

Cookbook for TWAIN ELEMENTARY

Created by HPS Menu Planner

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Cinnamon French Toast w/Breakfast Sausage & Hash Brown Rounds

Turkey Taco

Rockin'ola Yogurt Parfait-Mixed Berries

NO IMAGE

Servings:	43.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-673

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	384 Ounce	READY_TO_EAT Ready to use with pouch & serving tip. 4 bags= 48-(8 oz) portions	811500
Rockin'ola Pro granola	96 Ounce	Wilkens pre-packaged bag 1.5 oz- 2 Bags per student JHS/KHS Or Bulk 1/3 Cup portion use #10 scoop	4244
BLUEBERRY IQF 4-5 GFS	10 3/4 Cup	Keep Frozen until ready to prepare parfait 1/4 cup blueberries when mixed with another berry.	166720
STRAWBERRY WHL IQF 4-5 GFS	10 3/4 Cup	Keep Frozen until ready to prepare parfait 1/4 cup strawberries when mixed with another berry.	244630
CRUMB CRACKER GRAHAM 10 KEEB	86 Fluid Ounce	ADD 1/4 CUP OF GRAHAM CRACKER CRUMB TO BOTTOM OF BOWL	109568

Preparation Instructions

1. USE SQUARE BOWL (WILKENS) WITH LID
2. PLACE .25 Cup OF GRAHAM CRACKER CRUMBS TO BOTTOM OF SQUARE BOWL
3. PLACE 4 OZ OF VANILLA YOGURT (gfs#811500) ON TOP OF GRAHAM CRACKER CRUMBS
4. ADD .25 Cup OF STRAWBERRIES
5. PLACE 4 OZ OF VANILLA YOGURT (gfs#811500) ON TOP OF BERRIES
6. ADD .25 CUP OF BLUEBERRIES
7. SERVE .25 CUP OF ROCKIN'OLA GRANOLA(2oz)

Meal Components (SLE)

Amount Per Serving

Meat	28.15
Grain	1.49
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		2419.71	
Fat		26.25g	
SaturatedFat		6.66g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1265.72mg	
Carbohydrates		477.41g	
Fiber		8.70g	
Sugar		316.39g	
Protein		82.04g	
Vitamin A	0.00IU	Vitamin C	14.40mg
Calcium	2420.12mg	Iron	16.06mg

Chicken Mini Corn Dog Bites



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

Ingredients

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

Preparation Instructions

6 MINI CORN DOGS PER STUDENT

Meal Components (SLE)

Amount Per Serving

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: 40.00

Serving Size: 6.00 Each

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

Sugar			7.00g
Protein			10.00g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Chicken Nuggets



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

Ingredients

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

Preparation Instructions

10 nuggets per student/serving

1 ranch dipping cup

Meal Components (SLE)

Amount Per Serving

Meat	4.09
Grain	2.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 377.14

Fat 24.86g

SaturatedFat 3.64g

Trans Fat 0.00g

Cholesterol 67.14mg

Sodium 735.71mg

Carbohydrates 16.29g

Fiber 1.43g

Sugar 2.00g

Protein 22.86g

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

Calcium 0.00mg **Iron** 0.00mg

Turkey Sandwich

NO IMAGE

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

Ingredients

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

Preparation Instructions

Turkey

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

DO NOT THAW AT ROOM TEMPERATURE.

2 slices per sandwich

Pullman Bread

Thaw at room temperature for 24 hours

American Cheese Slices

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

One slice per sandwich

ASSEMBLE

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

1 COMPLETE SANDWICH FOR SERVING PER STUDENT

Meal Components (SLE)

Amount Per Serving

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 Ounce

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

Garden Fresh Tossed Salad



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

Ingredients

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

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	3.60
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Baked Beans

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2613
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	25 Cup	Place baked beans in a "6 Steam Table pan and cover with foil and bake for 20-25 minutes or until the internal temperature reaches 165 Degrees F for 15 seconds or longer.	570710

Preparation Instructions

Portion size of 4 oz

1- #10 can =29 servings

6-#10 Cans = 176 servings

Serving size per students

1/2 cup (Use #8 SCOOP)

