

Cookbook for Mishawaka High School

Created by HPS Menu Planner

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Intermediate Chicken Alfredo Pasta

Walking Taco

Turkey Ham Wrap

Turkey & Ham Wrap

Variety of Juice

Choice of Pop-Tart

Yogurt Parfait

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

Ingredients

Description	Measurement	DistPart #
Variety of Fruit	1/2 Cup	
YOGURT PLN L/F SWTND 4-5 P/L	1/2 Cup	266396
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	2 Ounce	812821
TOPPING WHIP I/BG 12-16Z ONTOP	4 Tablespoon	330442

Preparation Instructions

Note: Fresh, Frozen or Canned Fruit can be used

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	415.00		
Fat	7.75g		
SaturatedFat	4.75g		
Trans Fat	0.00g		
Cholesterol	165.00mg		
Sodium	245.00mg		
Carbohydrates	81.50g		
Fiber	8.00g		
Sugar	45.00g		
Protein	14.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	1.50mg

Cole Slaw

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Bacon Cheeseburger

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

Ingredients

Description	Measurement	DistPart #
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
4 inch whole grain hamburger buns - 30 ct	1 bun	3480

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

BBQ Chicken Wrap

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

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	3 Ounce	860390
SAUCE BBQ 4-1GAL SWTBRAY	3 Tablespoon	655937
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	690130

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Seasoned Green Beans

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Seasoned Corn

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Seasoned Carrots

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

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, Low-Sodium, Canned	3 #10 CAN	IN100309
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup	209810
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon	225061
SALT SEA 36Z TRDE	1 1/2 Teaspoon	748590

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

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

Candied Carrots

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

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, Low-Sodium, Canned	3 #10 CAN	IN100309
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/2 Cup	191205
SUGAR BROWN LT 12-2 P/L	2 Cup	860311

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Seasoned Peas

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Seasoned Corn

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Seasoned Mixed Vegetables

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Seasoned Broccoli

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Broccoli with Cheese Sauce

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Seasoned Brussel Sprouts

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

BBQ Pork & Bun

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Cheddar Melt

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

Ingredients

Description	Measurement	DistPart #
Aunt Millie's WG Sub Bun - Himes	1 Each	5157
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	3 Ounce	720861
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	1/4 Cup	135271

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.10		
Fat	18.31g		
SaturatedFat	8.57g		
Trans Fat	0.55g		
Cholesterol	61.96mg		
Sodium	1107.52mg		
Carbohydrates	34.15g		
Fiber	4.00g		
Sugar	6.10g		
Protein	24.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	219.49mg	Iron	1.51mg

Chicken Bowl

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	1.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Chicken Croissant

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

Ingredients

Description	Measurement	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	50 Each	172172
Chicken, diced, cooked, frozen	102 Ounce	100101
CELERY STIX 4-3 RSS	21 Ounce	781592
ONION VIDALIA SWT 10 P/L	12 Ounce	558133
RELISH SWT PICKLE 4-1GAL GCHC	15 Ounce	517186
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon	225061
SPICE MUSTARD DRY 1 COLMANS	4 1/2 Teaspoon	400018
MAYONNAISE HVY DUTY 4-1GAL KE	3 1/4 Cup	693911

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	408.21
Fat	22.49g
SaturatedFat	5.58g
Trans Fat	0.15g
Cholesterol	58.24mg
Sodium	525.91mg
Carbohydrates	33.61g
Fiber	2.40g
Sugar	6.89g

Protein	18.46g		
Vitamin A	0.07IU	Vitamin C	0.47mg
Calcium	33.49mg	Iron	1.85mg

Chicken Pattie & Bun

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00		
Fat	17.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	16.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	2.00mg

Chicken Pot Pie

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

Ingredients

Description	Measurement	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	467802
VEG MIXED 30 KE	28 Ounce	283771
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/2 Pound	191205
CELERY STIX 4-3 RSS	20 Ounce	781592
ONION VIDALIA SWT 10 P/L	20 Ounce	558133
FLOUR HI-GLUTEN 2-25 BOUNCER	10 Ounce	520381
BASE CHIX LO SOD NO MSG 6-1 MINR	5 1/4 Teaspoon	580589
Tap Water for Recipes	7 Cup	000001WTR
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon	225061
SEASONING POULTRY 10Z TRDE	1 1/2 Teaspoon	273996
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	50 Each	237390

