

Cookbook for

Created by HPS Menu Planner

Table of Contents

ch of cereal

ch of cereal Bar

Yogurt Parfait

Cole Slaw

Bacon Cheeseburger

BBQ Chicken Wrap

Seasoned Green Beans

Seasoned Corn

Seasoned Carrots

Candied Carrots

Seasoned Peas

Seasoned Corn

Seasoned Mixed Vegetables

Seasoned Broccoli

Broccoli with Cheese Sauce

Seasoned Brussel Sprouts

BBQ Pork & Bun

Cheddar Melt

Chicken Bowl

Chicken Croissant

Chicken Pattie & Bun

Chicken Pot Pie

Chicken & Waffle

Sub Sandwich

Sloppy Joe

Sausage Gravy/Biscuit

Philly Beef Sandwich

Peanut Butter & Jelly

Pasta & Meat Sauce

Hamburger & Bun

Nachos Grande

Meatball Sandwich

Hot Dog & Bun

Lasagna Rollup

Chicken Twisters

Grilled Turkey Ham & Cheese

Grilled Ham & Cheese

Fish Pattie & Bun

Chili Cheese Dog & Bun

BBQ Ribbett & Bun

Cheese Lasagna Roll Up

Popcorn Chicken Mashed Potato Bowl

Beef Gravy

Vegetarian Egg and Cheese Chef Salad

Large Chicken Chef Salad

Large Ham Chef Salad

Large Turkey Chef Salad

Taco Salad

Chicken Penne Alfredo

Chicken Philly Sandwich

Orange Chicken

Cheese Ravioli

Italian Wrap

Pork Pattie on Bun

Seasoned California Blend

California Blend with Cheese Sauce

Italian Sub

Ham & Turkey Sub

Ham & Turkey on Whole Wheat Bread

Rosy Applesauce

Potato Ole'

Super Nachos

Super Nachos

Nacho Ole'

Cinnamon Applesauce

Cinnamon Apple Slices

Romaine-Spinach Salad

Crisp Topping

Fruit Cobbler

Broccoli, Cheese, and Rice Casserole

Not Fried Rice

Fajita

Hot Ham & Cheese Sub

Bratwurst & Bun

Doritos Walking Taco

Small Chef Salad

Turkey Wraps

Turkey Sandwich on Mini Sub Bun

Turkey Sandwich on Tortilla Shell

Turkey Sandwich on Hamburger Bun

Turkey Ham Sandwich on Hamburger Bun

Turkey Ham Sandwich on Mini Sub Bun

Turkey Ham Sandwich on Tortilla Shell

Taco Salad w/ Baked Shell

Intermediate Chicken Alfredo Pasta

Walking Taco

Turkey Ham Wrap

Turkey & Ham Wrap

ch of cereal

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11299
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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 CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052
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 TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	268711
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	114.00
Fat	1.55g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	24.30g
Fiber	2.00g
Sugar	7.20g
Protein	2.10g
Vitamin A 90.00IU	Vitamin C 1.08mg
Calcium 105.00mg	Iron 4.62mg

ch of cereal Bar

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11300
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 1.42 oz	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	160.00		
Fat	3.50g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	111.25mg		
Carbohydrates	29.75g		
Fiber	3.00g		
Sugar	8.75g		
Protein	2.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	247.50mg	Iron	1.60mg

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22120

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fruit	1/2 Cup	BAKE dish into 4 oz. portion cups	
YOGURT PLN L/F SWTND 4-5 P/L	1/2 Cup		266396
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	2 Ounce		812821
TOPPING WHIP I/BG 12-16Z ONTOP	4 Tablespoon	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

Note: Fresh, Frozen or Canned Fruit can be used

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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	415.00		
Fat	7.75g		
SaturatedFat	4.75g		
Trans Fat	0.00g		
Cholesterol	165.00mg		
Sodium	245.00mg		
Carbohydrates	81.50g		
Fiber	8.00g		
Sugar	45.00g		
Protein	14.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 160.00mg **Iron** 1.50mg

Cole Slaw

Servings:	30.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22121

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	5 Pound		361300
COLE SLAW HERITAGE 2-5 GCHC	1 Quart		223247

Preparation Instructions

1. Place shredded cabbage in steamtable pan.
2. Fold in dressing.
3. Let set at least 2 hours, can be made one day in advance

Note: It looks very DRY & that you'd need to add more dressing. (Do not increase dressing it gets creamy as it sits.)

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: 30.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	50.67		
Fat	0.27g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	92.57mg		
Carbohydrates	11.16g		
Fiber	2.06g		
Sugar	7.58g		
Protein	0.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.71mg	Iron	0.08mg

Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22122

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
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 entire bag intact on sheet pan in preheated oven 375-400 degrees f for 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
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. CCP: Heat pre-cooked hamburger and bacon to 140° F , place hamburger on pre-heated bun top with cheese, then bacon round. Replace bun top, place in designated bag. Place in warmer as soon as possible to hold for service at 135° F or higher.

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	325.00		
Fat	10.50g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	47.50mg		
Sodium	780.00mg		
Carbohydrates	2.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	25.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	116.00mg	Iron	1.80mg

BBQ Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22123

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	3 Ounce	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.</p>	860390
SAUCE BBQ 4- 1GAL SWTBRAY	3 Tablespoon		655937
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	<p>STEAM PREPERATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 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 toprevent drying).</p>	690130

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	395.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	1015.00mg
Carbohydrates	53.00g
Fiber	2.00g
Sugar	27.50g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.00mg	Iron 2.44mg

Seasoned Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22124

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN 6-10 COMM	3 #10 CAN		110730
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon		265103

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.02		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	157.55mg		
Carbohydrates	3.46g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Seasoned Corn

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22125

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN 6-10 CMDTY	3 #10 CAN		120483
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	71.67		
Fat	1.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.83mg		
Carbohydrates	16.56g		
Fiber	2.16g		
Sugar	3.23g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Seasoned Carrots

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22126

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, Low-Sodium, Canned	3 #10 CAN	STEAM Drain carrots and place in steam table pan. Cook in steamer.	IN100309
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon		225061
SALT SEA 36Z TRDE	1 1/2 Teaspoon		748590

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	20.18		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	203.39mg		
Carbohydrates	4.53g		
Fiber	1.08g		
Sugar	2.16g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Candied Carrots

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22127

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, Low-Sodium, Canned	3 #10 CAN	STEAM Drain carrots and place in steam table pan. Cook in steamer.	IN100309
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/2 Cup		191205
SUGAR BROWN LT 12-2 P/L	2 Cup		860311

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	50.51		
Fat	1.22g		
SaturatedFat	0.78g		
Trans Fat	0.00g		
Cholesterol	3.33mg		
Sodium	160.89mg		
Carbohydrates	9.65g		
Fiber	1.08g		
Sugar	7.49g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Seasoned Peas

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22128

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	10 Pound	BAKE	285660
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	92.09		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.00mg		
Carbohydrates	15.99g		
Fiber	5.10g		
Sugar	5.10g		
Protein	6.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.40mg

Seasoned Corn

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22129

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	10 Pound		120490
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	95.02		
Fat	1.37g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.37mg		
Carbohydrates	22.70g		
Fiber	2.75g		
Sugar	4.12g		
Protein	2.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Seasoned Mixed Vegetables

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22130

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 5-WAY 30 GCHC	10 Pound		285690
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	37.20mg		
Carbohydrates	15.82g		
Fiber	3.78g		
Sugar	5.04g		
Protein	2.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.76mg

Seasoned Broccoli

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22131

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	10 Pound		549292
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	37.03		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.88mg		
Carbohydrates	7.26g		
Fiber	3.94g		
Sugar	1.31g		
Protein	3.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Broccoli with Cheese Sauce

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22132

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	10 Pound		549292
SAUCE CHS CHED POUCH 6-106Z LOL	1 Quart		135261

Preparation Instructions

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables.
- 4: CCP: Hold for hot service at 135 ° For higher.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.13		
Fat	2.80g		
SaturatedFat	1.80g		
Trans Fat	0.00g		
Cholesterol	8.00mg		
Sodium	188.88mg		
Carbohydrates	7.76g		
Fiber	3.94g		
Sugar	1.31g		
Protein	5.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.60mg	Iron	0.00mg

Seasoned Brussel Sprouts

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22133

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUT BRUSSEL MED 12-2 GCHC	10 Pound		426288
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	49.43		
Fat	0.40g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	23.33mg		
Carbohydrates	10.03g		
Fiber	4.27g		
Sugar	0.00g		
Protein	4.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.47mg	Iron	1.13mg

BBQ Pork & Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22146

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	4 1/4 Ounce		366320
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. Place the bags of pulled pork in the kettle, com bi steam mode, or steam table pan with 2" of water. Heat to 140° F . Place 4.6 oz serving on Hamburger bun. Place in foil bag or wrap in sandwich wrap. Place in warmer as soon as possible for service at 135° F or higher.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	367.90		
Fat	8.51g		
SaturatedFat	2.21g		
Trans Fat	0.04g		
Cholesterol	46.20mg		
Sodium	441.90mg		
Carbohydrates	18.90g		
Fiber	3.47g		
Sugar	20.80g		
Protein	23.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.50mg	Iron	0.00mg

Cheddar Melt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22149

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's WG Sub Bun - Himes	1 Each		5157
BEEF DCD SOUS VIDE CKD 6-5 JTM	3 Ounce		964512
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	1/4 Cup		135271

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		374.27	
Fat		13.16g	
SaturatedFat		6.46g	
Trans Fat		0.00g	
Cholesterol		76.71mg	
Sodium		738.41mg	
Carbohydrates		31.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		29.29g	
Vitamin A	6.40IU	Vitamin C	0.00mg
Calcium	218.15mg	Iron	1.83mg

Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22150

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	10 Each		394053
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup		613738
Dinner Roll, WG	1 Each	READY_TO_EAT	4372
CORN FZ 30 COMM	1/2 Cup		120490
BASE CHIX LO SOD NO MSG 6-1 MINR	2 Fluid Ounce		580589

Preparation Instructions

No Preparation Instructions available.

