

# **Cookbook for HOBART MIDDLE SCHOOL**

**Created by HPS Menu Planner**

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# Chili Cheese Dog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3204

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lower Sodium Beef Franks	1 Each		29265
CHILI BEEF W/BEAN 6-5 COMM	2 Fluid Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
White Wheat Hot Dog Bun 5.75"	1 Each	READY_TO_EAT	53071

## Preparation Instructions

Prepare hot dog as directed.

Prepare chili as directed.

Once hot dog has reached an internal temperature of 165 degrees F, place it in hot dog bun. Then top with 2 ounce ladle of chili. Place 1 ounce ladle of cheese over chili.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	439.34
<b>Fat</b>	25.90g
<b>SaturatedFat</b>	10.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	61.23mg
<b>Sodium</b>	787.70mg
<b>Carbohydrates</b>	33.67g
<b>Fiber</b>	3.87g
<b>Sugar</b>	5.72g
<b>Protein</b>	20.10g
<b>Vitamin A</b>	585.50IU
<b>Vitamin C</b>	6.52mg

**Calcium** 120.98mg **Iron** 1.03mg

# Egg & Cheese on a Whole Grain Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Breakfast Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3707
<b>School:</b>	EARLY LEARNING CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	50 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice		150260
DOUGH BISC WGRAIN 216-2.51Z PILLS	50 Each	<b>BAKE</b> Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200

## Preparation Instructions

Prepare egg patty as stated on package.

Prepare whole grain biscuit as stated on package.

Once egg patty and biscuit are prepared, split the biscuits in half. Place 1 egg patty on the bottom half of biscuit. Then place 1 slice of American cheese on top of the egg patty. Last, place the other half of the biscuit on top of the cheese.

Cover and place in warmer until ready to serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00 Breakfast Sandwich

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**Amount Per Serving**

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<b>Calories</b>	310.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	107.50mg		
<b>Sodium</b>	665.00mg		
<b>Carbohydrates</b>	29.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	10.50g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	173.00mg	<b>Iron</b>	1.08mg

# Yogurt & Whole Grain Muffin (Sec)

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3710
<b>School:</b>	HOBART HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW 72-2Z	8 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	8 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	8 Each		557970
YOGURT VAR PK N/F 24-5.3Z LTN FIT	24 Each		719211

## Preparation Instructions

In a 4 ounce food tray, place 1 muffin and 1 yogurt.

Place in cooler until ready to serve.

CCP: Hold at 41 degrees F or below

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	22.33g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	66.67IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	173.67mg	<b>Iron</b>	0.93mg



# Chef Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6827
<b>School:</b>	HOBART HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	50 Cup		451730
Ham, Cubed Frozen	61 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	75 Ounce		150250
TOMATO GRAPE SWT 10 MRKN	150 Each		129631
CUCUMBER SLCD 1/4 2-3 RSS	100 Each		329517

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 salad

#### Amount Per Serving

<b>Calories</b>	219.05		
<b>Fat</b>	14.59g		
<b>SaturatedFat</b>	10.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	63.00mg		
<b>Sodium</b>	518.81mg		
<b>Carbohydrates</b>	7.06g		
<b>Fiber</b>	1.45g		
<b>Sugar</b>	3.06g		
<b>Protein</b>	16.84g		
<b>Vitamin A</b>	737.96IU	<b>Vitamin C</b>	4.81mg
<b>Calcium</b>	318.92mg	<b>Iron</b>	0.11mg

# Fajita Chicken

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7901

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	80 Ounce	Pull from freezer and place bag on clean sheet tray. Place tray in walk-in cooler to thaw overnight.	100101
SPICE CHILI POWDER MILD 16Z TRDE	1 Teaspoon		331473
SPICE PAPRIKA SPANISH 16Z TRDE	1 Tablespoon		225002
SALT IODIZED 25 CARG	1/2 Teaspoon		108286
SPICE ONION POWDER 19Z TRDE	1 1/2 Tablespoon		126993
SPICE GARLIC GRANULATED 24Z TRDE	1 1/2 Tablespoon		513881
SPICE CUMIN GRND 15Z TRDE	1 1/2 Tablespoon		273945
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1/2 Teaspoon		225088
JUICE LIME PAST 6-30.5Z SUN ORCHARD	1 Fluid Ounce		567581
SEASONING TACO SLT FR 19.5Z TRDE	1/2 Cup		605062

## Preparation Instructions

In small mixing bowl, combine:

Chili Powder

Paprika

Salt

Onion Powder

Garlic, Granulated

Cumin

Cayenne Pepper

Whisk to combine.

