

# **Cookbook for EAST NOBLE HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Black Bean Corn Salad

NO IMAGE

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6878
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN	Drain, and Rinse	231981
CORN WHL KERNEL STD GRADE 6-10 KE	2 #10 CAN		244805
LEMON JUICE 100 12-32FLZ GCHC	1 Cup		311227
SPICE CUMIN GRND 15Z TRDE	1/2 Cup		273945
SPICE CHILI POWDER 38Z MEXENE	1 Cup		847171
SEASONING FAJITA MIX 6-8.9Z LAWR	1 Package		518298
CILANTRO CLEANED 4-1 RSS	1 Cup	Wash, chop leaves and stems	219550
PEPPERS GREEN BELL BUSHEL 21.5AVG	1 Cup	Mix red peppers too	852751

## Preparation Instructions

Directions:

Combine black beans, corn, red peppers, in a large bowl. Stir well.

Add all seasonings and then, mix..

Taste, adjust seasoning

Transfer nessecary pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information:1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.18

**Nutrition Facts**

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

**Amount Per Serving**

<b>Calories</b>	108.26
<b>Fat</b>	0.90g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	374.72mg
<b>Carbohydrates</b>	20.42g
<b>Fiber</b>	2.87g
<b>Sugar</b>	5.39g
<b>Protein</b>	3.95g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.80mg
<b>Calcium</b> 22.22mg	<b>Iron</b> 1.34mg

# Chilled Fruit, Assorted

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6888
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	4 #10 CAN		271497
FRUIT COCKTAIL XL/S 6-10 GFS	4 #10 CAN		225304
PEACH DCD XL/S 6-10 GCHC	4 #10 CAN		268348
PEAR DCD XL/S 6-10 GCHC	4 #10 CAN		290203

## Preparation Instructions

Directions:

CCP: Hold for cold service at 41° F or lower.

Open Can fruit, drain slightly

place under refrigeration

Notes:

Serve with 4 oz spoodle

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	1.61
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	203.48
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	32.19mg
<b>Carbohydrates</b>	48.05g
<b>Fiber</b>	2.30g
<b>Sugar</b>	41.73g
<b>Protein</b>	0.00g

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<b>Vitamin A</b>	206.93IU	<b>Vitamin C</b>	1.24mg
<b>Calcium</b>	0.57mg	<b>Iron</b>	0.00mg



# Fruit, Fresh, Whole

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6889
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGE JUICER 100-125CT 40 P/L	100 Each		100955
BANANA PETITE GRN 150CT DOLE	100 Each		591310
PEAR 95-110CT MRKN	100 Each		198056
APPLE DELIC GLDN 125-138CT MRKN	100 Each		597481
APPLE GALA 138CT MRKN	100 Each		569392

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1 orange = 1/2c fruit

Updated October 2013

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
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<b>Grain</b>	0.00
<b>Fruit</b>	8.78
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	910.02
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	46.36mg
<b>Carbohydrates</b>	242.84g
<b>Fiber</b>	48.98g
<b>Sugar</b>	148.76g
<b>Protein</b>	10.18g

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<b>Vitamin A</b>	213.76IU	<b>Vitamin C</b>	70.25mg
<b>Calcium</b>	168.86mg	<b>Iron</b>	3.29mg

# Hamburger on Bun

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6895
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	100 Each		785850
4 inch whole grain hamburger buns - 30 ct	100 bun		3480

## Preparation Instructions

Directions:

WASH HANDS.

1. Place frozen patties, in a 4- inch full pan,
  2. Add water,
  3. Wrap pan with parchment and foil.
  4. Bake for 45 minutes, or until 165 degrees F.
  5. Serve in 4 inch pan
  6. Top with Bun, Wrap
- \* Hold at 145 degrees F

Notes:

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>		308.00	
<b>Fat</b>		12.00g	
<b>SaturatedFat</b>		3.60g	
<b>Trans Fat</b>		0.60g	
<b>Cholesterol</b>		39.00mg	
<b>Sodium</b>		459.00mg	
<b>Carbohydrates</b>		2.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		20.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.00mg	<b>Iron</b>	2.00mg

# Breaded Chicken Sandwich

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6899
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
4 inch whole grain hamburger buns - 30 ct	100 bun		3480

## Preparation Instructions

Directions:

WASH HANDS.