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	1.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	487.89		
Fat	16.36g		
SaturatedFat	2.14g		
Trans Fat	0.00g		
Cholesterol	57.14mg		
Sodium	1019.21mg		
Carbohydrates	61.79g		
Fiber	6.43g		
Sugar	5.00g		
Protein	30.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.73mg

Chicken Croissant

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	50 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
Chicken, diced, cooked, frozen	102 Ounce		100101
CELERY STIX 4-3 RSS	21 Ounce		781592
ONION VIDALIA SWT 10 P/L	12 Ounce		558133
RELISH SWT PICKLE 4-1GAL GCHC	15 Ounce		517186
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SPICE MUSTARD DRY 1 COLMANS	4 1/2 Teaspoon		400018
MAYONNAISE HVY DUTY 4- 1GAL KE	3 1/4 Cup		693911

Preparation Instructions

1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. Add mayonnaise. Mix lightly until well blended. Spread 5 lb 7 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans.
2. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.
3. Portion with No. 8 scoop (½ cup).

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		408.21	
Fat		22.49g	
SaturatedFat		5.58g	
Trans Fat		0.15g	
Cholesterol		58.24mg	
Sodium		525.91mg	
Carbohydrates		33.61g	
Fiber		2.40g	
Sugar		6.89g	
Protein		18.46g	
Vitamin A	0.07IU	Vitamin C	0.47mg
Calcium	33.49mg	Iron	1.85mg

Chicken Pattie & Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	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.	281622
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. CCP: Heat pre-cooked meat to 140° F, place meat on pre-heated hamburger bun, replace bun top, place in designated bag. Place in warmer as soon as possible. Place in warmer to hold for service at 135° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	430.00
Fat	17.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	590.00mg
Carbohydrates	16.00g
Fiber	5.00g
Sugar	5.00g
Protein	22.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 38.00mg **Iron** 2.00mg

Chicken Pot Pie

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22153

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	UNSPECIFIED Not Currently Available	467802
VEG MIXED 30 KE	28 Ounce		283771
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/2 Pound		191205
CELERY STIX 4-3 RSS	20 Ounce		781592
ONION VIDALIA SWT 10 P/L	20 Ounce		558133
FLOUR HI-GLUTEN 2-25 BOUNCER	10 Ounce		520381
BASE CHIX LO SOD NO MSG 6-1 MINR	5 1/4 Teaspoon		580589
Tap Water for Recipes	7 Cup	UNPREPARED	000001WTR
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon		225061
SEASONING POULTRY 10Z TRDE	1 1/2 Teaspoon		273996
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	50 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

1. Filling: Place 4 lb 11 oz chicken in a steam table pan (12" x 20" x 212"). For 50 servings, use 2 pans.
2. Add mixed vegetables to each steam table pan. Spread evenly.
4. Melt butter in a large stock pot over medium heat. Add celery and onion. Cook over medium heat for 5-10 minutes.
5. Blend in flour. Cook over medium heat, stirring constantly until light brown, 5 minutes.
6. Combine water and base to make stock.
7. Slowly stir in stock, pepper, and poultry seasoning. Blend well and cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes.
8. Pour approximately 2 qt 1 cup gravy mixture over chicken and vegetables in each steam table pan. Gravy mixture will thicken in step 9. Stir gently.
9. Place drop biscuits on top of chicken mixture. Leave about 12"1" space between each biscuit. Portion 25 biscuits per steam table pan.
10. Bake: Conventional oven: 450 °F for 30 minutes. Convection oven: 400 °F for 20 minutes.
11. CCP: Heat to 165 °F or higher for at least 15 seconds.
12. Critical Control Point: Hold for hot service at 135 °F or higher.
13. Portion 1 biscuit with 2/3 cup (No. 6 scoop) of chicken mixture.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	337.61		
Fat	16.59g		
SaturatedFat	8.26g		
Trans Fat	0.00g		
Cholesterol	74.60mg		
Sodium	546.98mg		
Carbohydrates	30.35g		
Fiber	4.09g		
Sugar	3.59g		
Protein	21.40g		
Vitamin A	0.12IU	Vitamin C	0.54mg
Calcium	55.03mg	Iron	2.45mg

Chicken & Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22154

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	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.	283951
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	560.00		
Fat	28.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	740.00mg		
Carbohydrates	59.00g		
Fiber	6.00g		
Sugar	13.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	3.80mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22156

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's WG Sub Bun - Himes	1 Each		5157
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
TURKEY SUB MEAT COMBO PK 12 GCHC	6 Slice		239640

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	359.95		
Fat	15.00g		
SaturatedFat	5.05g		
Trans Fat	0.00g		
Cholesterol	55.50mg		
Sodium	1124.95mg		
Carbohydrates	30.50g		
Fiber	4.00g		
Sugar	6.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.90mg

Sloppy Joe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22157

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 1/2 Ounce		564790
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. CCP: Heat pre-cooked meat to 140° F, place meat on pre-heated hamburger bun, replace bun top, place in designated bag. Place in warmer as soon as possible. Place in warmer to hold for service at 135° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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	299.81		
Fat	7.79g		
SaturatedFat	2.12g		
Trans Fat	0.00g		
Cholesterol	42.42mg		
Sodium	592.07mg		
Carbohydrates	9.64g		
Fiber	3.93g		
Sugar	11.71g		
Protein	18.53g		
Vitamin A	442.56IU	Vitamin C	5.79mg
Calcium	32.78mg	Iron	1.93mg

Sausage Gravy/Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22168

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup		464694
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	0.00
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	260.00		
Fat	16.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	620.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Philly Beef Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22169

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4 inch whole grain hamburger buns - 30 ct	1 bun		3480
BEEF DCD SOUS VIDE CKD 6-5 JTM	3 Ounce		964512
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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	354.27		
Fat	11.66g		
SaturatedFat	4.96g		
Trans Fat	0.00g		
Cholesterol	71.71mg		
Sodium	408.41mg		
Carbohydrates	1.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	31.29g		
Vitamin A	6.40IU	Vitamin C	0.00mg
Calcium	214.15mg	Iron	1.83mg

Peanut Butter & Jelly

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22170

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Homestyle Whole Grain Honey White	2 Slice	BAKE	380
PEANUT BUTTER SMOOTH 6-5 GFS	1/4 Cup		183245
JELLY APPLE-GRAPE 6-10 GCHC	2 Tablespoon		100927

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	660.00		
Fat	32.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	590.00mg		
Carbohydrates	74.00g		
Fiber	8.00g		
Sugar	32.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

Pasta & Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22172

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 5/8 Ounce		573201
PASTA PENNE RIG FZ 40-8Z MARZ	2 Ounce		677880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
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	257.00		
Fat	7.50g		
SaturatedFat	2.80g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	297.50mg		
Carbohydrates	27.50g		
Fiber	2.75g		
Sugar	7.75g		
Protein	18.00g		
Vitamin A	647.00IU	Vitamin C	19.00mg
Calcium	44.00mg	Iron	2.83mg

Hamburger & Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22173

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 entire bag intact on sheet pan in preheated oven 375-400 degrees f for 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
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. CCP: Heat pre-cooked meat to 140° F, place meat on pre-heated hamburger bun, replace bun top, place in designated bag. Place in warmer as soon as possible. Place in warmer to hold for service at 135° For higher.

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	270.00
Fat	7.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	460.00mg
Carbohydrates	1.00g
Fiber	3.00g
Sugar	4.00g

Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Nachos Grande

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22174

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
CHIP TORTL RND YEL 5-1.5 KE	4 Ounce		163020
SAUCE CHS CHED POUCH 6-106Z LOL	1 Ounce		135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	5.00
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	635.95		
Fat	24.29g		
SaturatedFat	5.19g		
Trans Fat	0.18g		
Cholesterol	31.21mg		
Sodium	766.81mg		
Carbohydrates	84.52g		
Fiber	9.26g		
Sugar	1.26g		
Protein	18.36g		
Vitamin A	406.94IU	Vitamin C	3.15mg
Calcium	281.30mg	Iron	2.70mg

Meatball Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22176

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millies 1.5 Hot Dog Bun - Himes	1 Each		2918
MEATBALL CKD 6-5 JTM	3 Each		135071
CHEESE MOZZ SHRD 4-5 LOL	3/16 Cup		645170
SAUCE MARINARA 6-10 REDPK	1/4 Cup	READY_TO_EAT None	502181

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. Heat meat balls in marinara sauce to 140° F , place 3 meatballs on Hot Dog bun, top with 1 oz. shredded cheese. Place in 2# boat. Place in warmer as soon as possible to hold for service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	289.00		
Fat	11.37g		
SaturatedFat	4.10g		
Trans Fat	0.36g		
Cholesterol	30.60mg		
Sodium	441.50mg		
Carbohydrates	9.52g		
Fiber	3.60g		
Sugar	8.12g		
Protein	16.44g		
Vitamin A	4.20IU	Vitamin C	0.60mg
Calcium	141.40mg	Iron	1.70mg

Hot Dog & Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22177

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each		417350
Aunt Millies 1.5 Hot Dog Bun - Himes	1 Each		2918

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. CCP: Heat (steam) hot dog to 140° F, place hot dog on pre-heated hot dog bun, place in designated bag. Place in warmer to hold for service at 135° For higher.

