.20
Fat	13.43g
SaturatedFat	6.87g
Trans Fat	0.00g
Cholesterol	65.60mg
Sodium	940.05mg
Carbohydrates	33.02g
Fiber	1.25g
Sugar	2.25g
Protein	20.14g
Vitamin A 156.00IU	Vitamin C 1.50mg
Calcium 150.98mg	Iron 2.90mg

Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14127
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Ounce	READY_TO_EAT READY_TO_EAT	885750
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.83		
Fat	11.67g		
SaturatedFat	5.33g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	615.00mg		
Carbohydrates	39.17g		
Fiber	3.33g		
Sugar	3.50g		
Protein	13.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	414.17mg	Iron	1.76mg

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14128
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	5 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
School White Wheat Sandwich Bread	2 Slice		12385

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: 1.00 Each

Amount Per Serving

Calories	287.80		
Fat	5.88g		
SaturatedFat	2.22g		
Trans Fat	0.00g		
Cholesterol	58.18mg		
Sodium	982.51mg		
Carbohydrates	26.40g		
Fiber	2.36g		
Sugar	4.00g		
Protein	31.09g		
Vitamin A	0.02IU	Vitamin C	0.00mg
Calcium	137.68mg	Iron	1.34mg

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14129
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	5 Slice		689541
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.05
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	363.74		
Fat	11.58g		
SaturatedFat	6.25g		
Trans Fat	0.00g		
Cholesterol	66.28mg		
Sodium	1060.26mg		
Carbohydrates	33.02g		
Fiber	1.25g		
Sugar	2.25g		
Protein	30.45g		
Vitamin A	156.00IU	Vitamin C	0.00mg
Calcium	150.98mg	Iron	2.00mg

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14130
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	1 Cup		881161
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup		226671
Variety of Fruit	1 1/2 cup		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.75
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 Each

Amount Per Serving

Calories	460.60		
Fat	4.85g		
SaturatedFat	1.87g		
Trans Fat	0.00g		
Cholesterol	14.93mg		
Sodium	375.67mg		
Carbohydrates	94.63g		
Fiber	6.24g		
Sugar	57.54g		
Protein	12.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	338.81mg	Iron	1.34mg

Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14131
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	4 Slice		189071
School White Wheat Sandwich Bread	2 Slice		12385

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	278.76		
Fat	9.98g		
SaturatedFat	5.34g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	727.30mg		
Carbohydrates	29.40g		
Fiber	2.36g		
Sugar	7.00g		
Protein	18.78g		
Vitamin A	0.02IU	Vitamin C	0.00mg
Calcium	433.18mg	Iron	1.34mg

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15643
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each		209244
3.5 WG Hamburger Bun	1 Each		3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	670.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

Orange Chicken

Servings:	42.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15665
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound		327120
ORANGES MAND WHL L/S 6-10 GFS	3 Cup		117897
SAUCE ORNG GINGR 4-.5GAL ASIAN	32 Ounce		802860

Preparation Instructions

Place 5# of popcorn chicken on each of 2 full size sheet pans. Bake at 350 degrees for 10 minutes or until temperature reaches 135 degrees minimum. Pour all of the chicken into a 6 steamtable pan. Add oranges and sauce. Mix thoroughly.

Meal Components (SLE)

Amount Per Serving

Meat	2.51
Grain	1.25
Fruit	0.07
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	300.11		
Fat	14.94g		
SaturatedFat	2.87g		
Trans Fat	0.00g		
Cholesterol	22.99mg		
Sodium	453.30mg		
Carbohydrates	25.05g		
Fiber	3.45g		
Sugar	9.20g		
Protein	16.24g		
Vitamin A	57.14IU	Vitamin C	2.57mg
Calcium	40.79mg	Iron	2.35mg

Asian Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15667
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece	Chopped	533830
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup		117897
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	2 Tablespoon		124516
ALMOND SLIVERED BLNCHD 4-2.5 GFS	1 Tablespoon		134890
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each		959048

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	3.25
Fruit	0.50
GreenVeg	1.00
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	502.50		
Fat	19.25g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	626.25mg		
Carbohydrates	54.50g		
Fiber	4.75g		
Sugar	25.25g		
Protein	27.25g		
Vitamin A	400.00IU	Vitamin C	18.00mg
Calcium	69.75mg	Iron	2.56mg