In a measuring cup, put 1 fluid ounce of lime juice.

Add the combined spices.

Now add water to the measuring cup until your mixture shows a total of 4 cups.

Whisk to combine.

In a 4" steamtable pan, add your thawed diced chicken.

And add the taco seasoning and the marinade mixture to the chicken.

Mix until chicken is evenly coated with seasonings.

Bake at 350 degrees F

Set timer for 15 minutes.

Take pan out of the oven and stir the chicken.

Place the pan back into the oven and bake for another 10-15 minutes.

CCP: Heat to 165 degrees F or higher for 15 seconds.

CCP: Hold at 135 degrees F or higher.

Use a 2oz spoodle to serve

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	79.37		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.00mg		
<b>Sodium</b>	94.69mg		
<b>Carbohydrates</b>	2.17g		
<b>Fiber</b>	0.35g		
<b>Sugar</b>	0.06g		
<b>Protein</b>	12.05g		
<b>Vitamin A</b>	105.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.41mg	<b>Iron</b>	0.48mg

# Assorted Fresh Fruit

<b>Servings:</b>	8.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7953

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
STRAWBERRY 8 MRKN	1/2 Cup		212768
KIWI 33-39CT P/L	2 Each		287008
PEAR 95-110CT MRKN	1 Each		198056
MELON MUSK CANTALOUPE 12CT P/L	1/2 Cup		200565

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	1.33
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	140.49		
<b>Fat</b>	0.27g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.48mg		
<b>Carbohydrates</b>	37.07g		
<b>Fiber</b>	6.94g		
<b>Sugar</b>	21.77g		
<b>Protein</b>	1.65g		
<b>Vitamin A</b>	82.54IU	<b>Vitamin C</b>	63.47mg

**Calcium** 36.51mg **Iron** 0.53mg

# Variety of Chilled Fruit

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7956
<b>School:</b>	JOAN MARTIN ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE 6-10 GFS	1/16 Cup		610372
PEAR DCD IN JCE 6-10 GCHC	1/16 Cup		610364
APPLESAUCE UNSWT 6-10 GCHC	1/16 Cup		271497
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/16 Cup		612464
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/16 Cup		258362
ORANGES MAND WHL L/S 6-10 GFS	1/16 Cup		117897
Peaches, diced, cups, Frozen	1/16 Cup		100241
STRAWBERRIES, DICED, CUPS, FROZEN	1/16 Each	THAW	100256

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	54.85
<b>Fat</b>	0.01g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.52mg
<b>Carbohydrates</b>	12.89g
<b>Fiber</b>	0.79g
<b>Sugar</b>	9.52g
<b>Protein</b>	0.36g

<b>Vitamin A</b>	118.39IU	<b>Vitamin C</b>	3.83mg
<b>Calcium</b>	4.85mg	<b>Iron</b>	0.13mg

# Smoke House Burger

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Burger	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8164
<b>School:</b>	HOBART HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
SAUCE BBQ 4-1GAL SWTBRAY	50 Tablespoon		655937
ONION FREN FRIED 6-24Z GFS	50 Tablespoon		403592
Bun White Wheat 4"	50 Each	READY_TO_EAT	51022

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Burger

#### Amount Per Serving

<b>Calories</b>	411.67		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	541.67mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	11.50g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg



# Whole Grain Biscuits & Gravy

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8439

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN 216-2.51Z PILLS	50 Each	<b>BAKE</b> Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200
GRAVY SAUS CNTRY 6- 10 CHEFM	12 1/2 Cup		464694

## Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Hold each until service.

Place 1 biscuit on the tray and ladle 1/4 cup of gravy over biscuit.

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

CCP: Hold for hot service at 135 degrees F or higher

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	290.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	7.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	1.08mg

# Strawberry Fruit Smoothie

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Smoothie	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8501

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	25 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1 6-6.5 GFS	25 Cup		293393
Fat Free Milk	25 Cup		22

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Smoothie

#### Amount Per Serving

<b>Calories</b>	208.94		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	119.70mg		
<b>Carbohydrates</b>	42.63g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	33.42g		
<b>Protein</b>	7.73g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	140.83mg	<b>Iron</b>	0.38mg

# Breakfast Scramble

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8520

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	145 1/2 Ounce		504122
EGG SCRMBD CKD FZ 4-5 GCHC	16 2/3 Cup		584584
Ham, Cubed Frozen	30 1/2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	12 1/2 Cup		150250

## Preparation Instructions

Pull Cubed Ham out of freezer the day before preparing this meal.