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	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	640.00mg		
Carbohydrates	1.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.89mg	Iron	0.77mg

Lasagna Rollup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22178

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each		234041
SAUCE MARINARA A/P 6-10 REDPK	4 Ounce	READY_TO_EAT None	592714

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	282.86		
Fat	6.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	781.43mg		
Carbohydrates	34.71g		
Fiber	4.86g		
Sugar	10.71g		
Protein	17.86g		
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	322.86mg	Iron	1.08mg

Chicken Twisters

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22179

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	3 Piece	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.</p>	283951
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	<p>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).</p>	690130
DRESSING RNCH BTRMLK 4-1GAL GCHC	3 Tablespoon		426598

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.75
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 675.00

Fat 46.00g

SaturatedFat 7.75g

Trans Fat 0.00g

Cholesterol 42.50mg

Sodium 1150.00mg

Carbohydrates 41.50g

Fiber 5.00g

Sugar 4.50g

Protein 23.00g

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

Calcium 136.00mg **Iron** 3.44mg

Grilled Turkey Ham & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22203

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
380 - Aunt Millie's WG Honey White Bread	2 Each		380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

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	320.00
Fat	8.50g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	1070.00mg
Carbohydrates	35.00g
Fiber	4.00g
Sugar	6.50g
Protein	24.50g
Vitamin A 0.00IU	Vitamin C 1.80mg
Calcium 100.00mg	Iron 13.08mg

Grilled Ham & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22204

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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	245.33
Fat	5.64g
SaturatedFat	2.07g
Trans Fat	0.00g
Cholesterol	22.25mg
Sodium	720.16mg
Carbohydrates	36.64g
Fiber	4.00g
Sugar	7.32g
Protein	13.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 12.00mg

Fish Pattie & Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22205

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480
FISH BRD 3Z O/R WGRAIN 10 HILNR	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. CCP: Heat pre-cooked meat to 140° F, place meat on pre-heated hamburger bun, replace bun top, place in designated bag. Place in warmer as soon as possible. Place in warmer to hold for service at 135° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	330.00
Fat	9.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	770.00mg
Carbohydrates	45.00g
Fiber	3.00g
Sugar	5.00g
Protein	15.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 0.00mg **Iron** 1.30mg

Chili Cheese Dog & Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22207

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each		417350
Aunt Millies 1.5 Hot Dog Bun - Himes	1 Each		2918
BEAN CHILI MEX STYLE 6-10 GCHC	2 Tablespoon		192015
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon		150250

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. Heat (steam) the hot dog to 140° F, place hot dog on pre-heated bun, place in hot dog bag. Heat the chili to 140° F . Cup and lid the chili and cheese together in a 2 oz. souffle cups. The chili & cheese cup can be placed next to the hot dog on the sandwich slide. Place in warmer as soon as possible to hold for service at 135° For higher.

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	362.50		
Fat	22.00g		
SaturatedFat	9.00g		
Trans Fat	0.50g		
Cholesterol	50.00mg		
Sodium	865.00mg		
Carbohydrates	6.50g		
Fiber	3.25g		
Sugar	3.25g		
Protein	15.25g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	116.64mg	Iron	1.27mg

BBQ Ribbett & Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22208

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
Aunt Millies 1.5 Hot Dog Bun - Himes	1 Each		2918

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. CCP: Heat Ribbetts to 140° F, place on pre-heated hot dog bun. Place in warmer as soon as possible to hold for service at 135° F or higher.

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	310.00		
Fat	11.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	810.00mg		
Carbohydrates	13.00g		
Fiber	4.00g		
Sugar	13.00g		
Protein	18.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Cheese Lasagna Roll Up

Servings:	35.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22209

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	9 Cup		573201
LASAGNA ROLL-UP WGRAIN 110-4.3Z	35 Each		234041
CHEESE MOZZ SHRD 4-5 LOL	1 3/16 Cup		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 35.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	299.17
Fat	8.77g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	37.60mg
Sodium	495.81mg
Carbohydrates	31.69g
Fiber	2.57g
Sugar	7.12g
Protein	20.17g
Vitamin A 584.20IU	Vitamin C 11.41mg
Calcium 339.00mg	Iron 1.65mg

Popcorn Chicken Mashed Potato Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22210

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	21 Pound		394053
POTATO PRLS EXCEL 12- 28Z BAMER	50 Cup	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
VEG MIXED 5-WAY 30 GCHC	50 Cup		285690
Mishawaka Beef Gravy	100 Fluid Ounce		R-22211

Preparation Instructions

- To heat the Frozen Popcorn Chicken:
 - Conventional Oven: preheat oven to 400 degrees. Heat for 8 to 10 minutes
 - Convection Oven: preheat oven to 400 degrees. Heat for 6 to 8 minutes
- Combine cooked vegetable mix with cooked masked potatoes.
- CCP: Hold for hot service at 135 degrees or higher.
- Place 1 cup of mixed vegetable and potato mixture on serving piece.
- Top with 10 Popcorn Chicken Pieces and 1 oz brown gravy

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	650.67
Fat	16.01g
SaturatedFat	1.71g
Trans Fat	0.00g
Cholesterol	45.71mg
Sodium	2346.51mg
Carbohydrates	100.82g
Fiber	9.12g
Sugar	2.99g

Protein		31.29g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.32mg	Iron	3.33mg

Beef Gravy

Servings:	832.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22211

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	51 1/2 Cup	UNPREPARED	000001WTR
FLOUR HI-GLUTEN 2-25 BOUNCER	4 Cup		520381
ONION DEHY CHPD 15 P/L	1/2 Cup		263036
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon		225061
BASE BEEF NO MSG LO SOD 6-1 MINR	5 5/16 Fluid Ounce		580562

Preparation Instructions

1. Mix 3 1/2 cups of water and 4 cups of flour. Then set aside.
2. Bring 3 gallons of water to a boil.
3. Mix in 1/2 cup of dry onions, 1 Tbsp pepper, and 5.3 oz beef base.
4. Use whip to mix all together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 832.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	0.18		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.16mg		
Carbohydrates	0.44g		
Fiber	0.02g		
Sugar	0.00g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.18mg	Iron	0.03mg

Vegetarian Egg and Cheese Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22212

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
EGG HARD CKD PLD 8-18CT SNYFR	1 Each		219160
Variety of Fresh Vegetables	1/2 Cup		

Preparation Instructions

1. Place lettuce in a large clam shell.
2. Sprinkle cheese on lettuce.
3. Place sliced egg on the center of the lettuce.
4. Add a combination of listed vegetables below to equal 1/2 cup. (The vegetables may vary as to availability)
Garnish vegetables (thinly sliced)- cucumber, tomato, radish, green pepper, broccoli and/or cauliflower
5. CCP: Place prepared salad in refrigerator as soon as possible to cool and maintain 41 degrees or lower.

Note: Adhere to proper label & day dot.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	215.00		
Fat	13.50g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	195.00mg		
Sodium	250.00mg		
Carbohydrates	8.50g		
Fiber	3.00g		
Sugar	4.50g		
Protein	16.00g		
Vitamin A	1049.70IU	Vitamin C	12.33mg
Calcium	262.00mg	Iron	1.25mg

Large Chicken Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22214

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce	UNSPECIFIED Not currently available	570533
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Variety of Fresh Vegetables	1/2 Cup		

Preparation Instructions

1. Place lettuce in a large clam shell.
 2. Add meat and cheese.
 3. Add a combination of listed vegetables below to equal 1/2 cup for garnish. (The vegetables may vary as to availability)
- Garnish vegetables (thinly sliced)- cucumber, tomato, radish, green pepper, broccoli and/or cauliflower
4. Adhere proper label & day dot
 5. CCP: Place prepared salad in refrigerator as soon as possible to cool and maintain 41 degrees or lower.
 6. If salads do not hold at 41 degrees or colder, you must implement Time vs. Temp
 7. Serve with one 1.5 oz dressing

Note: Adhere to proper label & day dot.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	188.48
Fat	10.67g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	48.33mg
Sodium	236.67mg
Carbohydrates	8.83g
Fiber	3.00g
Sugar	4.50g

Protein	16.00g
Vitamin A 1049.70IU	Vitamin C 12.33mg
Calcium 242.33mg	Iron 0.58mg

Large Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22215

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Variety of Fresh Vegetables	1/2 Cup		

Preparation Instructions

1. Place lettuce in a large clam shell.
 2. Add meat and cheese.
 3. Add a combination of listed vegetables below to equal 1/2 cup for garnish. (The vegetables may vary as to availability)
Garnish vegetables (thinly sliced)- cucumber, tomato, radish, green pepper, broccoli and/or cauliflower
 4. Adhere proper label & day dot
 5. CCP: Place prepared salad in refrigerator as soon as possible to cool and maintain 41 degrees or lower.
 6. If salads do not hold at 41 degrees or colder, you must implement Time vs. Temp
 7. Serve with one 1.5 oz dressing
- Note: Adhere to proper label & day dot.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	168.26
Fat	10.00g
SaturatedFat	6.33g
Trans Fat	0.00g
Cholesterol	43.29mg
Sodium	311.28mg
Carbohydrates	8.50g
Fiber	3.00g
Sugar	4.50g
Protein	12.99g