Preparation Instructions

1. Filling: Place 4 lb 11 oz chicken in a steam table pan (12" x 20" x 2'2"). For 50 servings, use 2 pans.
2. Add mixed vegetables to each steam table pan. Spread evenly.
4. Melt butter in a large stock pot over medium heat. Add celery and onion. Cook over medium heat for 5-10 minutes.
5. Blend in flour. Cook over medium heat, stirring constantly until light brown, 5 minutes.
6. Combine water and base to make stock.
7. Slowly stir in stock, pepper, and poultry seasoning. Blend well and cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes.
8. Pour approximately 2 qt 1 cup gravy mixture over chicken and vegetables in each steam table pan. Gravy mixture will thicken in step 9. Stir gently.
9. Place drop biscuits on top of chicken mixture. Leave about 12"1" space between each biscuit. Portion 25 biscuits per steam table pan.

10. Bake: Conventional oven: 450 °F for 30 minutes. Convection oven: 400 °F for 20 minutes.
11. CCP: Heat to 165 °F or higher for at least 15 seconds.
12. Critical Control Point: Hold for hot service at 135 °F or higher.
13. Portion 1 biscuit with 2/3 cup (No. 6 scoop) of chicken mixture.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Chicken & Waffle

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Sub Sandwich

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Sloppy Joe

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Sausage Gravy/Biscuit

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

Ingredients

Description	Measurement	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup	464694
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00		
Fat	16.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	620.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Philly Beef Sandwich

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

Ingredients

Description	Measurement	DistPart #
4 inch whole grain hamburger buns - 30 ct	1 bun	3480
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	3 Ounce	720861
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.10		
Fat	16.81g		
SaturatedFat	7.07g		
Trans Fat	0.55g		
Cholesterol	56.96mg		
Sodium	777.52mg		
Carbohydrates	4.15g		
Fiber	2.00g		
Sugar	7.10g		
Protein	26.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	215.49mg	Iron	1.51mg

Peanut Butter & Jelly

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Pasta & Meat Sauce

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

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 3/5 Ounce	573201
PASTA PENNE RIG FZ 40-8Z MARZ	2 Ounce	677880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	257.00		
Fat	7.50g		
SaturatedFat	2.80g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	297.50mg		
Carbohydrates	27.50g		
Fiber	2.75g		
Sugar	7.75g		
Protein	18.00g		
Vitamin A	647.00IU	Vitamin C	19.00mg
Calcium	44.00mg	Iron	2.83mg

Hamburger & Bun

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

Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
4 inch whole grain hamburger buns - 30 ct	1 bun	3480

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	460.00mg		
Carbohydrates	1.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Nachos Grande

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	5.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Meatball Sandwich

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

Ingredients

Description	Measurement	DistPart #
Aunt Millies 1.5 Hot Dog Bun - Himes	1 Each	2918
MEATBALL CKD 6-5 JTM	3 Each	135071
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup	645170
SAUCE MARINARA 6-10 REDPK	1/4 Cup	502181

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Hot Dog & Bun

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	17.50g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	640.00mg		
Carbohydrates	1.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.89mg	Iron	0.77mg

Lasagna Rollup

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

Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each	234041
SAUCE MARINARA A/P 6-10 REDPK	4 Ounce	592714

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Chicken Twisters

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

Ingredients

Description	Measurement	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	3 Piece	283951
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	690130
DRESSING RNCH BTRMLK 4-1GAL GCHC	3 Tablespoon	426598

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	675.00		
Fat	46.00g		
SaturatedFat	7.75g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	1150.00mg		
Carbohydrates	41.50g		
Fiber	5.00g		
Sugar	4.50g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.00mg	Iron	3.44mg

Grilled Turkey Ham & Cheese

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Grilled Ham & Cheese

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Fish Pattie & Bun

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

Ingredients

Description	Measurement	DistPart #
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480
FISH BRD 3Z O/R WGRAIN 10 HILNR	1 Each	576255

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00		
Fat	9.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	770.00mg		
Carbohydrates	45.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.30mg

Chili Cheese Dog & Bun

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

BBQ Ribbett & Bun

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

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
Aunt Millies 1.5 Hot Dog Bun - Himes	1 Each	2918

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Cheese Lasagna Roll Up

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

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	9 Cup	573201
LASAGNA ROLL-UP WGRAIN 110-4.3Z	35 Each	234041
CHEESE MOZZ SHRD 4-5 LOL	1 1/8 Cup	645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 Each