1. Cook chicken patty frozen, at 30% moisture, 12-15 minutes, at 320 degrees.
2. Take temperature to 165 degrees F
3. Place chicken patties in a 4 inch full pan
4. Serve hot

Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat,

Updated October 2019

Notes:

Allow student to select condiment of choice.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	400.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.00mg	<b>Iron</b>	2.00mg

# Spicy Breaded Chicken Sandwich

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6900
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
4 inch whole grain hamburger buns - 30 ct	100 bun		3480

## Preparation Instructions

Directions:

WASH HANDS.

1. Cook chicken patty frozen, at 30% moisture, 12-15 minutes, at 320 degrees.
2. Take temperature to 165 degrees F
3. Place chicken patties in a 4 inch full pan
4. Serve hot

Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat,

Updated October 2019

Notes:

Allow student to select condiment of choice.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	430.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.00mg



# Pizza, Cheese

NO IMAGE

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6901
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNQ 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA W/BASL 6-10 REDPK	1/2 Cup	READY_TO_EAT None	256013
Cheese, Mozzarella light, Shred FRZ	4 Cup		100034

## Preparation Instructions

Directions:

Combine tomato sauces, Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of pizza sauce onto each pizza crust.

Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan.

Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

### Amount Per Serving

<b>Calories</b>	287.50		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	752.50mg		
<b>Carbohydrates</b>	32.50g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	6.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.07mg

# Pizza, Pepperoni



<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6903
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNQ 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
PEPPERONI SLCD 14-16/Z 2-5 GCHC	40 Each		729981
SAUCE PIZZA W/BASL 6-10 REDPK	2 Ounce	READY_TO_EAT None	256013
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	READY_TO_EAT None	592714
Cheese, Mozzarella light, Shred FRZ	4 Cup		100034

# Preparation Instructions

## Directions:

Combine tomato sauces, g, Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of pizza sauce onto each pizza crust.

Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan.

Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

## Notes:

A new nutrient analysis will be coming. Updated July 2014. Re standardization in progress.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

<b>Amount Per Serving</b>			
<b>Calories</b>		330.18	
<b>Fat</b>		13.06g	
<b>SaturatedFat</b>		6.75g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		29.38mg	
<b>Sodium</b>		909.46mg	
<b>Carbohydrates</b>		32.11g	
<b>Fiber</b>		1.43g	
<b>Sugar</b>		2.86g	
<b>Protein</b>		8.18g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.43mg	<b>Iron</b>	2.05mg

# Pizza, Sausage



<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6905
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	2 Cup	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
SAUCE PIZZA W/BASL 6-10 REDPK	2 Ounce	READY_TO_EAT None	256013
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	READY_TO_EAT None	592714

Description	Measurement	Prep Instructions	DistPart #
Cheese, Mozzarella light, Shred FRZ	3 Cup		100034

## Preparation Instructions

Directions:

Combine tomato sauces, Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of pizza sauce onto each pizza crust.

Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan.

Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.43
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Piece

Amount Per Serving			
<b>Calories</b>	286.43		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	18.75mg		
<b>Sodium</b>	720.71mg		
<b>Carbohydrates</b>	31.73g		
<b>Fiber</b>	1.43g		
<b>Sugar</b>	2.86g		
<b>Protein</b>	7.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.43mg	<b>Iron</b>	2.19mg

# Chicken Drumstick, Breaded



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6957
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Each	<p><b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 375°F.</li> <li>2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.</li> <li>3. Heat for 35-40 minutes.</li> </ol> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p><b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 350°F.</li> <li>2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.</li> <li>3. Heat for 25-30 minutes</li> </ol> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
DINNER ROLL, W GRAIN, AM	200 roll	READY_TO_EAT	4372

## Preparation Instructions

Directions:

Item Yield

1 Case = 473.6 Ounces (4 x 118.4 Ounces per Bag) of Chicken Drumsticks, Breaded, Whole Grain, Cooked, Frozen

## Thawing Instructions

Prepare from frozen state.

## Shelf Life

Frozen = 365 days from date of production

## Basic Preparation

Conventional Oven: Preheat oven to 350 degrees F. Place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140 degrees F in a dry heat environment. Appliances vary, adjust accordingly.