Vitamin A	1049.70IU	Vitamin C	12.99mg
Calcium	240.00mg	Iron	1.57mg

Large Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22216

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TURKEY BRST DCD 2-5	1 Ounce		451300
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Variety of Fresh Vegetables	1/2 Cup		

Preparation Instructions

1. Place lettuce in a large clam shell.
 2. Add meat and cheese.
 3. Add a combination of listed vegetables below to equal 1/2 cup for garnish. (The vegetables may vary as to availability)
Garnish vegetables (thinly sliced)- cucumber, tomato, radish, green pepper, broccoli and/or cauliflower
 4. Adhere proper label & day dot
 5. CCP: Place prepared salad in refrigerator as soon as possible to cool and maintain 41 degrees or lower.
 6. If salads do not hold at 41 degrees or colder, you must implement Time vs. Temp
 7. Serve with one 1.5 oz dressing
- Note: Adhere to proper label & day dot.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	167.96
Fat	9.26g
SaturatedFat	6.13g
Trans Fat	0.00g
Cholesterol	40.20mg
Sodium	345.51mg
Carbohydrates	9.27g
Fiber	3.00g
Sugar	4.50g
Protein	14.59g

Vitamin A	1049.70IU	Vitamin C	12.33mg
Calcium	240.00mg	Iron	0.34mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22219

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	3/16 Cup		150250
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
SOUR CREAM PKT 400-1Z GCHC	1 Each		746283
Salsa, Low-Sodium, Canned	1/4 Cup		100330
SOUR CREAM PKT 100-1Z GCHC	1 Each		745903

Preparation Instructions

1. Place lettuce & cheese in a 2# Paper Food Tray. Offer bag of baked nacho chips.
 2. Heat Taco Meat in the bag in a combi on the steam mode or in a kettle filled with boiling water.
 3. CCP: Heat to 165° F or higher for 15 seconds.
 4. Pre-portion taco meat in lidded, heat-proof black cup.
 5. CCP: Hold for hot service at 135° F or higher.
 6. Portion the salsa in souffle cups, lid.
 7. Offer salsa and sour cream portion.
- CCP: Place cupped lite sour cream and Salsa in refrigerator to hold for service at 41 ° F or cooler.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	1.25

Fruit	0.00
GreenVeg	0.75
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	392.48
Fat	20.27g
SaturatedFat	11.26g
Trans Fat	0.18g
Cholesterol	77.68mg
Sodium	497.96mg
Carbohydrates	31.67g
Fiber	7.76g
Sugar	6.76g
Protein	17.22g

Vitamin A	562.94IU	Vitamin C	3.15mg
Calcium	243.35mg	Iron	1.56mg

Chicken Penne Alfredo

Servings:	38.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22221

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	3 Pound		100101
PASTA PENNE RIG FZ 40-8Z MARZ	6 Pound		677880
SAUCE CHS WHT BLND 6-106Z LOL	106 Ounce		235631
SEASONING ITAL HRB 6Z TRDE	2 Tablespoon		428574
CHEESE MOZZ SHRD 4-5 LOL	2 1/4 Cup		645170

Preparation Instructions

1. Place chicken in 4" full pan in refrigerator at 41 ° F or cooler to thaw overnight
2. Run hot tap water over frozen pasta until thawed according to directions.
3. Heat Cheese Sauce according to directions on the bag.
4. Add pasta and cheese sauce to pan with chicken.
5. Add Italian Seasoning, stir and cover
6. CCP: Bake at 350° F oven to 140° For higher for 15 seconds.
7. CCP: Hold for hot service at 135° For higher.
8. Preportion 6 oz in bowl for service. Top with 1/2 Tbsp Mozzarella cheese and 1/2 tsp parsley.

*Optional-Garnish with a few chopped red pepper.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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: 38.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	308.02
Fat	12.24g
SaturatedFat	6.57g
Trans Fat	0.00g
Cholesterol	55.59mg
Sodium	610.43mg
Carbohydrates	26.16g
Fiber	0.95g
Sugar	1.18g

Protein		20.68g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	355.95mg	Iron	1.04mg

Chicken Philly Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22223

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Fajita Strips, Cooked, Frozen	2 Ounce		100117
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
Aunt Millie's WG Sub Bun - Himes	1 Each		5157
PEPPERS & ONION FLME RSTD 6-2.5	2 Tablespoon		847208

Preparation Instructions

1. Cook Chicken according to directions (a. Cook in steamer OR b. Take product out of bag & put in a microwave container & lid, microwave. Either way Heat product to 140° - Do Not over COOK!!!

Overcooking will cause the meat to dry out.

2. Portion Chicken with 3 oz spoodle on bottom of bun, top with Shredded Mozzarella replace top half of Bun

3. Wrap Bun in foil sheet

4. Place in warmer 135° or higher

5. Hold for service.

6. Cook peppers & onions according to instructions

7. Place peppers & onions on line for students to Serve themselves.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	388.04
Fat	12.61g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	89.00mg
Sodium	1082.62mg
Carbohydrates	32.06g
Fiber	4.23g
Sugar	7.53g
Protein	31.15g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 207.27mg **Iron** 0.05mg

Orange Chicken

Servings:	38.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22224

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	19 Cup		676463
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	10 Pound		394053
SAUCE ORNG GINGR 4-.5GAL ASIAN	1/2 Gallon		802860
SPICE SESAME SEED HULLED 19Z TRDE	1/4 Cup		513806

Preparation Instructions

1. Prepare rice per directions on package.
 2. Bake popcorn chicken to 150° F - 165° F, set aside
 3. Heat Sauce to 150° F - 165° F
 4. Combine the Popcorn Chicken & Orange Sauce.
 - 5 CCP: Hold for hot service at 135° For higher.
 6. Serve 3/4 cup of the chicken mixture over 1/2 cup rice, sprinkle with a few Sesame seeds.
- Note: Use 12 oz Bowl. 10 popcorn chicken = 2 M/MA & 1 Grain

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: 38.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	493.74		
Fat	14.14g		
SaturatedFat	2.15g		
Trans Fat	0.00g		
Cholesterol	57.29mg		
Sodium	925.67mg		
Carbohydrates	68.24g		
Fiber	3.43g		
Sugar	25.06g		
Protein	25.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 3.43mg

Cheese Ravioli

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22225

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	9 Cup		573201
RAVIOLI CHS JMBO WGRAIN 24.91	216 Each		232950
CHEESE MOZZ SHRD 4-5 LOL	2 1/4 Cup		645170

Preparation Instructions

1. Spray bottom and sides of 2" cake pans with non-stick cooking spray.
 2. Place 5 cups of sauce in the bottom of a 2" cake pan.
 3. Add Ravioli. Pour the remaining Spaghetti Sauce evenly over the Ravioli. Note: Best if product is thawed. (less cooking time)
 4. Lightly apply non-stick spray to bottom of aluminum foil; cover pan tightly, bake for 25 minutes thawed or 45-50 minutes frozen in a preheated Convection Oven at 350° F
 5. CCP: Heat to a internal temperature of 165° F for 15 seconds.
- NOTE: Portion 3 raviolis into 8 oz styro bowl and top with 1/2 TBSP Cheese.
6. CCP: Cover and hold for hot service at 135 degrees or higher.

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: 72.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	234.36		
Fat	6.22g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	34.49mg		
Sodium	422.63mg		
Carbohydrates	25.37g		
Fiber	2.28g		
Sugar	3.09g		
Protein	17.95g		
Vitamin A	289.54IU	Vitamin C	8.63mg

Calcium 231.71mg **Iron** 1.36mg

Italian Wrap

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22278

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	1 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).	690151
SALAMI HARD SLCD 1/4Z 10 HRML	6 Slice		538566
Ham, 97% Fat Free, Cooked, Water Added, Sliced	6 Ounce		100187
PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG	6 Slice		776221
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO RANDOM 2 25 MRKN	4 Slice		508616
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170
DRESSING ITAL GLDN PKT 60-1.5Z MARZ	2 Each		546186

Preparation Instructions

1. Place shell on 15 X 10 3/4 deli paper
2. Layer first the salami around the outer edge of half of the wrap.

3. Continue layering next with the ham, then pepperoni, lettuce, tomato and cheese.
4. Fold down starting at filled edge. Roll, starting at filled edge, then wrap in the deli paper.
5. Wrap in a deli paper. Place wrap diagonally on deli paper fold bottom toward wrap. Fold in sides, roll
6. Cut diagonally in the center
7. CCP: Cool to 41 ° F or cooler to hold until service.

Note: This makes two servings. High school-serve with 1/4 cup of Italian Pasta Salad.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	1.75
Fruit	0.00
GreenVeg	0.25
RedVeg	0.25
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	616.44
Fat	40.70g
SaturatedFat	14.00g
Trans Fat	0.00g
Cholesterol	94.89mg
Sodium	1775.34mg
Carbohydrates	38.59g
Fiber	3.88g
Sugar	10.46g
Protein	30.44g
Vitamin A 674.76IU	Vitamin C 14.36mg
Calcium 325.20mg	Iron 1.95mg

Pork Pattie on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat).
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. CCP: Heat pork pattie to 140° F, place meat on pre-heated bun, and place in designated bag. Place in warmer as soon as possible. Place in warmer to hold for service at 135° F or higher.