Amount Per Serving

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

Popcorn Chicken Mashed Potato Bowl

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

Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	21 Pound	394053
POTATO PRLS EXCEL 12-28Z BAMER	50 Cup	613738
VEG MIXED 5-WAY 30 GCHC	50 Cup	285690
Mishawaka Beef Gravy	100 Fluid Ounce	R-22211

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	650.67		
Fat	16.01g		
SaturatedFat	1.71g		
Trans Fat	0.00g		
Cholesterol	45.71mg		
Sodium	2346.51mg		
Carbohydrates	100.82g		
Fiber	9.12g		
Sugar	2.99g		
Protein	31.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.32mg	Iron	3.33mg

Beef Gravy

Servings:	412.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22211

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	51 1/2 Cup	000001WTR
FLOUR HI-GLUTEN 2-25 BOUNCER	4 Cup	520381
ONION DEHY CHPD 15 P/L	1/2 Cup	263036
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon	225061
BASE BEEF NO MSG LO SOD 6-1 MINR	13 Tablespoon	580562

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 412.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	0.37		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.37mg		
Carbohydrates	0.89g		
Fiber	0.04g		
Sugar	0.00g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.37mg	Iron	0.05mg

Vegetarian Egg and Cheese Chef Salad

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

Ingredients

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

Preparation Instructions

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

Note: Adhere to proper label & day dot.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Large Chicken Chef Salad

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

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce	570533
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
Variety of Fresh Vegetables	1/2 Cup	

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	188.48
Fat	10.67g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	48.33mg
Sodium	236.67mg
Carbohydrates	8.83g
Fiber	3.00g
Sugar	4.50g
Protein	16.00g

Vitamin A	1049.70IU	Vitamin C	12.33mg
Calcium	242.33mg	Iron	0.58mg

Large Ham Chef Salad

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Large Turkey Chef Salad

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Taco Salad

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

Ingredients

Description	Measurement	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	696871
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup	451730
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
SOUR CREAM PKT 400-1Z GCHC	1 Each	746283
Salsa, Low-Sodium, Canned	1/4 Cup	100330
SOUR CREAM PKT 100-1Z GCHC	1 Each	745903

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.75
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	392.48
Fat	20.27g
SaturatedFat	11.26g
Trans Fat	0.18g
Cholesterol	77.68mg
Sodium	497.96mg
Carbohydrates	31.67g

Fiber	7.76g
Sugar	6.76g
Protein	17.22g
Vitamin A 562.94IU	Vitamin C 3.15mg
Calcium 243.35mg	Iron 1.56mg

Chicken Penne Alfredo

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

Ingredients

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

Preparation Instructions

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

*Optional-Garnish with a few chopped red pepper.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.75 Cup

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

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

Chicken Philly Sandwich

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

Ingredients

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

Preparation Instructions

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

Overcooking will cause the meat to dry out.

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

3. Wrap Bun in foil sheet

4. Place in warmer 135° or higher

5. Hold for service.

6. Cook peppers & onions according to instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Calcium 207.27mg **Iron** 0.05mg

Orange Chicken

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

Ingredients

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

Preparation Instructions

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

Note: Use 12 oz Bowl. 10 popcorn chicken = 2 M/MA & 1 Grain

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 1.00 Serving

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

Cheese Ravioli

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	234.36		
Fat	6.22g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	34.49mg		
Sodium	422.63mg		
Carbohydrates	25.37g		
Fiber	2.28g		
Sugar	3.09g		
Protein	17.95g		
Vitamin A	289.54IU	Vitamin C	8.63mg
Calcium	231.71mg	Iron	1.36mg

Italian Wrap

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

Ingredients

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

Preparation Instructions

1. Place shell on 15 X 10 3/4 deli paper
2. Layer first the salami around the outer edge of half of the wrap.
3. Continue layering next with the ham, then pepperoni, lettuce, tomato and cheese.
4. Fold down starting at filled edge. Roll, starting at filled edge, then wrap in the deli paper.
5. Wrap in a deli paper. Place wrap diagonally on deli paper fold bottom toward wrap. Fold in sides, roll
6. Cut diagonally in the center
7. CCP: Cool to 41 ° F or cooler to hold until service.