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	130.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	550.00mg
Carbohydrates	29.00g
Fiber	5.00g
Sugar	10.00g

Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Steamed Broccoli

NO IMAGE

Servings:	96.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2624

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	384 Ounce	1 case=384 oz = 96 servings Place frozen bags in 6" steam table pans heat in oven or steamer for 15-25 minutes or until until internal temperature reaches 165 degrees F.	610902

Preparation Instructions

1 serving = 4 oz Use #8 SCOOP or 1/2 Cup slotted spoodle

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	133.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.00mg		
Carbohydrates	26.67g		
Fiber	16.00g		
Sugar	5.33g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	186.67mg	Iron	5.33mg

Loaded French Fries

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4643
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	1oz portion=Use #16 Scoop	135261
CHILI BEEF W/BEAN 6-5 COMM	25 Cup	1oz portion=Use #16 Scoop	344012
BACON CRUMBLES CKD 12-1 GCHC	6 1/4 Cup	1/2 oz portion=Use Tablespoon	357220
Green Onion	6 1/4 Cup	READY_TO_EAT Rinse and slice green onion into 1/4" pieces 1/2 oz portion-Use 1 Tablespoon	5543
Fries 3/8 S/C Ovation 6-5 Mcc	237 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	868961
SOUR CREAM PKT 400- 1Z GCHC	100 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750

Preparation Instructions

Assemble Serving build your own- All or Any combination of these ingredients.

Place 1/2 cup french fries in boat,
top with 1/8 cup (Use #30 scoop) of Chili,
place 3oz Use #8 scoop or 4oz ladle of broccoli florets,
then add 1/8 cup (Use #16 Scoop) of Cheddar cheese sauce,
.5oz use #16 scoop salsa,
next add 2 Tbl Use #30 scoop of bacon bits
Then add 1 Tbl green onions,

Meal Components (SLE)

Amount Per Serving

Meat	0.45
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.06
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	244.02		
Fat	13.71g		
SaturatedFat	5.82g		
Trans Fat	0.00g		
Cholesterol	36.33mg		
Sodium	502.36mg		
Carbohydrates	21.64g		
Fiber	1.42g		
Sugar	1.46g		
Protein	9.06g		
Vitamin A	53.69IU	Vitamin C	4.41mg
Calcium	154.69mg	Iron	0.58mg

Individual Pan Pepperoni Pizza

NO IMAGE

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4709
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Personal 5" Deep Dish Pepperoni Pizza	80 Each	BAKE Keep frozen: Preheat oven to 325 degrees F. Place pizza on parchment lined sheet tray. Frozen: Bake 13-15 minutes Thawed: Bake 11-13 minutes or until internal temperature reaches 165 degrees F for 15 seconds. 5.63 oz individual 450.4 oz = 80 ind per case	80549

Preparation Instructions

1 individual pizza per serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	360.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	570.00mg
Carbohydrates	34.00g

Fiber	3.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

NO IMAGE

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

Ingredients

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

Preparation Instructions

1 serving per student

Layer in 12oz parfait cup

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Smoky Honey Rib Sandwich

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6904
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	100 Each	BAKE: Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
Hawaiian Hoagie Roll	100 Each	READY_TO_EAT Keep frozen until serving-Thaw at room temperature 3-4 hours or under refrigeration overnight	Wilkens Food Service

Preparation Instructions

To Prepare:

Place bottom of sub bun on tray, place 1 rib patty on sub bun and place top of bun to complete sandwich

2 Pickle slices and 1/2 oz onions optional

condiment BBQ Sauce cup

1 per student

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 350.00

Fat 10.50g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 910.00mg

Carbohydrates 45.00g

Fiber 5.00g

Sugar 16.00g

Protein 19.00g

Vitamin A 400.00IU **Vitamin C** 1.20mg

Calcium 40.00mg **Iron** 1.80mg

Ultimate Mac & Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6910
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN	6 Ounce	Options: Thaw or Frozen. Thawed: Place unopened pouch in boiling water for 20-25 minutes. Frozen: Place unopened pouch in boiling water for 40-45 minutes. Let stand 5 minutes prior to serving. Hold for hot service at 140 degrees F or higher. 1 Case = 480 Ounces (6 x 80 Ounces per Bag) of Entree, Macaroni & Cheese, Whole Grain, Reduced Sodium, Frozen	591551

Preparation Instructions

Place 1 bag(160 - 1/2 cup servings) of cooked pasta in a "6 steam table pan, add in 2.25 bags of warm cheese sauce. Mix until all pasta is coated. Cover with plastic wrap and lid and store in hot holding until serving time. Do not hold longer than 30 minutes.