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	420.00		
Fat	19.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	520.00mg		
Carbohydrates	11.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.62mg

Seasoned California Blend

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22296

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM 30 GCHC	10 Pound		285740
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

Preparation Instructions

1. Place vegetables in covered steamtable or microwaveable pan, heat in combi, oven or microwave to 140° F -160° F degrees. DO NOT OVERCOOK!
2. Add Butter Buds and seasoning
3. CCP: Hold for hot service at 135° F or higher.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.46		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	31.87mg		
Carbohydrates	4.01g		
Fiber	1.99g		
Sugar	1.32g		
Protein	1.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.87mg	Iron	0.66mg

California Blend with Cheese Sauce

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22297

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM 30 GCHC	10 Pound		285740
SAUCE CHS CHED POUCH 6-106Z LOL	1 Quart		135261

Preparation Instructions

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables.
- 4: CCP: Hold for hot service at 135 ° For higher.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	56.56		
Fat	2.80g		
SaturatedFat	1.80g		
Trans Fat	0.00g		
Cholesterol	8.00mg		
Sodium	179.87mg		
Carbohydrates	4.51g		
Fiber	1.99g		
Sugar	1.32g		
Protein	3.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	103.47mg	Iron	0.66mg

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22303

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's WG Sub Bun - Himes	1 Each		5157
SALAMI HARD SLCD 1/4Z 10 HRML	3 Slice		538566
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG	3 Slice		776221
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce		645170
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO RANDOM 2 25 MRKN	1 Slice		508616
DRESSING ITAL GLDN PKT 60-1.5Z MARZ	1 Each		546186

Preparation Instructions

1. Layer in the following order salami, ham, pepperoni, cheese, lettuce and tomato (cut diagonally)
2. Place sub in 6" clam shell. DO NOT CUT BUN.
3. Adhere proper label & day dot.
4. CCP: Place prepared sub in refrigerator as soon as possible to coll and maintain 41° F or lower

Note: Do Not Place the tomato on the cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.25
Fruit	0.00
GreenVeg	0.13
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	571.48
Fat	35.71g
SaturatedFat	11.02g
Trans Fat	0.00g
Cholesterol	70.63mg
Sodium	1483.05mg
Carbohydrates	35.28g
Fiber	4.69g

Sugar	9.25g
Protein	24.57g
Vitamin A 374.88IU	Vitamin C 10.03mg
Calcium 212.60mg	Iron 0.86mg

Ham & Turkey Sub

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22309

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's WG Sub Bun - Himes	1 Each		5157
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Ounce		100187
TURKEY, DELI BREAST, SLICED	3 Ounce	READY_TO_EAT	110554
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice		722360
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO RANDOM 2 25 MRKN	2 Slice		508616

Preparation Instructions

1. Layer in the following order, cheese (cut diagonally), ham, turkey, lettuce and tomato.
2. Cut sub in half, place 1/2 sub in 6" clam shell, 1/2 sub equal one serving.
3. Adhere proper label & day dot
4. CCP: Place prepared sub in refrigerator as soon as possible to cool and maintain 41 ° F or lower.

Note: Do Not Place the Tomato on the cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.13
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	284.68		
Fat	8.89g		
SaturatedFat	3.37g		
Trans Fat	0.00g		
Cholesterol	71.14mg		
Sodium	1191.00mg		
Carbohydrates	22.46g		
Fiber	2.94g		
Sugar	5.48g		
Protein	32.00g		
Vitamin A	299.88IU	Vitamin C	4.93mg

Calcium 155.60mg **Iron** 0.10mg

Ham & Turkey on Whole Wheat Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22310

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/2 Ounce		100187
TURKEY, DELI BREAST, SLICED	1 1/2 Ounce	READY_TO_EAT	110554
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO RANDOM 2 25 MRKN	1 Slice		508616

Preparation Instructions

1. Place cheese, ham, turkey, lettuce and tomato onto one slice of bread
2. Place second slice of bread on top, cut sandwich in half diagonally.
3. Place sandwich in clam shell, adhere day dot.
4. CCP: Place prepared sandwich in refrigerator as soon as possible to cool and maintain 41 ° F or lower.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.13
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	359.68
Fat	8.64g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	67.39mg
Sodium	1266.00mg
Carbohydrates	41.46g
Fiber	4.69g
Sugar	8.98g
Protein	33.00g
Vitamin A 299.88IU	Vitamin C 4.93mg

Calcium 107.60mg **Iron** 12.10mg

Rosy Applesauce

Servings:	24.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22314

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE SWT 6-10 KE	1 #10 CAN		179990
GELATIN MIX CHERRY 12-24Z GCHC	1/4 Cup		524611

Preparation Instructions

1. Place applesauce into a steam table pan.
2. Sprinkle in jell-o, mix well.
3. Intermediate and High Schools place 1/2 cup serving into a 5 oz. souffle cup then lid.
4. Primary Schools place prepared applesauce on steam table for the students to self serve.
5. Primary Schools if there is applesauce left in the pan and it has been on the serving line, discard. Any unused applesauce that has not been on the line may be saved and served the next day as a choice for breakfast-or lunch.
6. Intermediate and High Schools may save and serve within the week. Date the trays with the date the applesauce was prepared.
7. CCP: Place the unused portions in refrigeration at 41 ° For lower for future use.

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	81.28		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.50mg		
Carbohydrates	21.89g		
Fiber	1.08g		
Sugar	18.66g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	97.00mg
Calcium	0.08mg	Iron	0.00mg

Potato Ole'

Servings:	120.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22315

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	22 1/2 Pound		174251
SAUCE CHS QUESO JALAP POU 6-106Z LOL	15 Pound		135271
CHILI BEEF W/BEAN 6-5 COMM	22 Pound	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012

Preparation Instructions

1. CCP: Heat Cheese & Chili according to directions on box
2. CCP: Heat Potato Wedges according to directions on box
3. Portion 1/2 cup of Potato Wedges into a 8 oz black bowl
4. Portion Chili 2.92 oz by weight and Cheese Sauce 2 oz by weight, over the potato wedges.
5. CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	301.48
Fat	13.68g
SaturatedFat	5.88g
Trans Fat	0.00g
Cholesterol	35.60mg
Sodium	681.56mg
Carbohydrates	31.38g
Fiber	4.10g
Sugar	2.52g
Protein	13.62g
Vitamin A 629.94IU	Vitamin C 13.31mg

Calcium 234.66mg **Iron** 1.88mg

Super Nachos

Servings:	80.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22316

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	5 Pound	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
SAUCE CHS QUESO JALAP POU 6-106Z LOL	10 Pound		135271
SAUCE HOT LOUISIANA 4-1GAL HOTTERTHAN	4 Cup		470724
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	80 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

Preparation Instructions

1. CCP: Heat cooked ground beef to 165° F.
2. Place sealed bags in a steamer or in boiling water. Heat approximately 35 minutes or until product reaches 150° F - 165° F or higher for 15 seconds.
3. Add heated ground beef to cheese mixture and stir.
4. Stir in Hot sauce 1 cup at a time, to taste.
5. Pre-portion 3 oz by weight into a bowl, place in warmer to hold for service at 135° F or higher. Initiate Time vs. Temp

High School -serve 2 bags to equal 2.5 Grain equivalents

Intermediate Schools - Serve 1 bag to equal 1.25 Grain equivalents

Meal Components (SLE)

Amount Per Serving

Meat	1.50
-------------	------

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: 80.00
Serving Size: 3.00 Ounce

Amount Per Serving

Calories	265.96
Fat	13.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	768.80mg
Carbohydrates	22.20g
Fiber	1.08g
Sugar	0.00g
Protein	12.02g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	239.00mg	Iron	0.84mg

Super Nachos

Servings:	80.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22317

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	5 Pound	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
SAUCE CHS CHED POUCH 6-106Z LOL	10 Pound		135261
SAUCE HOT LOUISIANA 4-1GAL HOTTERTHAN	4 Cup		470724
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	160 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

Preparation Instructions

1. CCP: Heat cooked ground beef to 165° F.
2. Place sealed bags in a steamer or in boiling water. Heat approximately 35 minutes or until product reaches 150° F - 165° F or higher for 15 seconds.
3. Add heated ground beef to cheese mixture and stir.
4. Stir in Hot sauce 1 cup at a time, to taste.
5. Pre-portion 3 oz by weight into a bowl, place in warmer to hold for service at 135° F or higher. Initiate Time vs. Temp

High School -serve 2 bags to equal 2.5 Grain equivalents

Intermediate Schools - Serve 1 bag to equal 1.25 Grain equivalents

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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: 80.00
Serving Size: 3.00 Ounce

Amount Per Serving

Calories	375.96
Fat	15.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	873.80mg
Carbohydrates	41.20g
Fiber	2.08g
Sugar	0.00g
Protein	14.02g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	269.00mg	Iron	1.14mg

Nacho Ole'

Servings:	120.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22319

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	120 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
SAUCE CHS QUESO JALAP POUC 6-106Z LOL	15 Pound		135271
CHILI BEEF W/BEAN 6-5 COMM	22 Pound	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012

Preparation Instructions

1. CCP: Heat cheese & Chili to 145° F - 150° F by any of the following: Heat in boiling water or in combi oven, in steam setting for 15 seconds, transfer into a steam table pan.
2. Portion Cheese (2 oz. by weight=0.50 oz m/ma) and Chili Meat (2.92 oz by weight= 1 oz m/ma) into cups for service.
3. CCP: Hold for hot service at 135° F or higher.
4. Serve with 1 bag of tostito scoops

Note: CCP: Any unopened heated bags of Meat and implementing Temperature as a Public Health Control must be cooled to 70° F in 2 hrs. or less and 41 ° F in 4 additional hours or less.