Prepare Crispy Cubes according to package directions.

Prepare Scrambled Eggs according to package directions.

Prepare Cubed Ham according to package directions.

In a styrofoam bowl (GFS#184802), use a 4oz spoodle and spoodle crispy cubes into styrofoam bowl.

Using 1/3 cup, scoop your eggs on top of the crispy cubes.

The Cubed Ham should way 0.61oz per serving. Scoop ontop of the scrambled eggs

Finally, top each bowl with 1 oz of shredded cheddar cheese.

Place in warmer until ready to serve.

CCP: Heat to 165 degrees F or higher for 15 seconds

CCP: Hold for hot service at 135 degrees F or warmer

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Bowl

#### Amount Per Serving

<b>Calories</b>	329.22
<b>Fat</b>	19.54g
<b>SaturatedFat</b>	9.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.29mg
<b>Sodium</b>	798.27mg
<b>Carbohydrates</b>	21.01g
<b>Fiber</b>	2.00g

<b>Sugar</b>	2.51g
<b>Protein</b>	17.56g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 248.39mg	<b>Iron</b> 2.01mg

# Grilled Mozzarella Cheese with Meat Sauce

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8932

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 oz White Wheat Bread, Split Top 5/8" Slice	100 Slice		11162
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	140 Ounce		573201
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	100 Slice	READY_TO_EAT Open, pour and enjoy!	726567

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	363.50		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	8.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	625.00mg		
<b>Carbohydrates</b>	30.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	21.50g		
<b>Vitamin A</b>	523.50IU	<b>Vitamin C</b>	9.50mg
<b>Calcium</b>	322.00mg	<b>Iron</b>	1.00mg

# Popcorn Chicken Bowl

<b>Servings:</b>	46.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8954

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	92 Tablespoon	<ol style="list-style-type: none"> <li>Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.)</li> <li>Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes).</li> <li>Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.</li> </ol>	118516
BUTTER SUB 24-4Z BTRBUDS	28 1/3 Teaspoon		209810
SALT IODIZED 25 CARG	1 Teaspoon		108286
GRAVY MIX CHIX 12-15Z GCHC	25 Tablespoon	<p><b>BAKE</b> Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.</p>	242390
CHEESE CHED MLD SHRD 4-5 LOL	5 3/4 Cup		150250
CORN SUPER SWT 30 GCHC	11 1/2 Cup		358991
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	552 Each	<p><b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.</p>	327120

## Preparation Instructions

Prepare Mashed Potatoes as directed on package using Butter Buds and Salt.

Prepare Gravy as directed on package.

Prepare Corn as directed on package.

Prepare Popcorn Chicken as directed on package.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.75

## Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 1.00 Bowl

<b>Amount Per Serving</b>			
<b>Calories</b>	540.77		
<b>Fat</b>	18.42g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	771.26mg		
<b>Carbohydrates</b>	68.67g		
<b>Fiber</b>	7.75g		
<b>Sugar</b>	2.87g		
<b>Protein</b>	22.99g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	155.24mg	<b>Iron</b>	2.91mg



# Mashed Potatoes

<b>Servings:</b>	92.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8956

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	1 Package	1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.) 2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes). 3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
Cold Water	12 Quart		0000

## Preparation Instructions

Boil water, boil more than you actually need.

Add 1 package of butter buds to your container of mashed potatoes.

Put 1/2 of your boiling water into your mixing bowl before you add your dry mashed potatoes.

Using whip attachment, set mixer on low speed.

Slowly add your potato mixture into your mixing bowl over the boiled water.

Add remaining boiling water.

Scrape down the bowl and whip on high speed until fluffy. (3-5 minutes).