1/2 cup portion

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: 0.50 Cup

Amount Per Serving

Calories	290.00
Fat	12.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	550.00mg
Carbohydrates	28.00g

Fiber		2.00g	
Sugar		6.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	500.00mg	Iron	0.72mg

Classic Hummus

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

Blend until creamy consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

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

Store in in cooler overnight until serving time

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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.37
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 70.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		182.72	
Fat		6.62g	
SaturatedFat		1.23g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		355.64mg	
Carbohydrates		25.66g	
Fiber		5.70g	
Sugar		3.57g	
Protein		4.43g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.34mg	Iron	0.53mg

Personal Deep Dish Cheese Pizza

NO IMAGE

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7947
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
5"Deep Dish Cheese Pizza	80 Each	BAKE Pre-heat oven to 325 degrees F. Place on a perforated baking sheet lined with parchment paper. Frozen: Bake 13-15 minutes Thawed: Bake 11-13 minutes Or until internal temperature reaches 165 degrees F. 1 case 80 count = 439.20oz	841180

Preparation Instructions

Portion size: 1 individual deep dish pizza

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	510.00mg
Carbohydrates	34.00g
Fiber	3.00g
Sugar	4.00g

Protein	20.00g		
Vitamin A	0.10IU	Vitamin C	0.10mg
Calcium	0.45mg	Iron	0.15mg

Pizza Cheese Crunchers



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

Ingredients

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

Preparation Instructions

Keep Frozen until ready to prepare:

Convection oven: preheat to 350 degrees F.

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

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

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.01
Grain	2.51
Fruit	0.00
GreenVeg	0.00

RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 71.00			
Serving Size: 5.48 Ounce			
Amount Per Serving			
Calories	442.91		
Fat	20.07g		
SaturatedFat	9.03g		
Trans Fat	0.00g		
Cholesterol	30.11mg		
Sodium	868.07mg		
Carbohydrates	44.00g		
Fiber	7.45g		
Sugar	5.87g		
Protein	21.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	439.93mg	Iron	2.22mg

Refried Beans



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

Ingredients

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

Preparation Instructions

1/2 cup serving size per portion.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.47
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	131.57
Fat	1.88g
SaturatedFat	0.47g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	498.10mg
Carbohydrates	21.62g
Fiber	5.64g
Sugar	0.94g
Protein	7.52g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.29mg	Iron	1.88mg

Green Beans

NO IMAGE

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

Ingredients

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

Preparation Instructions

1/2 cup serving size per portion.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.46
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Calcium 0.00mg **Iron** 0.00mg

Roasted Brussel Sprouts

NO IMAGE

Servings:	32.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8586
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL 3-2 RSS	128 Each	3/2#bags per case 4 each per serving	241502
SPICE BLND ORIG 3-21Z MDASH	2 Tablespoon		265103
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup		732900

Preparation Instructions

Pre heat oven to 400 degrees F.

Place brussel sprouts in a large mixing bowl add 3/4 cup oil blend and 3 tablespoons of mrs. dash original blend and toss until brussel sprouts are coated.

Pour mixture onto parchment lined perforated sheet tray and roast in oven for 30- 45 minutes. shaking pan every 5-7 minutes for even browning. Brussel sproats should be brown not black. Serve immediately.