Place unopened bags in a sink with cold water to help speed the process, then remove the product from the bag and empty into a 2" pan, place the pan on the top shelf of the refrigerator (or freezer to speed the process even faster). After the product is cooled to acceptable temperature cover and date for future use, either store in refrigerator or freeze depending on when it is to be used. Must be used within 7 days if refrigerated.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 120.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	286.48
Fat	12.02g
SaturatedFat	5.36g
Trans Fat	0.00g
Cholesterol	35.60mg
Sodium	660.72mg
Carbohydrates	29.55g
Fiber	3.01g
Sugar	2.52g
Protein	13.54g

Vitamin A	629.94IU	Vitamin C	9.56mg
Calcium	264.66mg	Iron	1.81mg

Cinnamon Applesauce

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22326

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE SWT 6-10 KE	2 #10 CAN		179990
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon		224723

Preparation Instructions

1. Place applesauce into a 4" steam table pan.
2. Mix cinnamon into the applesauce

Note: MIX TOGETHER ONE DAY BEFORE, this enhances the flavor.

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	75.44		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.48g		
Fiber	1.08g		
Sugar	17.24g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	97.00mg
Calcium	0.00mg	Iron	0.00mg

Cinnamon Apple Slices

Servings:	40.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-22328

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices, Canned, Unsweetened	2 #10 CAN		100206
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon		224723
SALT SEA 36Z TRDE	2 Teaspoon		748590
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/2 Cup		191205

Preparation Instructions

1. Place apples into a 4" steam table pan
2. Mix cinnamon, salt, and sugar together and add to the apples.
3. Add butter, butter may be diced.
4. Cover and bake at 350° F approximately 1 hour
5. Serve warm
6. Store left over apples in the refrigerator, cover, leaving room for the heat to escape if they are still warm.
7. Rewarm left overs before serving.

Note: MIX TOGETHER ONE DAY BEFORE BAKING, this enhances the flavor

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	84.67		
Fat	2.20g		
SaturatedFat	1.40g		
Trans Fat	0.00g		
Cholesterol	6.00mg		
Sodium	140.93mg		
Carbohydrates	15.52g		
Fiber	2.59g		
Sugar	11.64g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

Romaine-Spinach Salad

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22329

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	6 Pound		451730
SPINACH BABY CLND 2-2 RSS	2 1/2 Pound		560545
CARROT MATCHSTICK SHRED 2-3 RSS	1/2 Pound		198161
TOMATO GRAPE SWT 10 MRKN	60 Each		129631

Preparation Instructions

1. Add 2-3 # bag of Romaine Ribbons into 4" steam table pans.
2. Add 1 bag (2.5#) of Spinach to pan.
3. Add 1/2 # of carrot sticks to pan.
4. Mix salad ingredients together.
5. Use Grape tomatoes if the cost is not over \$18.00 per case. There approximately 600 tomatoes per case.
6. Portion 1 cup of Leafy Greens into bowl and add 1 grape tomato
7. CPP: Place prepared salads in refrigerator to hold for service at 41 ° F or cooler.
8. If salads do not hold at 41 ° F or cooler in the reach in refrigerator you must implement Time vs. Temp on those salads Store the extra salads in the regular refrigerator until needed on the line, these salads should hold the 41 ° F or cooler.

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: 60.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	14.30
Fat	0.03g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	16.56mg
Carbohydrates	2.95g
Fiber	1.60g
Sugar	1.30g
Protein	1.48g

Vitamin A	727.79IU	Vitamin C	1.77mg
Calcium	31.38mg	Iron	0.57mg

Crisp Topping

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22330

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR H&R A/P 2-25 GCHC	3 Cup		227528
OATS QUICK HOT CEREAL 12-42Z GCHC	3 1/2 Cup		240869
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
SPICE CINNAMON GRND 15Z TRDE	4 1/2 Teaspoon		224723
SPICE NUTMEG GRND 16Z TRDE	4 1/2 Teaspoon		224944
SALT SEA 36Z TRDE	1/2 Teaspoon		748590
BUTTER PRINT SLTD GRD AA 36-1 GFS	2 Cup		191205

Preparation Instructions

1. Combine flour, rolled oats, brown sugar, cinnamon, nutmeg (optional), and salt.
2. Mix in butter or margarine with the flour mixture until crumbly, do not over mix. Over mixing will make topping to become mushy.

Note: Topping for 1 pan of 25 servings (Recipe using 1 #10 can fruit such as Apple Crisp)

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	277.29		
Fat	14.88g		
SaturatedFat	9.10g		
Trans Fat	0.00g		
Cholesterol	38.40mg		
Sodium	159.20mg		
Carbohydrates	33.76g		
Fiber	1.50g		
Sugar	15.36g		
Protein	3.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 2.16mg **Iron** 1.14mg

Fruit Cobbler

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22332

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 11/16 Cup		191205
FLOUR H&R A/P 2-25 GCHC	3 3/4 Cup		227528
Prairie Farms 1% Low Fat White Milk	2 1/2 Cup		
SUGAR BEET GRANUL 25 GCHC	5 1/2 Cup		108588
BAKING POWDER 6-5 CLABBER GIRL	5 Teaspoon		361032
SALT SEA 36Z TRDE	3/16 Teaspoon		748590
FRUIT MIXED DCD XL/S 6-10 GCHC	2 #10 CAN		118265
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon		224723
Cold Water	1 Quart		0000

Preparation Instructions

Bottom of Cobbler:

1. Mix in 1 1/8 cup melted margarine, flour, milk, 2 cups sugar, baking powder, and salt together
2. Divide this mixture evenly into 2 - 2 inch steam table pans.

Filling:

3. Drain the canned fruit into a quart' measurer.
4. If needed add enough water to the fruit juice to equal 1 quart.
5. Combine the fruit, juice, 1 1/2 lb sugar, and 1/4 lb margarine
6. Place in microwave on (High) for 10 minutes or until margarine melts.
7. Put 3 quarts of fruit mixture over each prepared pan of cobbler bottom mixture.
8. Sprinkle cinnamon on top.
9. Bake in 400° F oven for 20 minutes. .
10. Portion 4 oz. (1/2 cup) dipper into 5 oz. souffle cup

Note: Different fruit fillings can be used in place of peaches (i.e. apples, pears)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	229.50		
Fat	5.92g		
SaturatedFat	3.73g		
Trans Fat	0.00g		
Cholesterol	16.40mg		
Sodium	119.01mg		
Carbohydrates	45.86g		
Fiber	1.27g		
Sugar	37.19g		
Protein	1.45g		
Vitamin A	0.50IU	Vitamin C	0.10mg
Calcium	23.41mg	Iron	0.40mg

Broccoli, Cheese, and Rice Casserole

Servings:	50.00	Category:	Grain
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22349

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Rice, Long Grain, Parboiled, Enriched	35 Ounce		100494
BROCCOLI CUTS IQF 30 GCHC	5 Pound	BAKE	285590
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	3 1/4 Cup		488259
MILK PWD FF INST 6-5 P/L	3 Cup		311065
CHEESE CHED MLD SHRD 4-5 LOL	26 Ounce		150250
ONION VIDALIA SWT 10 P/L	8 Ounce		558133
SPICE GARLIC GRANULATED 20 TRDE	1 1/2 Teaspoon		228435
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061
SPICE OREGANO GRND 12Z TRDE	1 1/2 Teaspoon		513725
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/4 Cup		191205
BREAD CRUMB ITAL 4-5 PROGR	26 Tablespoon	READY_TO_EAT Ready to use.	127370

Preparation Instructions

1. For cooked rice, use Cooking Rice recipe (see-B-03). Combine rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, pepper, and oregano {optional}.
2. Pour 6 lb 3 oz (3 qt 2 cups) mixture into each seam table pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans.
3. Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 3/4 cups) crumbs evenly over each pan.
4. Bake: Conventional oven: 350 F for 30 minutes. Convection oven: 300 F for 20 minutes. DO NOT OVERBAKE. CCP: Heat to 140 For higher OR If using previously cooked and chilled rice: CCP: Heat to 165 F or high for at least 15 seconds.
5. CCP: Hold for hot service at 135 F or higher. Portion with No. 12 scoop (1/3 cup)

Meal Components (SLE)

Amount Per Serving

Meat	0.50
Grain	0.50
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.33 Cup

Amount Per Serving			
Calories		131.43	
Fat		6.02g	
SaturatedFat		3.71g	
Trans Fat		0.00g	
Cholesterol		19.23mg	
Sodium		215.70mg	
Carbohydrates		13.18g	
Fiber		1.59g	
Sugar		3.12g	
Protein		7.26g	
Vitamin A	156.05IU	Vitamin C	0.22mg
Calcium	182.51mg	Iron	0.48mg

Not Fried Rice

Servings:	40.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22351

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Rice, Long Grain, Parboiled, Enriched	1 1/2 Pound		100494
BASE CHIX LO SOD NO MSG 6-1 MINR	2 Tablespoon		580589
Tap Water for Recipes	2 Quart	UNPREPARED	000001WTR
Ham, Cubed Frozen	49 Ounce		100188-H
ONION VIDALIA SWT 10 P/L	6 Ounce		558133
CELERY STIX 4-3 RSS	1/2 Cup		781592
PEPPERS SWT RED DCD 102CT 6-10 GCHC	5 Ounce		118419
PEPPERS GREEN LRG 5 MRKN	1 Cup		592315
SPICE GARLIC POWDER 21Z TRDE	2 Teaspoon		224839
SPICE GINGER GRND 16Z TRDE	1/4 Teaspoon		513695
SAUCE SOY LITE 6-.5GAL KIKK	1/4 Cup		466425
PEAS GREEN IQF 30 GCHC	2 Cup	BAKE	285660
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/2 Teaspoon		191205
EGG SCRMBD LIQ BLND 6-5 GCHC	1/2 Cup		465798
SPICE SESAME SEED HULLED 19Z TRDE	1/4 Cup		513806
ONION GREEN 2 RSS	1/4 Cup		596981

Preparation Instructions

1. Place rice and chicken stock (combine base and water to make stock) in 4" steam table pan, cover. Cook in combi (on combi setting) or oven for approximately 25 minutes at 325° F.