Transfer potatoes to 4" steamtable pans.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 92.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	94.55
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	26.14mg
<b>Carbohydrates</b>	20.38g
<b>Fiber</b>	2.02g

<b>Sugar</b>	0.00g		
<b>Protein</b>	2.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.45mg	<b>Iron</b>	0.42mg

# Baked Beans

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9573

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	4 1/4 #10 CAN	4 1/4 No. 10 cans	100364
Tap Water for Recipes	1 Quart	UNPREPARED	000001WTR
ONION DEHY CHPD 15 P/L	1 1/2 Cup		263036
MOLASSES 4-1GAL P/L	2 Cup		234303
SPICE MUSTARD DRY 1 COLMANS	6/7 Ounce	1/4 cup	400018
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
TOMATO PASTE CALIF 26 6-10 GCHC	2 Cup		100196

## Preparation Instructions

- Pour 14 lb 10 oz (1 gal 2 1/2 qt) canned vegetarian beans into each steamtable pan. (12"x20"x4"). For 50 serving, use 1 steamtable pan. For 100 servings, use 2 steamtable pans.
- Combine onions, molasses, dry mustard, brown sugar, water, and tomato paste. Blend well.
- Pour 2 lb 11 oz (1 qt 1 1/4 cups) mixture over beans in each steamtable pan. Stir to combine. Cover pans.
- Bake:  
Convectional oven: 350 degrees F for 2 1/4 hours  
Convection oven: 325 degrees F for 1 1/4 hours  
Remove cover during last 1/2 hour of baking to brown the beans.
- Portion with 4-oz ladle (1/2 cup).  
Serving: 2/3 cup (#6 disher) provides 1/2 cup of cooked dry beans and 1/8 cup of other vegetable.  
CCP: Heat to 135 degrees F or higher for at least 15 seconds.  
CCP: Hold for hot service at 135 degrees F or higher.

### Meal Components (SLE)

Amount Per Serving

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

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
<b>Amount Per Serving</b>			
<b>Calories</b>	161.36		
<b>Fat</b>	1.11g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	159.66mg		
<b>Carbohydrates</b>	32.31g		
<b>Fiber</b>	5.75g		
<b>Sugar</b>	14.84g		
<b>Protein</b>	7.93g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.85mg	<b>Iron</b>	0.52mg

# All Beef Hot Dog

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9601

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each		265039
White Wheat Hot Dog Bun 5.75"	80 count	READY_TO_EAT	53071

## Preparation Instructions

Prepare hot dogs as directed on packaging.

Assemble hot dog in bun when item is ordered.

CCP: Heat to 165 degrees F internal for 15 seconds.

CCP: Hold for hot service at 135 degrees F or higher.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	770.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.89mg	<b>Iron</b>	0.77mg

# Brickie Ranch Dressing

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Tablespoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9638

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT WHL 4-1GAL RGNLBRND	16 Fluid Ounce		512109
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	2 Tablespoon		629640
LEMON JUICE 100 12-32FLZ GCHC	4 Teaspoon		311227
YOGURT PLN FF NAT 6-32Z DANN	1 1/4 Cup		551813
SOUR CREAM L/F 4-5 RGNLBRND	1/2 Cup	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
MAYONNAISE LT 4-1GAL GFS	1 2/3 Cup		429406
SPICE ONION POWDER 19Z TRDE	2 Teaspoon		126993
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon		513857
SPICE PEPR WHITE GRND 17Z TRDE	1/2 Teaspoon		513776
SPICE PARSLEY FLAKES 11Z TRDE	2 Tablespoon		513989
SALT IODIZED 25 CARG	2 Teaspoon		108286

## Preparation Instructions

1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to set for 10 minutes.
2. Blend yogurt and sour cream into the buttermilk mixture. Let mixture set for 5 more minutes.
3. Add mayonnaise, onion powder, garlic powder, pepper, chives, parsley, and salt. Mix with a wire whisk for 2-3 minutes until blended.
4. Cover, label and refrigerate until served.

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

## Meal Components (SLE)

### Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Tablespoon

<b>Amount Per Serving</b>			
<b>Calories</b>	25.78		
<b>Fat</b>	1.05g		
<b>SaturatedFat</b>	0.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.23mg		
<b>Sodium</b>	129.06mg		
<b>Carbohydrates</b>	3.58g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	1.47g		
<b>Protein</b>	0.77g		
<b>Vitamin A</b>	15.81IU	<b>Vitamin C</b>	0.16mg
<b>Calcium</b>	26.70mg	<b>Iron</b>	0.03mg