CCP: Hold for hot service at 140° F or warmer.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	400.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	780.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	27.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 22.00mg	<b>Iron</b> 17.00mg



# Hot Dog on WG Bun

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6998
<b>School:</b>	EAST NOBLE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	BAKE	265039
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

## Preparation Instructions

Directions:

WASH HANDS.

1. Place hot dogs in a 4 inch fullpan
2. add cup water
3. cover with parchment and foil
4. Bake for 45 minutes , until 165 degrees

Convection oven: 350°F

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

2. Serve within 3 hours.
3. Serve with ketchup packet (optional).

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

Updated January 2019

Notes:

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	280.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	690.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.89mg	<b>Iron</b>	10.77mg

# Toasted Cheese Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7001
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Wheat Sandwich Bread	2 Slice	READY_TO_EAT	466
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360

## Preparation Instructions

Directions:

- 1.) Brush a sheet pan with liquid butter
- 2.) Place sliced bread on sheet pan
- 3.) Top with 4 slices of American Cheese
- 4.) Top with sliced bread
- 5.) Brush with liquid butter

Bake until lightly browned: Convection oven: 350°F for 8-10 minutes. DO NOT OVER BAKE.

Serve immediately.

CCP: Hold for hot service at 140°F or warmer.

Serving size: is 1 sandwich.

Notes:

### Meal Components (SLE)

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	280.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1030.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	19.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	390.00mg	<b>Iron</b>	8.00mg

# Vegetable Pizza



<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7069
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA W/BASL CALIF 6- 10 GCHC	2 Ounce		100234
SAUCE MARINARA 12- 51Z GCHC	2 Ounce		219190
PEPPERS GREEN LRG 60- 70CT MRKN	2 Cup		198757
MUSHROOM 2 RANDOM SZ 10	2 Cup		330132

Description	Measurement	Prep Instructions	DistPart #
CHEESE BLND MOZZ/PROV DCD 4-5 PG	4 Cup		529249

## Preparation Instructions

### Directions:

Combine tomato sauces, granulated garlic, Blend in a bowl. Reserve  
 Spray each pan with Pan Coat. Place frozen Dough on top.  
 Spread 6 oz. of pizza sauce onto each pizza crust.  
 Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan.  
 Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes  
 CCP: Hold at 135° F or higher.  
 Cut each pizza pan into (1/8 slices)

### Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	385.68
<b>Fat</b>	18.13g
<b>SaturatedFat</b>	10.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	1066.83mg
<b>Carbohydrates</b>	41.13g
<b>Fiber</b>	3.08g
<b>Sugar</b>	6.75g
<b>Protein</b>	18.13g
<b>Vitamin A</b> 187.83IU	<b>Vitamin C</b> 30.82mg
<b>Calcium</b> 417.25mg	<b>Iron</b> 2.15mg

# Dinner Roll

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7071
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll, Whole Grain, unliced 32 oz/24ct	100 Each	READY_TO_EAT	4372

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.25mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	6.00mg

# Chicken Flavored Rice - Whole Grain

NO IMAGE

<b>Servings:</b>	24.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7073
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PILAF CHIX FLVR 12-25Z UBEN	4 Ounce		246824

## Preparation Instructions

Prepare steam table pans.

Mix rice according to package directions. Place 5 boxes per steam table pan. Use a total of 3 pans = 15 boxes for the whole school.

Bake 375 degrees for 1 to 1/2 hours or until rice is tender. Hold in steam table and warming oven.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	15.83
<b>Fat</b>	0.08g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	70.00mg
<b>Carbohydrates</b>	3.50g
<b>Fiber</b>	0.08g
<b>Sugar</b>	0.08g
<b>Protein</b>	0.33g



<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.33mg	<b>Iron</b>	0.12mg

# Corn, Buttered



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7076
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE 6-10 GCHC	15 Pound		118966

## Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle.

Child Nutrition: 1/2 cup serving provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
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<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.15

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

<b>Calories</b>	24.00
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	42.00mg
<b>Carbohydrates</b>	5.10g
<b>Fiber</b>	0.60g
<b>Sugar</b>	1.50g
<b>Protein</b>	0.60g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.12mg

# Beans Baked

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7078
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	3 #10 CAN		120530
brown sugar	3 Cup	READY_TO_EAT	
KETCHUP 12-38Z HNZ	3 Cup		290062
Mrs. Clarks BBQ Sauce 4/1gal	1 Cup	READY_TO_EAT	52928
Mustard	2 Tablespoon		320220

## Preparation Instructions

Directions:

WASH HANDS.

