

# **Cookbook for Millersburg Elementary-Middle School**

**Created by HPS Menu Planner**

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# Teriyaki Chicken Taco- K-5

|                      |  |                       |                  |
|----------------------|--|-----------------------|------------------|
| <b>Servings:</b>     | 467.00                                     | <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-11320          |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |                  |

## Ingredients

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

## Preparation Instructions

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

Marinate overnight.

Cook meat and drain.

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

## Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 467.00

Serving Size: 1.00 Each

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 234.42   |                  |        |
| <b>Fat</b>                | 6.82g    |                  |        |
| <b>SaturatedFat</b>       | 3.41g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 57.20mg  |                  |        |
| <b>Sodium</b>             | 894.34mg |                  |        |
| <b>Carbohydrates</b>      | 25.29g   |                  |        |
| <b>Fiber</b>              | 1.00g    |                  |        |
| <b>Sugar</b>              | 10.08g   |                  |        |
| <b>Protein</b>            | 16.45g   |                  |        |
| <b>Vitamin A</b>          | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 60.00mg  | <b>Iron</b>      | 0.72mg |

# Chef Salad

|                      |  |                       |         |
|----------------------|--|-----------------------|---------|
| <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-14124 |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |         |

## Ingredients

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

## Preparation Instructions

Get out a 6x8 salad container, put 2 cups of lettuce on the green side of the container. On top of the lettuce put shredded carrots, ham, cheese and 1 boiled egg sliced. When that is all positioned on the salad then you add the Ken's Ranch dressing to the bottom of the salad (in the package) put the package of croutons on top of that then the roll. Close the container.

### 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> | 1.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Grilled Ham & 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-14125          |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |                  |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Ham Wrap

|                      |  |                       |         |
|----------------------|--|-----------------------|---------|
| <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-14126 |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |         |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.18 |
| <b>Grain</b>    | 2.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.13 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Lunchable

|                      |  |                       |         |
|----------------------|--|-----------------------|---------|
| <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-14127 |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |         |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <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

#### Amount Per Serving

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



# Turkey Sandwich

|                      |  |                       |         |
|----------------------|--|-----------------------|---------|
| <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-14128 |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |         |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <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

#### Amount Per Serving

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

# Turkey Wrap

|                      |  |                       |         |
|----------------------|--|-----------------------|---------|
| <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-14129 |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |         |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.05 |
| <b>Grain</b>    | 2.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.13 |
| <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>           | 363.74    |                  |        |
| <b>Fat</b>                | 11.58g    |                  |        |
| <b>SaturatedFat</b>       | 6.25g     |                  |        |
| <b>Trans Fat</b>          | 0.00g     |                  |        |
| <b>Cholesterol</b>        | 66.28mg   |                  |        |
| <b>Sodium</b>             | 1060.26mg |                  |        |
| <b>Carbohydrates</b>      | 33.02g    |                  |        |
| <b>Fiber</b>              | 1.25g     |                  |        |
| <b>Sugar</b>              | 2.25g     |                  |        |
| <b>Protein</b>            | 30.45g    |                  |        |
| <b>Vitamin A</b>          | 156.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 150.98mg  | <b>Iron</b>      | 2.00mg |

# Yogurt Parfait

|                      |  |                       |         |
|----------------------|--|-----------------------|---------|
| <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-14130 |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |         |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 1.75 |
| <b>Fruit</b>    | 0.50 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Salad Bar with Ham

|                      |  |                       |         |
|----------------------|--|-----------------------|---------|
| <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-19683 |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |         |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 1.00 |
| <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: 1.00

Serving Size: 1.00 Each

|                            |                         |
|----------------------------|-------------------------|
| <b>Amount Per Serving</b>  |                         |
| <b>Calories</b>            | 407.05                  |
| <b>Fat</b>                 | 29.23g                  |
| <b>SaturatedFat</b>        | 8.23g                   |
| <b>Trans Fat</b>           | 0.00g                   |
| <b>Cholesterol</b>         | 57.13mg                 |
| <b>Sodium</b>              | 926.05mg                |
| <b>Carbohydrates</b>       | 21.23g                  |
| <b>Fiber</b>               | 3.92g                   |
| <b>Sugar</b>               | 5.62g                   |
| <b>Protein</b>             | 17.38g                  |
| <b>Vitamin A</b> 4945.87IU | <b>Vitamin C</b> 1.80mg |