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

Meal Components (SLE)

Amount Per Serving

Meat	3.25
Grain	1.75
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	616.44
Fat	40.70g
SaturatedFat	14.00g
Trans Fat	0.00g
Cholesterol	94.89mg
Sodium	1775.34mg
Carbohydrates	38.59g
Fiber	3.88g
Sugar	10.46g
Protein	30.44g
Vitamin A 674.76IU	Vitamin C 14.36mg
Calcium 325.20mg	Iron 1.95mg

Pork Pattie on Bun

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Seasoned California Blend

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

California Blend with Cheese Sauce

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Italian Sub

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

Ingredients

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

Preparation Instructions

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

Note: Do Not Place the tomato on the cheese.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	2.25
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	571.48
Fat	35.71g
SaturatedFat	11.02g
Trans Fat	0.00g
Cholesterol	70.63mg
Sodium	1483.05mg
Carbohydrates	35.28g
Fiber	4.69g

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

Ham & Turkey Sub

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

Ingredients

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

Preparation Instructions

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

Note: Do Not Place the Tomato on the cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	284.68
Fat	8.89g
SaturatedFat	3.37g
Trans Fat	0.00g
Cholesterol	71.14mg
Sodium	1191.00mg
Carbohydrates	22.46g
Fiber	2.94g
Sugar	5.48g
Protein	32.00g
Vitamin A 299.88IU	Vitamin C 4.93mg

Calcium 155.60mg **Iron** 0.10mg

Ham & Turkey on Whole Wheat Bread

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	359.68
Fat	8.64g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	67.39mg
Sodium	1266.00mg
Carbohydrates	41.46g
Fiber	4.69g
Sugar	8.98g
Protein	33.00g
Vitamin A 299.88IU	Vitamin C 4.93mg
Calcium 107.60mg	Iron 12.10mg

Rosy Applesauce

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

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

Potato Ole'

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

Ingredients

Description	Measurement	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	22 1/2 Pound	174251
SAUCE CHS QUESO JALAP POU6 6-106Z LOL	15 Pound	135271
CHILI BEEF W/BEAN 6-5 COMM	22 Pound	344012

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	301.48
Fat	13.68g
SaturatedFat	5.88g
Trans Fat	0.00g
Cholesterol	35.60mg
Sodium	681.56mg
Carbohydrates	31.38g
Fiber	4.10g
Sugar	2.52g
Protein	13.62g
Vitamin A 629.94IU	Vitamin C 13.31mg
Calcium 234.66mg	Iron 1.88mg

Super Nachos

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

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	5 Pound	674312
SAUCE CHS QUESO JALAP POU6 6-106Z LOL	10 Pound	135271
SAUCE HOT LOUISIANA 4-1GAL HOTTERTHAN	4 Cup	470724
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	80 Package	696871

Preparation Instructions

1. CCP: Heat cooked ground beef to 165° F.
 2. Place sealed bags in a steamer or in boiling water. Heat approximately 35 minutes or until product reaches 150° F - 165° F or higher for 15 seconds.
 3. Add heated ground beef to cheese mixture and stir.
 4. Stir in Hot sauce 1 cup at a time, to taste.
 5. Pre-portion 3 oz by weight into a bowl, place in warmer to hold for service at 135° F or higher. Initiate Time vs. Temp
- High School -serve 2 bags to equal 2.5 Grain equivalents
Intermediate Schools - Serve 1 bag to equal 1.25 Grain equivalents

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 3.00 Ounce

Amount Per Serving

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

Calcium 239.00mg **Iron** 0.84mg

Super Nachos

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

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	5 Pound	674312
SAUCE CHS CHED POUCH 6-106Z LOL	10 Pound	135261
SAUCE HOT LOUISIANA 4-1GAL HOTTERTHAN	4 Cup	470724
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	160 Package	696871

Preparation Instructions

1. CCP: Heat cooked ground beef to 165° F.
 2. Place sealed bags in a steamer or in boiling water. Heat approximately 35 minutes or until product reaches 150° F - 165° F or higher for 15 seconds.
 3. Add heated ground beef to cheese mixture and stir.
 4. Stir in Hot sauce 1 cup at a time, to taste.
 5. Pre-portion 3 oz by weight into a bowl, place in warmer to hold for service at 135° F or higher. Initiate Time vs. Temp
- High School -serve 2 bags to equal 2.5 Grain equivalents
Intermediate Schools - Serve 1 bag to equal 1.25 Grain equivalents

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 3.00 Ounce

Amount Per Serving

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

Calcium 269.00mg **Iron** 1.14mg

Nacho Ole'

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

Ingredients

Description	Measurement	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	120 Package	696871
SAUCE CHS QUESO JALAP POU6 6-106Z LOL	15 Pound	135271
CHILI BEEF W/BEAN 6-5 COMM	22 Pound	344012

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Cinnamon Applesauce

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

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

Cinnamon Apple Slices

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Calcium 0.00mg **Iron** 0.00mg