Asian Noodles

Servings:	32.00	Category:	Grain
Serving Size:	6.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15669
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE LO MEIN 4-5 AMOY	7 1/2 Pound	BLANCH Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. - Soup: Add noodles into desired soup broth, simmer for 2 minutes, and serve. - Salad: Toss noodles with desired vegetables and salad	529110
CARROT SHRD MED 2-5 RSS	1 1/2 Cup		313408
PEAS GREEN IQF 30 GCHC	3 Cup	BAKE	285660
ONION GREEN BUNCHES 4-2 RSS	1 1/2 Cup		198889
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup		466425
OIL SESAME PURE 10-56Z ROLN	3/4 Cup	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
JUICE LIME PAST 6-30.5Z SUN ORCHARD	1/4 Cup		567581
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3/8 Cup	READY_TO_EAT Use directly from the bottle.	868830
SUGAR BROWN LT 12-2 P/L	1/4 Cup		860311
SPICE GINGER GRND 16Z TRDE	1 1/2 Tablespoon		513695

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC GRANULATED 7.25 TRDE	1 1/2 Tablespoon		514047
SPICE CILANTRO 4Z TRDE	2 Tablespoon		565903
SPICE PEPR RED CRUSHED 12Z TRDE	1 Tablespoon		430196

Preparation Instructions

Place lo mein in 6 steamtable pan with 1 gallon of water. Cook in steamer for 8 minutes, stirring half way through. While noodles are cooking, combine sauce ingredients and mix well. Drain noodles if necessary. Combine noodles, carrots, peas, onions, and sauce. Mix well. Keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.09

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	366.97		
Fat	8.25g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	826.53mg		
Carbohydrates	61.82g		
Fiber	2.29g		
Sugar	3.22g		
Protein	13.06g		
Vitamin A	966.67IU	Vitamin C	0.33mg
Calcium	38.94mg	Iron	1.53mg

Chicken Alfredo

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15670
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	10 Pound		155661
PASTA PENNE RIGATE 2-10 KE	5 Pound		635501

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	284.10		
Fat	8.41g		
SaturatedFat	3.74g		
Trans Fat	0.00g		
Cholesterol	57.29mg		
Sodium	511.12mg		
Carbohydrates	30.23g		
Fiber	1.14g		
Sugar	4.88g		
Protein	21.08g		
Vitamin A	275.55IU	Vitamin C	0.00mg
Calcium	243.86mg	Iron	1.14mg

Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15671
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Chicken, diced, cooked, frozen	4 Ounce	Weigh	100101
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	1 Tablespoon		814781
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon		100012
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	444.00		
Fat	16.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	99.00mg		
Sodium	562.00mg		
Carbohydrates	37.50g		
Fiber	4.00g		
Sugar	9.00g		
Protein	35.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	112.00mg	Iron	2.52mg

Pizza Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15672
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
PEPPERONI SLCD UNCURED 14/Z 2-5	1 Ounce	Weight.	125331
Cheese, Mozzarella, Part Skim, Shredded	1/2 Cup		100021
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	490.00		
Fat	29.63g		
SaturatedFat	15.17g		
Trans Fat	0.00g		
Cholesterol	78.00mg		
Sodium	1171.32mg		
Carbohydrates	31.93g		
Fiber	2.00g		
Sugar	6.93g		
Protein	25.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	0.00mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15673
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	Weigh	722330
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon		100012
CHIP TORTL YEL RND WGRAIN 80-1.5Z	1 Each		510876

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	3.02
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	405.57		
Fat	17.18g		
SaturatedFat	5.27g		
Trans Fat	0.37g		
Cholesterol	54.16mg		
Sodium	538.33mg		
Carbohydrates	40.81g		
Fiber	7.52g		
Sugar	4.52g		
Protein	24.65g		
Vitamin A	813.88IU	Vitamin C	6.31mg
Calcium	83.74mg	Iron	3.42mg

Bacon & Egg Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15703
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each		433608
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each		237390
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.67
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	305.00		
Fat	18.00g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	97.50mg		
Sodium	830.01mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	1.08mg

Salad Bar with Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19683
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	Weight	100012
Ham, Cubed Frozen	1 1/2 Ounce	Weight	100188-H
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.50
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
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	407.05
Fat	29.23g
SaturatedFat	8.23g
Trans Fat	0.00g
Cholesterol	57.13mg
Sodium	926.05mg
Carbohydrates	21.23g
Fiber	3.92g
Sugar	5.62g
Protein	17.38g
Vitamin A 4945.87IU	Vitamin C 1.80mg

Calcium 50.71mg **Iron** 1.08mg

Salad Bar with Turkey

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20299
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	Weight	100012
Turkey Breast Deli	1 3/4 Ounce	Weight	100121
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.50
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
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	423.19
Fat	30.20g
SaturatedFat	8.10g
Trans Fat	0.00g
Cholesterol	65.82mg
Sodium	936.87mg
Carbohydrates	19.87g
Fiber	3.92g
Sugar	4.39g
Protein	21.14g
Vitamin A 4945.87IU	Vitamin C 1.80mg

Calcium 50.71mg **Iron** 1.08mg

Teriyaki Chicken Taco- 6-8

Servings:	467.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20300
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	70 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	7 Quart		417622
Cheese, Cheddar Reduced fat, Shredded	467 Tablespoon		100012
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	467 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130

Preparation Instructions

Mix approximately 10 lbs. of fajita meat with 1 quart of teriyaki sauce in each pan. Will have 7 pans total.