2. Add onions, (onions come frozen, divide into recipe portion. size and freeze) celery, carrots, red and green peppers, garlic powder, ginger, soy sauce, mix and recover, cook in the combi or oven or another 20 minutes for until rice is done.
3. Thaw peas and ham, mix into cooked rice mixture.
4. CCP: Heat to 165° F or higher for 15 seconds .
5. Melt margarine or butter in a sauce pan, add whipped eggs and scramble, or use warmed to 135° F govt. diced eggs. Set aside.
6. CCP: Heat to 135° F for 15 seconds.
7. Toast sesame seeds until golden brown
8. Sprinkle diced eggs, green onion and sesame seeds on top of rice as a garnish.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	68.57		
Fat	1.33g		
SaturatedFat	1.14g		
Trans Fat	0.00g		
Cholesterol	23.20mg		
Sodium	308.04mg		
Carbohydrates	7.91g		
Fiber	0.77g		
Sugar	1.84g		
Protein	6.26g		
Vitamin A	13.83IU	Vitamin C	3.20mg
Calcium	4.84mg	Iron	0.14mg

Fajita

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22352

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	50 Each	<p>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).</p>	690130
CHEESE CHED MLD SHRD 4-5 LOL	50 Ounce		150250
CHIX STRP FAJT DK MT FC 6-5 TYS	5 1/2 Pound	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.</p>	860390
PEPPERS & ONION FLME RSTD 6-2.5	2 1/2 Pound		847208
TOMATO RANDOM 2 25 MRKN	3 Each		508616

Preparation Instructions

INTERMEDIATE & HIGH:

1. CCP: Heat fajita meat in microwave or oven to 165° F for 15 seconds ..
2. Put vegetables in microwave or oven cook to 135° F - 140° F. Add tomato wedges to veggies .

3. Place 1 3/4oz. (4 strips) of meat along center of the flour shell op with 1 oz. cheese.
4. Add veggies (as garnish)
5. Fold bottom up, Fold one side in, then roll.
6. Wrap in 10 x 14 foil wrap paper.

Note: Do not use tomatoes when price sky rockets.

PRIMARY:

1. Allow the same amount of meat & cheese per serving as the Intermediate & High recipe. (Plan on using less vegetables because students prepare their own and will not choose as many)
2. CCP: Heat fajita meat in microwave or oven to 165° F for 15 seconds.
3. CCP: Heat vegetables in microwave or oven to 135° For higher for 15 seconds.
4. Open tortilla shells, stagger on paper lined sheet pan, cover with ovenable bags. Warm shells in warmer.
5. The students will take a shell then add 1 3/4 oz.meat, 1 oz.cheese and vegetables.
6. CCP: Hold for hot service at 135° For higher.

Intermediate & High construct fajita, wrap, place in warmer 135° F or higher. Primary place heated meat & vegetables in a warmer 135° For higher until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	356.31		
Fat	17.36g		
SaturatedFat	8.68g		
Trans Fat	0.00g		
Cholesterol	76.93mg		
Sodium	640.06mg		
Carbohydrates	28.71g		
Fiber	2.58g		
Sugar	3.34g		
Protein	21.36g		
Vitamin A	367.47IU	Vitamin C	1.11mg
Calcium	312.79mg	Iron	2.16mg

Hot Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22353

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	2 1/2 Ounce		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

1. Place ham on bottom half of bun
2. Add 1 slice of cheese
3. Replace top half of the bun, wrap in foil wrap.
4. Place in warmer to heat to 140° - 145°.
5. Hold for service.

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	280.78		
Fat	7.68g		
SaturatedFat	2.48g		
Trans Fat	0.00g		
Cholesterol	56.52mg		
Sodium	841.18mg		
Carbohydrates	1.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	21.75g		
Vitamin A	0.00IU	Vitamin C	1.47mg
Calcium	96.00mg	Iron	0.88mg

Bratwurst & Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22354

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millies 1.5 Hot Dog Bun - Himes	1 Each		2918
BRATWURST CKD SKNLS 5/ 2-5 JHNSVL	1 Each		709689

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. CCP: Heat Bratwurst to 140° F, place on pre-heated hot dog bun. Place in warmer as soon as possible to hold for service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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	420.00		
Fat	28.50g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	1030.00mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.72mg

Doritos Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22356

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	25 Pound	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
CHEESE CHED MLD SHRD 4-5 LOL	6 1/4 Cup		150250
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	100 Package		815803

Preparation Instructions

1. CCP: Heat Chili to 145° F -150° F by any of the following: Heat in boiling water or in combi oven, in steam setting for 15 seconds, transfer into a steam table pan.
2. Use 1 bag of Doritos. Scoop 4 oz of chili on top. Top with 1 oz shredded cheese.
3. CCP: Hold for hot service at 135° F or higher.
4. Serve with lettuce and salsa and sour cream (serving sizes on menu)

Note: CCP: Any unopened heated bags of Meat and implementing Temperature as a Public Health Control must be cooled to 70° F in 2 hrs. or less and 41 ° F in 4 additional hours or less.

Place unopened bags in a sink with cold water to help speed the process, then remove the product from the bag and empty into a 2" pan, place the pan on the top shelf of the refrigerator (or freezer to speed the process even faster). After the product is cooled to acceptable temperature cover and date for future use, either store in refrigerator or freeze depending on when it is to be used. Must be used within 7 days if refrigerated.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
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	321.79
Fat	12.68g
SaturatedFat	3.67g
Trans Fat	0.00g
Cholesterol	28.77mg
Sodium	485.30mg
Carbohydrates	38.54g
Fiber	4.74g
Sugar	4.43g
Protein	13.67g
Vitamin A 934.01IU	Vitamin C 13.04mg
Calcium 134.74mg	Iron 2.46mg

Small Chef Salad

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22357

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	6 Cup		451730
SPINACH BABY CLND 2-2 RSS	2 Cup		560545
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce		202150
TURKEY BRST DCD 2-5	2 Ounce		451300
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 3/16 Ounce	UNSPECIFIED Not currently available	570533
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup		150250
EGG HARD CKD PLD 8-18CT SNYFR	1/2 Each		219160
Variety of Fresh Vegetables	1 Cup		

Preparation Instructions

1. Either place 1 part Spinach and 3 parts Chopped Romaine lettuce into a large container, mix the lettuces together. Dip 2 cups of the mixed lettuces into the square clam shell container. OR Place 1 1/2 cups of chopped romaine lettuce into the large chef salad container top with the Spinach.
2. Sprinkle 1/4 cup cheese over the lettuce of each salad.
3. Add 2 oz spoodle of one meat (diced turkey ham, diced turkey, or diced chicken) or egg, then garnish (Garnish-1 carrot stick, 1 tomato wedge, or piece of some other vegetable. No more then 1/4 cup per salad).
4. Add lid.
5. CPP: Place prepared salads in refrigerator to hold for service at 41 ° F or cooler.
6. If salads do not hold at 41 ° F or cooler in the reach in refrigerator you must implement Time vs. Temp on those salads. Store the extra salads in the regular refrigerator until needed on the line, these salads should hold the 41 ° F or cooler.

Note: Place prepared salad in refrigerator as soon as possible to cool and maintain 41 ° F or lower. Adhere proper label and day dot.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00

Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	180.85
Fat	10.73g
SaturatedFat	6.58g
Trans Fat	0.00g
Cholesterol	68.50mg
Sodium	364.73mg
Carbohydrates	6.73g
Fiber	2.50g
Sugar	2.75g
Protein	15.96g

Vitamin A	674.85IU	Vitamin C	6.39mg
Calcium	245.92mg	Iron	1.02mg

Turkey Wraps

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22358

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM 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). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690151
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Ounce		244190
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	2 Slice		722360
TOMATO RANDOM 2 25 MRKN	2 Slice		508616
LETTUCE ROMAINE CHOP 6- 2 RSS	1/2 Cup		735787

Preparation Instructions

1. Place shell on 15 x 10 3/4 deli paper
2. Sprinkle lettuce around outer edge of half of the wrap.
3. Continue layering with the tomatoes, meat & cheese (which_ has been diagonally),
4. Roll, starting at filled edge, then wrap in deli paper. Fold down starting at filled edge roll
5. Wrap in deli paper. Place wrap diagonally on deli paper. Fold bottom toward wrap. Fold in sides, roll.
6. Cut diagonally in the center.
7. This makes 2 serving.
8. CCP: Cool to 41 degrees or cooler to hold until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
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		285.65	
Fat		9.83g	
SaturatedFat		3.60g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		700.13mg	
Carbohydrates		27.40g	
Fiber		3.19g	
Sugar		3.25g	
Protein		22.24g	
Vitamin A	299.88IU	Vitamin C	4.93mg
Calcium	208.60mg	Iron	1.84mg