1. Mix all ingredients.
2. Bake 325 degrees for 25 minutes.

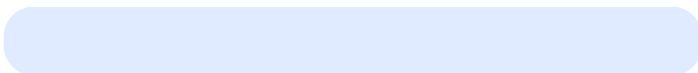
Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2019

Notes:



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		128.96	
<b>Fat</b>		0.78g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		127.36mg	
<b>Carbohydrates</b>		23.74g	
<b>Fiber</b>		3.88g	
<b>Sugar</b>		6.51g	
<b>Protein</b>		3.88g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Tomato Soup



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7091
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	6 Ounce		488232

## Preparation Instructions

Directions:

Quantity Invoiced, Last 7-Weeks:

Week ofCanCase

05/13/201800

05/20/201800

05/27/201800

06/03/201800

06/10/201800

06/17/201800

06/24/201800

Item Yield

1 Case = 600 Fluid Ounces (12 x 50 Fluid Ounces per Can) of Soup, Tomato, Low-Sodium, with Tomato Pieces, Ready-to-Use, Canned

Thawing Instructions

N/A THERE ARE 600 FL.OZ PER CASE. 1 CAN MAKES 8-6Z SRV.

Shelf Life

DRY STORAGE= 730 DAYS.

Basic Preparation

READY TO HEAT & SERVE. (DO NOT ADD WATER OR MILK). WARM IN SAUCEPAN ON STOVE OR IN MICROWAVE. THIS SOUP CAN ALSO BE USED IN RECIPES FOR CASSEROLES, SAUCES OR GRAVIES.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.95
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	135.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	585.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.54mg

# Turkey Sub

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7243
<b>School:</b>	EAST NOBLE MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD RED SOD 6-2 JENNO	19 Pound		183161
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	100 Ounce	READY_TO_EAT	100018
Aunt Millie's Whole Grain Mini Sub Buns	100 Each		5157

## Preparation Instructions

Directions:

Place 4 slices = Jennie-O Turkey slices and 2 slices of cheese on each hoagie bun

CCP: Hold for cold service at 41° F or lower.

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

CCP: Hold for cold service at 41° F or lower.

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.03
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00



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

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size: 3.00 Ounce			
<b>Amount Per Serving</b>			
<b>Calories</b>	340.80		
<b>Fat</b>	12.51g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.33mg		
<b>Sodium</b>	854.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	23.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	10.36mg

# Sloppy Joe on Bun

NO IMAGE

<b>Servings:</b>	120.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7249
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	30 Pound		564790
4 inch whole grain hamburger buns - 30 ct	120 bun		3480

## Preparation Instructions

Serve using 3/8 cup using a #10 or tan scoop.

Provides 2 oz of meat/meat alternate and 1/4 cup red vegetable.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.20
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	319.78
<b>Fat</b>	8.61g
<b>SaturatedFat</b>	2.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.48mg
<b>Sodium</b>	649.50mg
<b>Carbohydrates</b>	11.02g
<b>Fiber</b>	4.20g
<b>Sugar</b>	12.82g
<b>Protein</b>	20.33g
<b>Vitamin A</b>	505.79IU
<b>Vitamin C</b>	6.61mg

**Calcium** 37.47mg **Iron** 2.20mg

# Peas & Carrots ,

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7368
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS & CARROT 12-2.5 GCHC	1/2 Cup		119458
BUTTER ALT LIQ 3-1GAL SAVORY	1 Ounce		756261

## Preparation Instructions

Directions:

Place 10.5 # of frozen peas in a 4" steam table pan

Pour 4 oz of melted Margarine over peas

Store in refregator till time to steam.