Marinate overnight.

Cook meat and drain.

Place 2 oz. scoop chicken on each tortilla and top with 1 Tbsp. of shredded cheddar cheese.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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: 467.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	294.42
Fat	8.32g
SaturatedFat	3.91g
Trans Fat	0.00g
Cholesterol	57.20mg
Sodium	964.34mg
Carbohydrates	34.29g
Fiber	2.00g
Sugar	11.08g
Protein	18.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 1.44mg

Refried Beans

Servings:	33.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20301
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	2 Package		183910
Cheese, Cheddar Reduced fat, Shredded	3/4 Cup		100012
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	190.82		
Fat	2.08g		
SaturatedFat	0.87g		
Trans Fat	0.00g		
Cholesterol	1.82mg		
Sodium	680.99mg		
Carbohydrates	31.70g		
Fiber	10.20g		
Sugar	0.00g		
Protein	10.83g		
Vitamin A	0.71IU	Vitamin C	1.01mg
Calcium	57.05mg	Iron	2.46mg

Mexican Dip

Servings:	520.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20302
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	70 Pound		768230
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	5 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	183910
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	5 #5 CAN		488259
SOUP CRM OF CHIX 12- 5 HLTHYREQ	5 #5 CAN		695513
SAUCE CHS CHED SHRP 6-10 GCHC	2 #10 CAN		150991
SALSA 103Z 6-10 REDG	2 #10 CAN	READY_TO_EAT None	452841

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 520.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	141.87
Fat	5.27g
SaturatedFat	1.35g
Trans Fat	0.00g
Cholesterol	40.46mg
Sodium	512.10mg
Carbohydrates	9.93g
Fiber	1.69g
Sugar	1.13g
Protein	13.46g
Vitamin A 105.34IU	Vitamin C 0.16mg
Calcium 41.04mg	Iron 1.42mg

Hamburger-M

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20338
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	214880
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	11.50g		
SaturatedFat	4.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	450.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	9.80mg

Broccoli with Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20352
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound		285590
SAUCE CHS CHED SHRP 6-10 GCHC	1 #10 CAN		150991

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	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.72		
Fat	1.58g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.97mg		
Carbohydrates	4.82g		
Fiber	1.76g		
Sugar	1.53g		
Protein	2.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.84mg	Iron	0.59mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20353
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	BAKE	336
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Teaspoon		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	276.67		
Fat	6.83g		
SaturatedFat	4.17g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	300.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Tomato Soup

Servings:	47.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20528
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	4 #5 CAN		488232
1% Low Fat White Milk	4 Cup	READY_TO_DRINK	4752

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	93.62		
Fat	1.15g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.85mg		
Sodium	376.17mg		
Carbohydrates	17.96g		
Fiber	0.94g		
Sugar	10.38g		
Protein	2.55g		
Vitamin A	42.55IU	Vitamin C	0.20mg
Calcium	25.53mg	Iron	0.34mg

Tenderloin Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20529
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	390.00		
Fat	17.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	530.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	9.80mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20530
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Slice		100187
Turkey Breast Deli	1 5/8 Ounce	1.59 oz. weight	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun		5113

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	311.16		
Fat	10.32g		
SaturatedFat	4.41g		
Trans Fat	0.00g		
Cholesterol	50.38mg		
Sodium	854.08mg		
Carbohydrates	33.82g		
Fiber	2.00g		
Sugar	6.41g		
Protein	23.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sausage & Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20553

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	BAKE	277722
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

Cook sausage and egg at 350 until temperature reaches 135 degree. Assemble and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	450.00		
Fat	28.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	135.00mg		
Sodium	470.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	0.72mg

Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-20554
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 LMBSUPR	1/2 Cup		233404
EGG SCRMBD CKD FZ 4-5 GCHC	3 Fluid Ounce		584584
SAUCE CHS CHED POUCH 6-106Z LOL	2 Fluid Ounce		135261