**Calcium** 50.71mg **Iron** 1.08mg

# Salad Bar with Turkey

|                      |                                      |                       |         |
|----------------------|--------------------------------------|-----------------------|---------|
| <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-20299 |
| <b>School:</b>       | Millersburg Elementary-Middle School |                       |         |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 1.00 |
| <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: 1.00

Serving Size: 1.00 Each

|                            |                         |
|----------------------------|-------------------------|
| <b>Amount Per Serving</b>  |                         |
| <b>Calories</b>            | 423.19                  |
| <b>Fat</b>                 | 30.20g                  |
| <b>SaturatedFat</b>        | 8.10g                   |
| <b>Trans Fat</b>           | 0.00g                   |
| <b>Cholesterol</b>         | 65.82mg                 |
| <b>Sodium</b>              | 936.87mg                |
| <b>Carbohydrates</b>       | 19.87g                  |
| <b>Fiber</b>               | 3.92g                   |
| <b>Sugar</b>               | 4.39g                   |
| <b>Protein</b>             | 21.14g                  |
| <b>Vitamin A</b> 4945.87IU | <b>Vitamin C</b> 1.80mg |

**Calcium** 50.71mg      **Iron** 1.08mg

# Teriyaki Chicken Taco- 6-8

|                      |  |                       |                  |
|----------------------|--|-----------------------|------------------|
| <b>Servings:</b>     | 467.00                                     | <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-20300          |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |                  |

## Ingredients

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

## Preparation Instructions

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

Marinate overnight.

Cook meat and drain.

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



## Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <b>Grain</b>    | 1.75 |
| <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: 467.00

Serving Size: 1.00 Each

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           |          | 294.42           |        |
| <b>Fat</b>                |          | 8.32g            |        |
| <b>SaturatedFat</b>       |          | 3.91g            |        |
| <b>Trans Fat</b>          |          | 0.00g            |        |
| <b>Cholesterol</b>        |          | 57.20mg          |        |
| <b>Sodium</b>             |          | 964.34mg         |        |
| <b>Carbohydrates</b>      |          | 34.29g           |        |
| <b>Fiber</b>              |          | 2.00g            |        |
| <b>Sugar</b>              |          | 11.08g           |        |
| <b>Protein</b>            |          | 18.45g           |        |
| <b>Vitamin A</b>          | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 100.00mg | <b>Iron</b>      | 1.44mg |

# Refried Beans

|                      |  |                       |                  |
|----------------------|--|-----------------------|------------------|
| <b>Servings:</b>     | 33.00                                      | <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-20301          |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |                  |

## Ingredients

| Description                              | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| BEAN REFRIED SEAS<br>DEHY 6-1.75 SANTG   | 2 Package   | <b>RECONSTITUTE</b><br>1: Pour 1<br>2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.<br>2: Quickly pour full pouch of beans into water and cover. 3:<br>Allow beans to sit for 25 minutes on steamtable. 4: Season if<br>desired, stir, serve. | 183910     |
| Cheese, Cheddar<br>Reduced fat, Shredded | 3/4 Cup     |   | 100012     |
| Tap Water for Recipes                    | 1 Gallon    |   | 000001WTR  |

## Preparation Instructions

Gather a 4" pan and put 4 Liters of water in the pan and place it in the steamer for 20 minutes. Then open 2 bags of dehydrated beans and pour them into the water and mix well. Let set for about 15 minutes and they should set to a firm bean mixture. Sprinkle with cheese on top and serve.

### 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: 33.00

Serving Size: 0.50 Cup

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 190.82                  |
| <b>Fat</b>              | 2.08g                   |
| <b>SaturatedFat</b>     | 0.87g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 1.82mg                  |
| <b>Sodium</b>           | 680.99mg                |
| <b>Carbohydrates</b>    | 31.70g                  |
| <b>Fiber</b>            | 10.20g                  |
| <b>Sugar</b>            | 0.00g                   |
| <b>Protein</b>          | 10.83g                  |
| <b>Vitamin A</b> 0.71IU | <b>Vitamin C</b> 1.01mg |

**Calcium** 57.05mg **Iron** 2.46mg

# Mexican Dip

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

## Ingredients

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

## Preparation Instructions

Place 2 blocks of Taco meat in a 6" pan and let thaw for 2 days. Place the pans of meat in the steamer for 30 minutes to warm up the meat. Take the pans out of the steamer and place following ingredients in each pan. 1 can of Cream of Mushroom soup and 1 can of Cream of Chicken soup, pour in about 1/2 of a can of salsa and cheddar cheese sauce. Mix well and place back in steamer for about 45 minutes or until it reaches temperature. Then place 1 to 1 1/2 bags of dehydrated beans in the mix, stir well and place in warmer until it is time to serve.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.50 |
| <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: 520.00  
Serving Size: 0.50 Cup