CCP: Heat to 145° F or higher for at least 15 Seconds

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.37

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Cup			
<b>Amount Per Serving</b>			
<b>Calories</b>	37.31		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	14.93mg		
<b>Carbohydrates</b>	7.46g		
<b>Fiber</b>	2.24g		
<b>Sugar</b>	2.99g		
<b>Protein</b>	1.49g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.52mg

# Fries Sweet Potato Crinkle

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7372
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	19 3/4 Pound	DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	628100

## Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	119.62
<b>Fat</b>	4.49g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	179.43mg
<b>Carbohydrates</b>	16.95g
<b>Fiber</b>	2.99g

<b>Sugar</b>			4.98g
<b>Protein</b>			1.99g
<b>Vitamin A</b>	3488.96IU	<b>Vitamin C</b>	2.39mg
<b>Calcium</b>	19.94mg	<b>Iron</b>	0.36mg

# Sausage Gravy

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7392
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/2 Cup		464694

## Preparation Instructions

Heat ingredients as instructed on package.

Microwaving works bests

Use 4 oz. portion ladle

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

<b>Amount Per Serving</b>	
<b>Calories</b>	180.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	4.00g



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

# Chicken Tenders



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8558
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
DINNER ROLL, W GRAIN, AM	1 roll	READY_TO_EAT	4372

## Preparation Instructions

Directions:

Item Yield

1 Case = 450 Average Count (4 x 112.5 Average Count per Bag) Chicken Tenders, Crispy, Whole Grain, Breaded, CN Labeled, Cooked, Frozen

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

FROZEN = 270 DAYS AT 0\* OR LESS FROM DATE OF PRODUCTION.

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

\*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS\*\*WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2

OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED\*\* SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY\*\*SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

#### Amount Per Serving

<b>Calories</b>	350.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	515.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	10.00mg

# Tacos Beef - HS

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8559
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	19 Pound		722330
TORTILLA FLOUR ULTRGR 6 30-12CT	200 Each		882690

## Preparation Instructions

Directions:

Cook Taco Meat as instructed

Stir frequently over medium heat.

CCP: Heat to 165° F .

- 1.) Using a one time use glove, line, folded, 2 tortilla shells in a , 4 inch full pan
- 2.) Steam taco meat in package, steam for an hour.
- 3.) Place cook taco meat in a 4 inch full pan
- 4.) Serve taco meat, with a 3 oz scoop

\* If student does not want Meat, then substitute with 2 oz. of Shredded Cheese

\* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

A new nutrient analysis will be coming. Updated July 2020. Re standardization in progress.

## Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 3.00 Ounce

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**Amount Per Serving**

<b>Calories</b>	286.83
<b>Fat</b>	9.70g
<b>SaturatedFat</b>	3.73g
<b>Trans Fat</b>	0.28g
<b>Cholesterol</b>	33.56mg
<b>Sodium</b>	429.93mg
<b>Carbohydrates</b>	34.79g
<b>Fiber</b>	5.92g
<b>Sugar</b>	3.92g
<b>Protein</b>	16.28g

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<b>Vitamin A</b>	618.55IU	<b>Vitamin C</b>	4.79mg
<b>Calcium</b>	87.32mg	<b>Iron</b>	3.92mg

# BBQ Pulled Pork on Bun

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8878
<b>School:</b>	EAST NOBLE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork Bar-B-Q with vinegar sauce	3 Ounce	<b>STEAM</b> Remove the Bar-B-Q from the box and place in a steam pan. Cook in the steamer for about 30 min. Remove and check the temperature before placing on the serving line. CCP: Heat to 145 degrees or higher for at least 15 seconds. CCP: Hold for hot service at 140 degrees or higher	
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

Cook as directed. Cook to 165 degrees F., Hold at 140 degrees F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.26
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	306.62
<b>Fat</b>	8.54g
<b>SaturatedFat</b>	2.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.86mg
<b>Sodium</b>	582.48mg
<b>Carbohydrates</b>	2.14g
<b>Fiber</b>	2.00g

<b>Sugar</b>	4.00g		
<b>Protein</b>	25.85g		
<b>Vitamin A</b>	0.47IU	<b>Vitamin C</b>	0.32mg
<b>Calcium</b>	0.16mg	<b>Iron</b>	12.97mg

# Baked Sweet Potatoes and Apples

NO IMAGE

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8882
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT WHL L/S 6-10 GCHC	1 #10 CAN		271713
APPLE SLCD W/P 6-10 GCHC	1 #10 CAN		117773
cinnamon	1/2 Cup	READY_TO_EAT	
SPICE NUTMEG GRND 16Z TRDE	1/4 Cup		224944
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Pound		840860

## Preparation Instructions

Directions:

Place 3 lb 13 oz (2 qt  $\frac{3}{4}$  cup) sweet potatoes into each steamtable pan (12" x 20" x 2  $\frac{1}{2}$ ") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Place 3 lb 11 oz (2 qt  $\frac{1}{2}$  cup) apples over sweet potatoes in each pan.