Preparation Instructions

Cook 5# of tots on sheet pan for 10 minutes at 400 degrees. Heat eggs in steamer for 10 minutes or until reaches 165 degrees. Place 4oz of tots in 1# boat, top with 3oz spoodle of eggs. Pour on 2oz of cheese sauce. Hold in warmer til served.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	319.55		
Fat	18.55g		
SaturatedFat	7.14g		
Trans Fat	0.00g		
Cholesterol	162.05mg		
Sodium	930.00mg		
Carbohydrates	20.14g		
Fiber	2.00g		
Sugar	1.14g		
Protein	13.82g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.18mg	Iron	2.14mg

Idaho Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Potatoes, Wedges, Low-sodium Frozen	1/2 Cup		100355
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid Ounce		722330
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	2 Fluid Ounce		135271

Preparation Instructions

Cook 5# of wedges on a sheet pan at 400 for 8-10 minutes or until temped at 135 degrees. Heat 15# of taco filling in a 4" steamtable pan in steamer until temperature reaches 165 degrees. Place 4oz of potato wedges in a 1# boat add 3oz spoodle of taco meat and 2oz of cheese sauce. Hold in warmer until served.

Meal Components (SLE)

Amount Per Serving

Meat	3.20
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	324.29		
Fat	15.38g		
SaturatedFat	7.48g		
Trans Fat	0.32g		
Cholesterol	58.42mg		
Sodium	840.45mg		
Carbohydrates	24.49g		
Fiber	4.20g		
Sugar	2.20g		
Protein	21.05g		
Vitamin A	708.07IU	Vitamin C	5.49mg
Calcium	254.01mg	Iron	2.20mg

Chicken & Noodles (Jr/Sr)

Servings:	56.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20556

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR
BASE CHIX LO SOD 12-1 LEGO	1/2 Cup		130869
SALT IODIZED 25 CARG	1 1/2 Tablespoon		108286
PASTA NOODL KLUSKI AMISH 10 INN MAID	5 Pound		456632

Preparation Instructions

Put chicken, water, chicken base and salt in a 6" steamtable pan. Place in steamer for 30 minutes (no lid). Remove and add noodles. Cook another 20 minutes. Serve with 6oz spoodle. 56 serving per pan

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	242.72		
Fat	5.07g		
SaturatedFat	1.07g		
Trans Fat	0.00g		
Cholesterol	137.00mg		
Sodium	307.54mg		
Carbohydrates	28.71g		
Fiber	0.71g		
Sugar	0.43g		
Protein	18.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.41mg	Iron	1.57mg

Creamed Chicken

Servings:	60.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20569
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	10 Pound		100101
GRAVY MIX CHIX 8-22.6Z TRIO	1 Package		290025
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Package		552061

Preparation Instructions

Place chicken in 6" steamtable pan. Heat in steamer for 1 hour and temperature reaches 165 degrees. Mix gravies with 2 gallons of water and cook until thickened. Mix with hot chicken Serve with 6oz spoodle.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	185.06		
Fat	4.45g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	61.94mg		
Sodium	495.99mg		
Carbohydrates	15.43g		
Fiber	0.00g		
Sugar	1.19g		
Protein	17.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.89mg	Iron	0.00mg

Sweet & Sour Chicken

Servings:	42.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20571
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound		327120
SAUCE SWT & SOUR 4-1GAL LACHY	1/2 Gallon		242292
JUICE PINEAPPLE 100 12-46FLZ DOLE	3 Cup		566144

Preparation Instructions

Split 10# of chicken on 2 full sheet pans. Cook at 375 degrees for 6-8 minutes (temperature to 135). Combine chicken, sauce and juice in a 6" steamtable pan. Serve with a 4oz spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	2.51
Grain	1.25
Fruit	0.07
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	365.74		
Fat	14.94g		
SaturatedFat	2.87g		
Trans Fat	0.00g		
Cholesterol	22.99mg		
Sodium	570.16mg		
Carbohydrates	39.69g		
Fiber	3.45g		
Sugar	20.04g		
Protein	16.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.36mg	Iron	2.35mg

Ham Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20611
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	4 Slice	1 slice= 0.50 oz. weight	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113

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 Each

Amount Per Serving			
Calories	300.66		
Fat	10.78g		
SaturatedFat	4.64g		
Trans Fat	0.00g		
Cholesterol	44.51mg		
Sodium	870.33mg		
Carbohydrates	35.28g		
Fiber	2.00g		
Sugar	7.64g		
Protein	20.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Breaded Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20663