Romaine-Spinach Salad

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Cup

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

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

Crisp Topping

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

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

Calcium 2.16mg **Iron** 1.14mg

Fruit Cobbler

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

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 5/8 Cup	191205
FLOUR H&R A/P 2-25 GCHC	3 3/4 Cup	227528
Prairie Farms 1% Low Fat White Milk	2 1/2 Cup	
SUGAR BEET GRANUL 25 GCHC	5 1/2 Cup	108588
BAKING POWDER 6-5 CLABBER GIRL	5 Teaspoon	361032
SALT SEA 36Z TRDE	1/8 Teaspoon	748590
FRUIT MIXED DCD XL/S 6-10 GCHC	2 #10 CAN	118265
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	224723
Cold Water	1 Quart	0000

Preparation Instructions

Bottom of Cobbler:

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

Filling:

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

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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.50
Fruit	0.38
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

Broccoli, Cheese, and Rice Casserole

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 0.33 Cup

Amount Per Serving

Calories	131.43
Fat	6.02g
SaturatedFat	3.71g
Trans Fat	0.00g
Cholesterol	19.23mg
Sodium	215.70mg
Carbohydrates	13.18g
Fiber	1.59g
Sugar	3.12g
Protein	7.26g

Vitamin A	156.05IU	Vitamin C	0.22mg
Calcium	182.51mg	Iron	0.48mg

Not Fried Rice

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

Ingredients

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

Preparation Instructions

1. Place rice and chicken stock (combine base and water to make stock) in 4" steam table pan, cover. Cook in combi (on combi setting) or oven for approximately 25 minutes at 325° F.
2. Add onions, (onions come frozen, divide into recipe portion. size and freeze) celery, carrots, red and green peppers, garlic powder, ginger, soy sauce, mix and recover, cook in the combi or oven or another 20 minutes for until rice is done.

3. Thaw peas and ham, mix into cooked rice mixture.
4. CCP: Heat to 165° F or higher for 15 seconds .
5. Melt margarine or butter in a sauce pan, add whipped eggs and scramble, or use warmed to 135° F govt. diced eggs. Set aside.
6. CCP: Heat to 135° F for 15 seconds.
7. Toast sesame seeds until golden brown
8. Sprinkle diced eggs, green onion and sesame seeds on top of rice as a garnish.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Fajita

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

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	50 Each	690130
CHEESE CHED MLD SHRD 4-5 LOL	50 Ounce	150250
CHIX STRP FAJT DK MT FC 6-5 TYS	5 1/2 Pound	860390
PEPPERS & ONION FLME RSTD 6-2.5	2 1/2 Pound	847208
TOMATO RANDOM 2 25 MRKN	3 Each	508616

Preparation Instructions

INTERMEDIATE & HIGH:

1. CCP: Heat fajita meat in microwave or oven to 165° F for 15 seconds ..
2. Put vegetables in microwave or oven cook to 135° F - 140° F. Add tomato wedges to veggies .
3. Place 1 3/4oz. (4 strips) of meat along center of the flour shell op with 1 oz. cheese.
4. Add veggies (as garnish)
5. Fold bottom up, Fold one side in, then roll.
6. Wrap in 10 x 14 foil wrap paper.

Note: Do not use tomatoes when price sky rockets.

PRIMARY:

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.75

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Each

Amount Per Serving

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

Hot Ham & Cheese Sub

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Bratwurst & Bun

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

Ingredients

Description	Measurement	DistPart #
Aunt Millies 1.5 Hot Dog Bun - Himes	1 Each	2918
BRATWURST CKD SKNLS 5/ 2-5 GFS	1 Each	113130

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00		
Fat	25.50g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	920.00mg		
Carbohydrates	1.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.22IU	Vitamin C	0.15mg
Calcium	6.58mg	Iron	0.96mg

Doritos Walking Taco

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

Ingredients

Description	Measurement	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	25 Pound	344012
CHEESE CHED MLD SHRD 4-5 LOL	6 1/4 Pound	150250
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	100 Package	815803

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	406.12
Fat	19.58g
SaturatedFat	8.27g
Trans Fat	0.00g
Cholesterol	51.77mg
Sodium	630.97mg
Carbohydrates	39.31g
Fiber	4.74g
Sugar	4.43g
Protein	19.04g
Vitamin A 1164.01IU	Vitamin C 13.04mg