Combine brown sugar, cinnamon, and nutmeg (optional).

Sprinkle  $\frac{3}{4}$  cup sugar mixture over apples in each pan.

Dot each pan with cup margarine, and sprinkle remaining sugar.

Add  $\frac{3}{4}$  cup water to each pan.

Bake: Conventional oven: 350° F for 25-30 minutes. Convection oven: 300° F for 15-20 minutes. CCP: Heat to 140° For higher.

CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop ( $\frac{1}{4}$  cup).



Notes:

1: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	314.24		
<b>Fat</b>	14.08g		
<b>SaturatedFat</b>	5.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	156.32mg		
<b>Carbohydrates</b>	47.59g		
<b>Fiber</b>	6.21g		
<b>Sugar</b>	32.07g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.01mg	<b>Iron</b>	0.00mg

# Ham Sub



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9010

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce		100187
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Ounce	READY_TO_EAT	100018
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

## Preparation Instructions

Directions:

Place 4 slices = Ham slices and 2 slices of cheese on each hoagie bun

CCP: Hold for cold service at 41° F or lower.

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

CCP: Hold for cold service at 41° F or lower.

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	330.66		
<b>Fat</b>	14.28g		
<b>SaturatedFat</b>	6.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	54.51mg		
<b>Sodium</b>	840.33mg		
<b>Carbohydrates</b>	34.28g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.64g		
<b>Protein</b>	19.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chicken Quesadilla



<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10365
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN 96-5Z MAX	1 Each	BAKE	231750

## Preparation Instructions

Directions:

Item Yield

1 Case = 96 Quesadilla, Cheese, Whole Grain, 100% Mozzarella, Frozen, 4.4 Ounce

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 365 DAYS FROM DATE OF PRODUCTION

Basic Preparation

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. PLACE 1 FROZEN SHEET (8 SERVINGS) INTO PREPARED PAN. PREHEAT OVEN. CONVECTION OVEN: 450 DEGREES F FOR 14-15 MINUTES. COOKING TIME MAY VARY.

### Meal Components (SLE)

Amount Per Serving

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

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 96.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	3.13		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.16mg		
<b>Sodium</b>	7.29mg		
<b>Carbohydrates</b>	0.39g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.88mg	<b>Iron</b>	0.03mg

# CHICKEN Quesadilla



<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10366
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN 96-5Z MAX	96 Each	BAKE	231750

## Preparation Instructions

Directions:

Item Yield

1 Case = 96 Quesadilla, Cheese, Whole Grain, 100% Mozzarella, Frozen, 4.4 Ounce

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 365 DAYS FROM DATE OF PRODUCTION

Basic Preparation

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. PLACE 1 FROZEN SHEET (8 SERVINGS) INTO PREPARED PAN. PREHEAT OVEN. CONVECTION OVEN: 450 DEGREES F FOR 14-15 MINUTES. COOKING TIME MAY VARY.

### Meal Components (SLE)

Amount Per Serving

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

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 96.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	300.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	180.00mg	<b>Iron</b>	2.70mg

# Muffin Square

NO IMAGE

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10955
<b>School:</b>	EAST NOBLE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN MIX BASIC L/F 6-4.5 KRUST	1 Package		526045

## Preparation Instructions

See instructions on package.

Add Frozen Blueberries, and Strawberries, Oatmeal and Raisins, Also Chocolate Chips

Keep warm to 140 degrees F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	56.82		
<b>Fat</b>	0.57g		
<b>SaturatedFat</b>	0.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.89mg		
<b>Sodium</b>	102.27mg		
<b>Carbohydrates</b>	11.74g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	6.06g		
<b>Protein</b>	0.76g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg



**Calcium** 7.58mg **Iron** 0.27mg

# Orange Chicken



<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11201

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 7/16 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
SAUCE ORNG GINGR 4-5GAL ASIAN	1 1/2 Gallon		802860

## Preparation Instructions

Directions:

Place chicken on a sheet pan. Bake to 165 degrees F.