---

**Amount Per Serving**

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

# Hamburger-M

|                      |  |                       |                  |
|----------------------|--|-----------------------|------------------|
| <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-20338          |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |                  |

## Ingredients

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

## Preparation Instructions

Place 80 hamburger patties in a 4" pan, and let thaw over night in refrigerator. Place in steamer in the morning for 30 minutes or until the temp to proper temperature. When finished cooked drain the juice from the pan. Get out the hamburger buns and put a patty in between the bread and place it in a 4" pan , stacking them 2 high and 4 across.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.75 |
| <b>Grain</b>    | 1.50 |
| <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: 1.00

Serving Size: 1.00 Each

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

# Broccoli with Cheese

|                      |  |                       |                  |
|----------------------|--|-----------------------|------------------|
| <b>Servings:</b>     | 164.00                                     | <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-20352          |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |                  |

## Ingredients

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

## Preparation Instructions

Fill a 4" pan full of frozen broccoli and steam it for 20 minutes or until it reaches temp. Drain the water from the pan and put cheddar cheese over it to coat. Usually about 1/2 of a 10# can.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

# Grilled 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-20353          |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |                  |

## Ingredients

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

## Preparation Instructions

Get out 2 slices of bread and butter 1 side of the bread and place in on a baking sheet. Repeat that step 14 times, then place 2 slices of cheese on each piece the bread, then butter another piece of bread and place on top of the cheese. Grill to perfection!

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <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

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 276.67   |                  |        |
| <b>Fat</b>           | 6.83g    |                  |        |
| <b>SaturatedFat</b>  | 4.17g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 300.00mg |                  |        |
| <b>Carbohydrates</b> | 2.00g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 2.00g    |                  |        |
| <b>Protein</b>       | 6.00g    |                  |        |
| <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>     | 47.00                                      | <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-20528          |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |                  |

## Ingredients

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

## Preparation Instructions

Open 14 tomato soup cans and put in a 6" pan. Approximately 6 cans per 6" pan. Add 4 cartons of white milk to each pan, stir well and cook in steamer of 40 minutes or until it reaches temperature. Hold in warmer until ready to serve.

### 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: 47.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

# Tenderloin 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-20529          |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |                  |

## Ingredients

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

## Preparation Instructions

Place 25 tenderloins on a baking sheet and cook at 375 for 10-15 minutes and thawed state. Get out your buns and put the tenderloin on the bun and place in a 4" pan until full.

Put in warmer for holding.

### 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: 1.00

Serving Size: 1.00 Each

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 390.00   |
| <b>Fat</b>                | 17.50g   |
| <b>SaturatedFat</b>       | 4.50g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 35.00mg  |
| <b>Sodium</b>             | 530.00mg |
| <b>Carbohydrates</b>      | 39.00g   |
| <b>Fiber</b>              | 4.00g    |
| <b>Sugar</b>              | 4.00g    |
| <b>Protein</b>            | 19.00g   |
| <b>Vitamin A</b>          | 0.00IU   |
| <b>Vitamin C</b>          | 0.00mg   |

**Calcium** 42.00mg **Iron** 9.80mg

# Sub 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-20530          |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |                  |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.25 |
| <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

#### Amount Per Serving

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

# Ham Sub 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-20611          |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |                  |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# Chicken Bacon Salad

|                      |  |                       |         |
|----------------------|--|-----------------------|---------|
| <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-20664 |
| <b>School:</b>       | Millersburg<br>Elementary-Middle<br>School |                       |         |

## Ingredients

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

## Preparation Instructions

Get out a 6 x 8 salad container and put 2 cups of lettuce on the green side. Then put the chicken, bacon and cheese on top of the lettuce. Arrange the Kens dressing (In the packet), croutons and garlic bread stick in the container and close the lid.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.25 |
| <b>Grain</b>    | 2.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 1.00 |
| <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

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 463.16   |
| <b>Fat</b>           | 18.16g   |
| <b>SaturatedFat</b>  | 4.53g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 69.04mg  |
| <b>Sodium</b>        | 829.30mg |
| <b>Carbohydrates</b> | 43.01g   |
| <b>Fiber</b>         | 4.35g    |
| <b>Sugar</b>         | 3.00g    |
| <b>Protein</b>       | 34.11g   |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 92.00mg | <b>Iron</b>      | 3.15mg |