Calcium 287.31mg **Iron** 2.46mg

Small Chef Salad

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

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	6 Cup	451730
SPINACH BABY CLND 2-2 RSS	2 Cup	560545
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	202150
TURKEY BRST DCD 2-5	2 Ounce	451300
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 1/7 Ounce	570533
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup	150250
EGG HARD CKD PLD 8-18CT SNYFR	1/2 Each	219160
Variety of Fresh Vegetables	1 Cup	

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00

GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00
Serving Size: 1.00 Each

Amount Per Serving

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

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

Turkey Wraps

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	285.65
Fat	9.83g
SaturatedFat	3.60g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	700.13mg
Carbohydrates	27.40g
Fiber	3.19g
Sugar	3.25g
Protein	22.24g

Vitamin A	299.88IU	Vitamin C	4.93mg
Calcium	208.60mg	Iron	1.84mg

Turkey Sandwich on Mini Sub Bun

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Turkey Sandwich on Tortilla Shell

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

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Ounce	244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice	722360
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	690130

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	293.33		
Fat	11.00g		
SaturatedFat	4.67g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	846.67mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	22.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	292.00mg	Iron	1.68mg

Turkey Sandwich on Hamburger Bun

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Turkey Ham Sandwich on Hamburger Bun

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Turkey Ham Sandwich on Mini Sub Bun

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Turkey Ham Sandwich on Tortilla Shell

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	288.63		
Fat	10.94g		
SaturatedFat	4.98g		
Trans Fat	0.00g		
Cholesterol	54.22mg		
Sodium	952.94mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	20.80g		
Vitamin A	0.00IU	Vitamin C	1.18mg
Calcium	292.00mg	Iron	2.15mg

Taco Salad w/ Baked Shell

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

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup	451730
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
SOUR CREAM PKT 400-1Z GCHC	1 Each	746283
Salsa, Low-Sodium, Canned	1/4 Cup	100330
SOUR CREAM PKT 100-1Z GCHC	1 Each	745903

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	462.48
Fat	22.77g
SaturatedFat	13.26g
Trans Fat	0.18g
Cholesterol	77.68mg
Sodium	582.96mg
Carbohydrates	41.67g

Fiber	9.76g		
Sugar	8.76g		
Protein	20.22g		
Vitamin A	562.94IU	Vitamin C	3.15mg
Calcium	333.35mg	Iron	2.88mg

Intermediate Chicken Alfredo Pasta

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

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	2 Pound	860390
PASTA ROTINI 2-10 KE	6 Pound	635511
Tap Water for Recipes	2 Cup	000001WTR
BROCCOLI CUTS IQF 30 GCHC	3 Cup	285590

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	3.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	447.73
Fat	4.91g
SaturatedFat	0.85g
Trans Fat	0.00g
Cholesterol	34.13mg
Sodium	173.07mg
Carbohydrates	82.29g
Fiber	4.32g

Sugar		4.00g	
Protein		21.17g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.77mg	Iron	4.43mg

Walking Taco

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

Ingredients

Description	Measurement	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	25 Pound	344012
CHEESE CHED MLD SHRD 4-5 LOL	6 1/4 Pound	150250
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	100 Each	818222

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	406.12
Fat	19.58g
SaturatedFat	8.27g
Trans Fat	0.00g
Cholesterol	51.77mg
Sodium	510.97mg
Carbohydrates	39.31g
Fiber	5.74g
Sugar	3.43g
Protein	19.04g
Vitamin A 1164.01IU	Vitamin C 13.04mg

Calcium 237.31mg **Iron** 2.06mg

Turkey Ham Wrap

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	279.76
Fat	9.76g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	56.52mg
Sodium	832.98mg
Carbohydrates	27.40g
Fiber	3.19g
Sugar	3.25g
Protein	20.32g

Vitamin A	299.88IU	Vitamin C	6.40mg
Calcium	208.60mg	Iron	2.42mg

Turkey & Ham Wrap

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	282.71
Fat	9.79g
SaturatedFat	3.80g
Trans Fat	0.00g
Cholesterol	50.76mg
Sodium	766.55mg
Carbohydrates	27.40g
Fiber	3.19g
Sugar	3.25g

Protein	21.28g		
Vitamin A	299.88IU	Vitamin C	5.67mg
Calcium	208.60mg	Iron	2.13mg

Variety of Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22943
School:	Emmons		

Ingredients

Description	Measurement	DistPart #
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	15.33g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	34.00mg
Calcium	0.00mg	Iron	0.00mg

Choice of Pop-Tart

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22947
School:	LaSalle		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	185.00		
Fat	2.75g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	115.00mg	Iron	1.80mg