Pour baked chicken into a 4inch full pan.

Add Sauce and blend AS NEEDED.

Paper and foil, Bake for an 15 at 350 degrees F. Serve

CCP: Bake to 165° F or higher.

CCP: Hold for hot service at 145° F or warmer. Portion with 1/2 cup serving

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.20
<b>Grain</b>	1.10
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 80.00  
Serving Size: 12.00 Piece

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**Amount Per Serving**

<b>Calories</b>	375.67		
<b>Fat</b>	13.10g		
<b>SaturatedFat</b>	2.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.16mg		
<b>Sodium</b>	664.45mg		
<b>Carbohydrates</b>	52.47g		
<b>Fiber</b>	3.02g		
<b>Sugar</b>	34.58g		
<b>Protein</b>	14.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.26mg	<b>Iron</b>	2.02mg

# Beef Walking Taco

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12277
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	<b>READY_TO_EAT</b> 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

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 165° F or higher for at least 15 seconds.

Serve immediately

Self Serve

serving size. 1 package, 3 oz Beef

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

### Amount Per Serving

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

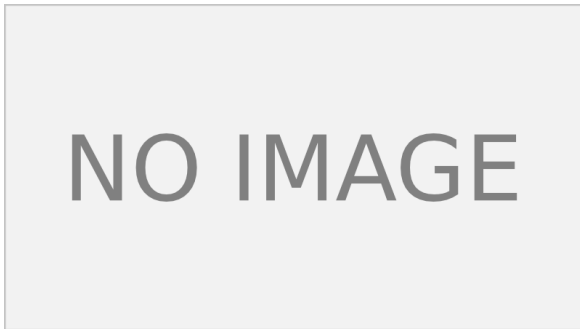
### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		215.43	
<b>Fat</b>		7.14g	
<b>SaturatedFat</b>		1.70g	
<b>Trans Fat</b>		0.27g	
<b>Cholesterol</b>		33.12mg	
<b>Sodium</b>		401.25mg	
<b>Carbohydrates</b>		23.73g	
<b>Fiber</b>		2.89g	
<b>Sugar</b>		1.89g	
<b>Protein</b>		14.11g	
<b>Vitamin A</b>	610.41IU	<b>Vitamin C</b>	4.73mg
<b>Calcium</b>	68.80mg	<b>Iron</b>	2.19mg

# Biscuit



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12479

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	<b>BAKE</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

## Preparation Instructions

Heat ingredients as instructed on package.

Microwaving works bests

Use 3 oz. portion ladle

Use #846891 is Jimmy Dean unavailable

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

### Meal Components (SLE)

Amount Per Serving

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

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	200.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	410.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	1.08mg

# Fajita Chicken - HS



<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20794
<b>School:</b>	EAST NOBLE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	10 Pound	<p><b>BAKE</b>            PLACE ONE BAG ON SPRAYED BAKING SHEET            CONVENTIONAL OVEN 350 DEGREES F            CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER            CONVECTION OVEN 400 DEGREES F            CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER            CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS</p>	100117
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	80 Each	<p><b>STEAM</b>            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>	690120
VEGETABLE MIX FAJITA CUT 10 RSS	5 Pound		605565
Taco Seasoning	1/2 Cup	UNPREPARED	16423



# Preparation Instructions

Directions:

Cook with 100% moisture, for 30 minutes Add seasoning and mix.

Recook, for 15 minutes, until 165 degrees

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

1.) Using a one time use glove, place 2 tortilla shells in a #2 paper Tray

2.) Place chicken on Tortilla Shells \* Portion with No. 16 scoop (¼ cup)

\* If student does not want Meat, then substitute with 2 oz. of Shredded Cheese

\* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	373.55		
<b>Fat</b>	9.71g		
<b>SaturatedFat</b>	4.35g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	87.06mg		
<b>Sodium</b>	993.33mg		
<b>Carbohydrates</b>	44.36g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	10.35g		
<b>Protein</b>	27.18g		
<b>Vitamin A</b>	1.57IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	160.02mg	<b>Iron</b>	2.16mg