4 brussel sprouts per servings=1/2 cup

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: 32.00
Serving Size: 3.00 Ounce

Amount Per Serving

Calories	85.00
Fat	5.25g
SaturatedFat	0.38g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	8.00g
Fiber	3.00g
Sugar	2.00g
Protein	3.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	Iron	1.00mg

Breakfast English Muffin Sandwich

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
English Muffin	100 Each	Keep Frozen Until ready to serve Thaw at room temperature 2-4 hours or under refrigeration for 24 hours.	2206
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	Keep Frozen until ready to heat. Place sausage patties in a single layer on a parchment lined sheet tray. Bake in 350 degree F oven for 3-5 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. Shelf life: frozen for 180 days	184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	100 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036

Preparation Instructions

To assemble

Place thawed english muffin sheet tray, add cooked sausage patty then cooked egg patty then 1 slice of cheese and top with english muffin top. Cover sheet tray with cooking bag.

Place in hot holding for no longer than 30 minutes.

1 complete breakfast sandwich per serving portion

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.80		
Fat	8.05g		
SaturatedFat	2.03g		
Trans Fat	0.00g		
Cholesterol	130.15mg		
Sodium	468.00mg		
Carbohydrates	25.02g		
Fiber	1.00g		
Sugar	1.02g		
Protein	14.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Assorted Cereal

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.83
Fruit	0.17
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00
Serving Size: 1.00 Each

Amount Per Serving

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

Vitamin A	641.67IU	Vitamin C	57.70mg
Calcium	121.83mg	Iron	5.36mg

Mini Chocolate Donut Kit

NO IMAGE

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8933
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mini Chocolate Donuts	158 3/7 Ounce	READY_TO_EAT Keep Frozen until ready to serve 48 per case=458.4 oz	Wilkens Food Service
BlueRaspberry-Lemon	211 1/4 fl. oz	READY_TO_EAT Remove from freezer and let sit out a short time before eating 4.4 fl oz per serving/211.2 fl oz= 48 servings	Wilkens Food Service

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

Amount Per Serving	
Calories	410.00
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	63.00g
Fiber	2.00g

Sugar	37.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mini Powdered Donut Kit

NO IMAGE

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8934
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mini Powdered Donuts	144 Ounce	Keep Frozen Until serving 270 oz = 48 packages	Wilkens Food Service
SourCherry-Lemon	211 1/4 fl. oz	READY_TO_EAT Remove from freezer and let sit out a short time before eating	Wilkens Food Service

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

Amount Per Serving	
Calories	360.00
Fat	11.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	345.00mg
Carbohydrates	63.00g
Fiber	2.00g
Sugar	40.00g
Protein	4.00g

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

Assorted Fresh Fruit



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Chicken Alfredo over Penne Pasta



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15676
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE LENTIL 2-5 BAF	200 Ounce	BOIL 1: Add 1 bag pasta to boiling water. Reduce heat to medium-high, stir occasionally. 2: Cook 9 minutes. (to desired tenderness) 3: Drain, rinse. [Alternate] To Precook: 1: Add 1 bag boiling water. Reduce heat to medium-high, stir occasionally. 2: Cook 5 minutes. (to desired tenderness) 3: Drain, rinse. 4: Chill in ice water, drain. Refrigerate covered. Reheat. Tips: Blanch for 30-60 sec or steam in perforated pan on high for 1-2 mins; Hold hot at 145°F until service.	460294
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	100 Teaspoon	Drizzle the oil over the cooked pasta to prevent sticking. Be sure to coat evenly.	732900
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	300 Ounce	1 Case = 160 Ounces (2 x 80 Ounces per Bag) of Chicken, Diced, 60% White 40% Dark, 1/2 Inch, Cooked, Frozen Thawing Instructions Keep chicken frozen until ready to use Shelf Life Frozen = 365 days Basic Preparation Recipe ready diced product fully cooked.	570533
GARLIC MINCED IN WTR 6-32Z ITALR	12 1/2 Cup	6/32oz per case	874910
SOUP CRM OF BROCCOLI FRSH 2-8 GCHC	33 Cup		855863

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon		225037
BREAD GARL TST SLC WGRAIN 12- 12CT	100 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

Preparation Instructions

Place cooked pasta in 6" steam table pan drizzle the oil evenly over the pasta.

Cook diced chicken to 165 degrees F for 15 seconds or longer in steamer for 15-20 minutes and drain.

Then warm chicken with minced garlic and Cream of Broccoli soup mix thoroughly.

