

# **Cookbook for LINCOLN CULTURAL CENTER**

**Created by HPS Menu Planner**

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# Rockin'ola Yogurt Parfait-Mixed Berries

NO IMAGE

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

<b>Meat</b>	28.15
<b>Grain</b>	1.49
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 1.00 Serving

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

# Chicken Mini Corn Dog Bites



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

## Ingredients

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

## Preparation Instructions

6 MINI CORN DOGS PER STUDENT

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00 Each

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

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

# Chicken Nuggets



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

## Ingredients

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

## Preparation Instructions

10 nuggets per student/serving

1 ranch dipping cup

### Meal Components (SLE)

Amount Per Serving

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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 377.14

**Fat** 24.86g

**SaturatedFat** 3.64g

**Trans Fat** 0.00g

**Cholesterol** 67.14mg

**Sodium** 735.71mg

**Carbohydrates** 16.29g

**Fiber** 1.43g

**Sugar** 2.00g

**Protein** 22.86g

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

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

# Turkey Sandwich

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

Turkey

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

DO NOT THAW AT ROOM TEMPERATURE.

2 slices per sandwich

Pullman Bread

Thaw at room temperature for 24 hours

American Cheese Slices

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

One slice per sandwich

ASSEMBLE

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

1 COMPLETE SANDWICH FOR SERVING PER STUDENT

## Meal Components (SLE)

### Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

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

# Garden Fresh Tossed Salad



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

## Ingredients

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

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Baked Beans

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2613
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

<b>Protein</b>		7.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Steamed Broccoli

NO IMAGE

<b>Servings:</b>	96.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	133.33		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	80.00mg		
<b>Carbohydrates</b>	26.67g		
<b>Fiber</b>	16.00g		
<b>Sugar</b>	5.33g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	186.67mg	<b>Iron</b>	5.33mg



# Loaded French Fries

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4643
<b>School:</b>	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

<b>Meat</b>	0.45
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.02
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Individual Pan Pepperoni Pizza

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Personal 5" Deep Dish Pepperoni Pizza	80 Each	<b>BAKE</b> 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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

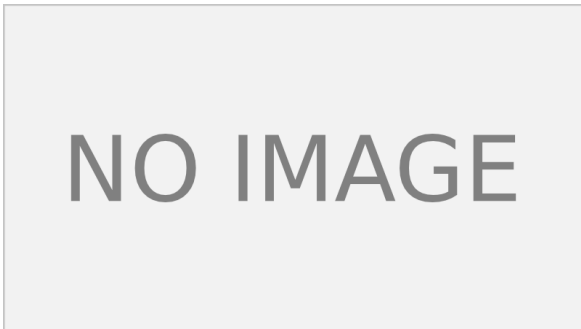
Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

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

<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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



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

## Ingredients

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

## Preparation Instructions

1 serving per student

Layer in 12oz parfait cup

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

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

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Smoky Honey Rib Sandwich

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6904
<b>School:</b>	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

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	350.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	910.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 1.80mg



# Ultimate Mac & Cheese

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6910
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

# Classic Hummus

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

Blend until creamy consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

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

Store in in cooler overnight until serving time

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

### Meal Components (SLE)

Amount Per Serving

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

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

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

# Personal Deep Dish Cheese Pizza

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
5"Deep Dish Cheese Pizza	80 Each	<b>BAKE</b> 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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.02
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.10IU	<b>Vitamin C</b>	0.10mg
<b>Calcium</b>	0.45mg	<b>Iron</b>	0.15mg

# Pizza Cheese Crunchers



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

## Ingredients

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

## Preparation Instructions

Keep Frozen until ready to prepare:

Convection oven: preheat to 350 degrees F.

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

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

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

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

### Meal Components (SLE)

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 71.00  
Serving Size: 5.48 Ounce

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**Amount Per Serving**

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

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



# Refried Beans

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

1/2 cup serving size per portion.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

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

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

# Green Beans

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

1/2 cup serving size per portion.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

# Roasted Brussel Sprouts

NO IMAGE

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8586
<b>School:</b>	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

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

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

### Nutrition Facts

Servings Per Recipe: 32.00  
Serving Size: 3.00 Ounce

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**Amount Per Serving**

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

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.00mg	<b>Iron</b>	1.00mg

# Breakfast English Muffin Sandwich

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	2.01
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

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



# Assorted Cereal

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 60.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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

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

# Mini Chocolate Donut Kit

NO IMAGE

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8933
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

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

<b>Sugar</b>	37.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Mini Powdered Donut Kit

NO IMAGE

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8934
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

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

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

# Assorted Fresh Fruit



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Chicken Alfredo over Penne Pasta



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE LENTIL 2-5 BAF	200 Ounce	<b>BOIL</b> 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	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. <b>GRIDDLE_FRY</b> Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. <b>GRILL</b> 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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Assorted Cup Fruit

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

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**Calories** 295.00

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**Fat** 0.00g

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**SaturatedFat** 0.00g

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**Trans Fat** 0.00g

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**Cholesterol** 0.00mg

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**Sodium** 20.00mg

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**Carbohydrates** 73.50g

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**Fiber** 1.50g

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**Sugar** 60.00g

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**Protein** 2.50g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.00mg

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# Assorted Fresh Vegetable

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

# Assorted Fruit Juice

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 150.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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

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

# Buffalo Flavored Cheese Crunchers

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

4 ea per portion

1/2 cup marinara sauce

or buttermilk ranch dipping cup

### Meal Components (SLE)

Amount Per Serving

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



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

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

# Cinnamon French Toast w/Breakfast Sausage & Hash Brown Rounds



<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19274
<b>School:</b>	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	<b>BAKE</b> 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	<b>GRILL</b> 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

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	8.00

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Serving

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

# Turkey Taco

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22390
<b>School:</b>	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

<b>Meat</b>	1.56
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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