Turkey Sandwich on Mini Sub Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22382

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Ounce		244190
Aunt Millie's WG Sub Bun - Himes	1 Each		5157
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice		722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	313.33
Fat	9.50g
SaturatedFat	3.67g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	946.67mg
Carbohydrates	30.00g
Fiber	4.00g
Sugar	5.00g
Protein	24.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 192.00mg	Iron 0.24mg

Turkey Sandwich on Tortilla Shell

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22383

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Ounce		244190
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	2 Slice		722360
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	<p>STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM 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). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690130

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	293.33
Fat	11.00g
Saturated Fat	4.67g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	846.67mg
Carbohydrates	26.00g
Fiber	2.00g
Sugar	3.00g
Protein	22.33g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 292.00mg **Iron** 1.68mg

Turkey Sandwich on Hamburger Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22384

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Ounce		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice		722360
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

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	303.33
Fat	9.00g
SaturatedFat	3.17g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	856.67mg
Carbohydrates	2.00g
Fiber	2.00g
Sugar	5.00g
Protein	24.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 192.00mg	Iron 0.24mg

Turkey Ham Sandwich on Hamburger Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22385

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	2 Ounce		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice		722360
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

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	298.63		
Fat	8.94g		
SaturatedFat	3.48g		
Trans Fat	0.00g		
Cholesterol	54.22mg		
Sodium	962.94mg		
Carbohydrates	2.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	22.80g		
Vitamin A	0.00IU	Vitamin C	1.18mg
Calcium	192.00mg	Iron	0.71mg

Turkey Ham Sandwich on Mini Sub Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22386

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	2 Ounce		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice		722360
Aunt Millie's WG Sub Bun - Himes	1 Each		5157

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	308.63		
Fat	9.44g		
SaturatedFat	3.98g		
Trans Fat	0.00g		
Cholesterol	54.22mg		
Sodium	1052.94mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	22.80g		
Vitamin A	0.00IU	Vitamin C	1.18mg
Calcium	192.00mg	Iron	0.71mg

Turkey Ham Sandwich on Tortilla Shell

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22387

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	2 Ounce		556121
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	2 Slice		722360
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	<p>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).</p>	690130

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	288.63
Fat	10.94g
SaturatedFat	4.98g
Trans Fat	0.00g
Cholesterol	54.22mg
Sodium	952.94mg
Carbohydrates	26.00g
Fiber	2.00g
Sugar	3.00g
Protein	20.80g
Vitamin A 0.00IU	Vitamin C 1.18mg

Calcium 292.00mg **Iron** 2.15mg

Taco Salad w/ Baked Shell

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22424

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 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).	690141
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	3/16 Cup		150250
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
SOUR CREAM PKT 400-1Z GCHC	1 Each		746283
Salsa, Low- Sodium, Canned	1/4 Cup		100330
SOUR CREAM PKT 100-1Z GCHC	1 Each		745903

Preparation Instructions

1. Place lettuce & cheese in a 2# Paper Food Tray. Offer bag of baked nacho chips.
2. Heat Taco Meat in the bag in a combi on the steam mode or in a kettle filled with boiling water.
3. CCP: Heat to 165° F or higher for 15 seconds.
4. Pre-portion taco meat in lidded, heat-proof black cup.
5. CCP: Hold for hot service at 135° F or higher.
6. Portion the salsa in souffle cups, lid.

7. Offer salsa and sour cream portion.

CCP: Place sour cream and salsa in refrigerator to hold for service at 41 ° F or cooler.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.75
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	462.48
Fat	22.77g
SaturatedFat	13.26g
Trans Fat	0.18g
Cholesterol	77.68mg
Sodium	582.96mg
Carbohydrates	41.67g
Fiber	9.76g
Sugar	8.76g
Protein	20.22g
Vitamin A 562.94IU	Vitamin C 3.15mg
Calcium 333.35mg	Iron 2.88mg

Intermediate Chicken Alfredo Pasta

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22431

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	2 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
PASTA ROTINI 2-10 KE	6 Pound		635511
Tap Water for Recipes	2 Cup	UNPREPARED	000001WTR
BROCCOLI CUTS IQF 30 GCHC	3 Cup	BAKE	285590

Preparation Instructions

1. Thaw chicken in refrigerator at 41 degrees or cooler.
2. Cook noodles as package directs.
3. Place noodles in 4" steam table pan.
4. Prepare Italian Sauce according to the directions.
5. Prepare (heat) Chicken according to the directions
6. Prepare (heat) Broccoli according to the directions
6. Mix water with the noodles
7. Pour sauce over the noodles add chicken and broccoli, stir, cover, then place in oven.
8. CCP: Heat to 165 F or higher for 15 seconds
9. CCP: Hold for hot service at 135 degrees for higher.
10. Serve 1 cup (8 oz spoodle)

Note: If using Diced Chicken (GFS #570533) Meat SLE would be 1 Meat equivalent

Meal Components (SLE)

Amount Per Serving

Meat	0.75
-------------	------

Grain	3.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	447.73
Fat	4.91g
SaturatedFat	0.85g
Trans Fat	0.00g
Cholesterol	34.13mg
Sodium	173.07mg
Carbohydrates	82.29g
Fiber	4.32g
Sugar	4.00g
Protein	21.17g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.77mg	Iron	4.43mg

Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22503

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	25 Pound	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
CHEESE CHED MLD SHRD 4-5 LOL	6 1/4 Cup		150250
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	100 Each		818222

Preparation Instructions

1. CCP: Heat Chili to 145° F -150° F by any of the following: Heat in boiling water or in combi oven, in steam setting for 15 seconds, transfer into a steam table pan.
2. Use 1 bag of Tostitos Tortilla Chips. Scoop 4 oz of chili on top. Top with 1 oz shredded cheese.
3. CCP: Hold for hot service at 135° F or higher.
4. Serve with lettuce and salsa and sour cream (serving sizes on menu)

Note: CCP: Any unopened heated bags of Meat and implementing Temperature as a Public Health Control must be cooled to 70° F in 2 hrs. or less and 41 ° F in 4 additional hours or less.

Place unopened bags in a sink with cold water to help speed the process, then remove the product from the bag and empty into a 2" pan, place the pan on the top shelf of the refrigerator (or freezer to speed the process even faster). After the product is cooled to acceptable temperature cover and date for future use, either store in refrigerator or freeze depending on when it is to be used. Must be used within 7 days if refrigerated.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 321.79

Fat 12.68g

SaturatedFat 3.67g

Trans Fat 0.00g

Cholesterol 28.77mg

Sodium 365.30mg

Carbohydrates 38.54g

Fiber 5.74g

Sugar 3.43g

Protein 13.67g

Vitamin A 934.01IU **Vitamin C** 13.04mg

Calcium 84.74mg **Iron** 2.06mg

Turkey Ham Wrap

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22507

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	1 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).	690151
TURKEY HAM SLCD 12-1 JENNO	5 Ounce		556121
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	2 Slice		722360
TOMATO RANDOM 2 25 MRKN	2 Slice		508616
LETTUCE ROMAINE CHOP 6- 2 RSS	1/2 Cup		735787

Preparation Instructions

1. Place shell on 15 x 10 3/4 deli paper
2. Sprinkle lettuce around outer edge of half of the wrap.
3. Continue layering with the tomatoes, meat & cheese (which_ has been diagonally),
4. Roll, starting at filled edge, then wrap in deli paper. Fold down starting at filled edge roll
5. Wrap in deli paper. Place wrap diagonally on deli paper. Fol bottom toward wrap. Fold in sides, roll.
6. Cut diagonally in the center.
7. This makes 2 serving.
8. CCP: Cool to 41 degrees or cooler to hold until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
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		279.76	
Fat		9.76g	
SaturatedFat		4.00g	
Trans Fat		0.00g	
Cholesterol		56.52mg	
Sodium		832.98mg	
Carbohydrates		27.40g	
Fiber		3.19g	
Sugar		3.25g	
Protein		20.32g	
Vitamin A	299.88IU	Vitamin C	6.40mg
Calcium	208.60mg	Iron	2.42mg

Turkey & Ham Wrap

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22508

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	1 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).	690151
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 1/2 Ounce		244190
TURKEY HAM SLCD 12-1 JENNO	2 1/2 Ounce		556121
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	2 Slice		722360
TOMATO RANDOM 2 25 MRKN	2 Slice		508616
LETTUCE ROMAINE CHOP 6- 2 RSS	1/2 Cup		735787

Preparation Instructions

1. Place shell on 15 x 10 3/4 deli paper
2. Sprinkle lettuce around outer edge of half of the wrap.
3. Continue layering with the tomatoes, meat & cheese (which_ has been diagonally),
4. Roll, starting at filled edge, then wrap in deli paper. Fold down starting at filled edge roll
5. Wrap in deli paper. Place wrap diagonally on deli paper. Fol bottom toward wrap. Fold in sides, roll.
6. Cut diagonally in the center.
7. This makes 2 serving.

8. CCP: Cool to 41 degrees or cooler to hold until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
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	282.71		
Fat	9.79g		
SaturatedFat	3.80g		
Trans Fat	0.00g		
Cholesterol	50.76mg		
Sodium	766.55mg		
Carbohydrates	27.40g		
Fiber	3.19g		
Sugar	3.25g		
Protein	21.28g		
Vitamin A	299.88IU	Vitamin C	5.67mg
Calcium	208.60mg	Iron	2.13mg