Next blend in the cooked penne pasta

To assemble on the line:

Place 24 oz black bowl on tray, add 1 cup of Chicken Alfredo w/Penne pasta

and add 1 slice of Garlic toast

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	346.44		
Fat	17.45g		
SaturatedFat	5.47g		
Trans Fat	0.00g		
Cholesterol	68.20mg		
Sodium	585.20mg		
Carbohydrates	21.96g		
Fiber	1.33g		
Sugar	2.31g		
Protein	21.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.50mg	Iron	2.14mg

Assorted Cup Fruit

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	2.00
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 Cup

Amount Per Serving

Calories	295.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	73.50g		
Fiber	1.50g		
Sugar	60.00g		
Protein	2.50g		

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.00mg

Assorted Fresh Vegetable

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.75
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	83.15
Fat	0.30g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	58.90mg
Carbohydrates	16.50g
Fiber	5.45g
Sugar	4.00g

Protein	2.70g
Vitamin A 1573.80IU	Vitamin C 205.48mg
Calcium 31.91mg	Iron 36.52mg

Assorted Fruit Juice

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00

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

Nutrition Facts

Servings Per Recipe: 150.00
Serving Size: 1.00 Serving

Amount Per Serving

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

Vitamin A	20.00IU	Vitamin C	2.40mg
Calcium	0.80mg	Iron	0.00mg

Buffalo Flavored Cheese Crunchers

NO IMAGE

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

Ingredients

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

Preparation Instructions

4 ea per portion

1/2 cup marinara sauce

or buttermilk ranch dipping cup

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

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

Cinnamon French Toast w/Breakfast Sausage & Hash Brown Rounds



Servings:	144.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19274
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	144 Each	Thaw over night under refrigeration pre heat oven to 350 degrees F. Place in a single layer on parchment lined sheet tray. Bake for 8-10 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.	646262
Hash Brown Rounds	288 Each	BAKE Temp (°F): 425 Cooking Time (min): 14 to 20 Instructions: Preheat oven. Spread frozen product evenly on a shallow baking pan. Bake, turning once for uniform cooking.	
SAUSAGE TKY LNK BKfst CKD 160- 1.025Z	288 Each	GRILL Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.	352740
Pancake Syrup	144 Each		

Preparation Instructions

Portion Size
1 French Toast

2 sausage links

2 ea hash brown rounds

1 maple syrup cup

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	8.00

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	850.00		
Fat	30.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	170.00mg		
Sodium	890.00mg		
Carbohydrates	121.00g		
Fiber	2.00g		
Sugar	30.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	Iron	1.72mg

Turkey Taco

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22390
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	200 Ounce	Steam in a bag, Thaw or Frozen. Place bag of taco meat in steam pan and place in steamer. Heat for 20-30 minutes Until internal temperature reaches 140 Degrees F. Cut bag open and pour taco filling into steam pan, cover with plastic wrap and place lid on top. Keep in hot box until serving time.	768230
CHEESE BLND MEX SHRD FTNR 4-5 GCHC	6 Cup	Place 1/2 oz on top of taco meat and lettuce	606952
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	6 Cup	1/2oz on top of taco meat	242489
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	1 Box = 360 (30 x 12 per Bag) Tortillas, Ultragrain Flour, 6 Inch, Refrigerated COOLER= 90 DAYS FROM THE DATE OF PRODUCTION THIS IS A REFRIGERATED PRODUCT THAT CAN BE USED DIRECTLY FROM THE BAG.	882690

Preparation Instructions

To assemble taco

1. Add 2oz (Use #10 scoop) Taco filling in center of tortilla shell
 2. top with 1/2 oz of mexican cheddar cheese
 3. offer salad mix as a topping-shredded lettuce 1/2oz
- 1-6" taco per student

Meal Components (SLE)

Amount Per Serving

Meat	1.56
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	107.11		
Fat	5.49g		
SaturatedFat	2.44g		
Trans Fat	0.00g		
Cholesterol	43.50mg		
Sodium	242.27mg		
Carbohydrates	1.83g		
Fiber	0.08g		
Sugar	0.07g		
Protein	12.26g		
Vitamin A	138.01IU	Vitamin C	0.00mg
Calcium	62.04mg	Iron	0.72mg