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	Weight	100012
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	4 Ounce	Weight. May also use 4 oz. weight of chicken nuggets or chicken tenders.	394053
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	1.25
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
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	604.72		
Fat	40.16g		
SaturatedFat	9.03g		
Trans Fat	0.00g		
Cholesterol	89.04mg		
Sodium	1100.10mg		
Carbohydrates	32.28g		
Fiber	5.28g		
Sugar	4.39g		
Protein	32.85g		
Vitamin A	4945.87IU	Vitamin C	1.80mg

Calcium 50.71mg **Iron** 2.43mg

Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20664
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	4 Ounce	Weigh. May also use 4 oz. weight of chicken tenders or nuggets.	394053
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	1 Tablespoon		814781
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon		100012
BREADSTICK ITAL 8 10-20CT GCHC	1 Each	Not Whole Grain.	219630

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.50
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	463.16		
Fat	18.16g		
SaturatedFat	4.53g		
Trans Fat	0.00g		
Cholesterol	69.04mg		
Sodium	829.30mg		
Carbohydrates	43.01g		
Fiber	4.35g		
Sugar	3.00g		
Protein	34.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 92.00mg **Iron** 3.15mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20665
School:	Millersburg K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Weigh	722330
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	3 Tablespoon		100012
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
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT 400-1Z GCHC	1 Each		836750

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	2.01
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	447.78
Fat	19.59g
SaturatedFat	8.14g
Trans Fat	0.18g
Cholesterol	57.08mg
Sodium	594.16mg
Carbohydrates	44.90g

Fiber	6.26g
Sugar	6.26g
Protein	19.33g
Vitamin A 406.94IU	Vitamin C 3.15mg
Calcium 140.87mg	Iron 1.86mg

Smoothie (Jr./Sr. High)

Servings:	4.00	Category:	Fruit
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20981

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 12-46FLZ HV	1 1/2 Cup		100374
STRAWBERRY WHL IQF 4-5 GFS	11/16 Cup		244630
YOGURT STRAWB L/F 4-5 GCHC	1 Cup		640171
SUGAR SUB BULK 8-9.7Z SPLENDA	3 Teaspoon		544961

Preparation Instructions

Fill blender 1/2 full of ice then add:

1 1/2 c. apple juice GFS#100374

2/3 c. frozen strawberries GFS#244630

1 c. strawberry yogurt GFS#640171

3 tsp. splenda

Blend until smooth. 4 servings

Meal Components (SLE)

Amount Per Serving

Meat	0.50
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: 4.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories	105.75
Fat	0.50g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	39.38mg
Carbohydrates	24.40g
Fiber	0.50g
Sugar	19.74g
Protein	1.75g
Vitamin A 0.00IU	Vitamin C 52.79mg
Calcium 178.30mg	Iron 0.30mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21738
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Hot Dog Bun	1 Each	READY_TO_EAT	2918
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21943
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
TURKEY HAM DCD 2-5 JENNO	2 1/2 Ounce		202150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.50
Grain	0.00
Fruit	0.00
GreenVeg	0.14
RedVeg	0.00
OtherVeg	0.14
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	203.06		
Fat	12.75g		
SaturatedFat	7.25g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	627.50mg		
Carbohydrates	2.11g		
Fiber	0.56g		
Sugar	0.56g		
Protein	18.81g		
Vitamin A	300.00IU	Vitamin C	1.50mg
Calcium	206.22mg	Iron	1.10mg

Homemade Macaroni & Cheese

Servings:	100.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22502

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon		000001WTR
PASTA ELBOW MACAR 2-10 KE	5 1/4 Pound		654550
Fat Free Skim Milk	1 1/2 Gallon		5404
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SPICE MUSTARD DRY 1 COLMANS	2 Tablespoon		400018
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Teaspoon		225061
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	12 1/2 Pound		100036

Preparation Instructions

CCP: Heat to 145 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher.

1. Heat water to boiling.
2. Slowly add macaroni, stir constantly until water boils again. Cook about 8 minutes or until tender. Stir occasionally. Do not overcook.
3. Quickly stir butter, milk, and seasonings into macaroni. Add cheese (cheese needs to be cut into small pieces).
4. Stir until cheese is melted. The mixture is quite liquid at this stage but will thicken as it cooks and cools.
5. Portion into 2/3 cup servings or serve with a #6 scoop.

Yield: 100 servings: about 4 gallons

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories 295.20

Fat 13.94g

SaturatedFat 8.24g

Trans Fat 0.00g

Cholesterol 40.80mg

Sodium 628.80mg

Carbohydrates 24.28g

Fiber 0.84g

Sugar 7.48g

Protein 16.86g

Vitamin A 2.40IU **Vitamin C** 0.48mg

Calcium 11.40mg **Iron** 0.84mg