# Chicken Gravy

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9648

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Cup	1/2 block of butter	191205
WHOLE WHEAT FLOUR STONE GROUND	2 1/4 Cup		330094
BASE CHIX 12-1 GCHC	17 Teaspoon	ADD 1 TSP TO 8 FL. OZ. OF HOT WATER OR 1# TO 5 GAL. OF HOT WATER FOR BASIC BROTH. ADD TO TASTE ON SOUPS, SAUCES, AND RUBS. CASE YIELDS 60 GALLONS BROTH.	439606
SPICE ONION POWDER 19Z TRDE	4 Teaspoon		126993
SEASONING POULTRY 10Z TRDE	2 Teaspoon		273996
SPICE PEPR WHITE GRND 17Z TRDE	1/2 Teaspoon		513776

## Preparation Instructions

Gather all of your ingredients.

Make your chicken stock.

1. Melt butter in stockpot or steam kettle. Blend in flour and cook on medium heat, stirring frequently until golden brown, 8-10 minutes.
2. Slowly stir in chicken stock, onion powder, poultry seasoning, and white pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes.
3. Serve over mashed potatoes, noodles, rice, meat, or poultry.

### Meal Components (SLE)

Amount Per Serving

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



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

### Nutrition Facts

Servings Per Recipe: 128.00  
Serving Size: 2.00 Fluid Ounce

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**Amount Per Serving**

<b>Calories</b>	21.66		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.75mg		
<b>Sodium</b>	118.87mg		
<b>Carbohydrates</b>	1.73g		
<b>Fiber</b>	0.23g		
<b>Sugar</b>	0.13g		
<b>Protein</b>	0.44g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.85mg	<b>Iron</b>	0.08mg

# Fruit Smoothie

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Smoothie	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9951

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	25 Cup		541966
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	25 Cup		621420
Fat Free Milk	25 Cup		22

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Smoothie

#### Amount Per Serving

<b>Calories</b>	165.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	130.00mg		
<b>Carbohydrates</b>	29.50g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	25.00g		
<b>Protein</b>	9.50g		
<b>Vitamin A</b>	50.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	175.00mg	<b>Iron</b>	0.90mg

# Variety of Canned Fruit

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10949

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GFS	1/8 Cup		610267
PEAR SLCD IN JCE 6-10 GCHC	1/8 Cup		610399
FRUIT MIXED DCD IN JCE 6-10 GFS	1/8 Cup		610348
ORANGES MAND IN JCE 6-10 GFS	1/8 Cup	BAKE	612448
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/8 Cup	READY_TO_EAT	612464
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1/4 Each		699180
APPLESAUCE UNSWT 72-4.5Z GCHC	1/4 Each		581742
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1/4 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	119.70
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.10mg
<b>Carbohydrates</b>	28.30g
<b>Fiber</b>	2.04g
<b>Sugar</b>	23.42g

<b>Protein</b>	0.52g		
<b>Vitamin A</b>	364.00IU	<b>Vitamin C</b>	15.44mg
<b>Calcium</b>	18.20mg	<b>Iron</b>	0.19mg

# Grilled Buffalo Chicken Sandwich

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11051

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	60 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
SAUCE HOT 12-12Z TABASCO	18 Fluid Ounce		156949
SPICE GARLIC GRANULATED 24Z TRDE	3/4 Teaspoon		513881
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Ounce		299405
Bun White Wheat 4"	60 Each	READY_TO_EAT	51022

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	274.90
<b>Fat</b>	7.97g
<b>SaturatedFat</b>	2.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	54.00mg
<b>Sodium</b>	843.02mg
<b>Carbohydrates</b>	29.05g
<b>Fiber</b>	3.18g

<b>Sugar</b>	5.00g		
<b>Protein</b>	20.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.03mg	<b>Iron</b>	0.00mg

# Grilled Chicken Caesar Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12337

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
DRESSING CAESAR PKT 60-1.5Z CARDINI	1 Each		776858
CHEESE PARM SHRD FCY 2-5 STLL	1 Teaspoon		871380
24 oz White Wheat Bread, Split Top 5/8" Slice	1 Slice	READY_TO_EAT	11162

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

#### Amount Per Serving

<b>Calories</b>	439.17
<b>Fat</b>	31.67g
<b>SaturatedFat</b>	5.92g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	92.08mg
<b>Sodium</b>	956.67mg
<b>Carbohydrates</b>	20.17g
<b>Fiber</b>	3.08g

<b>Sugar</b>			6.00g
<b>Protein</b>			19.75g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	52.83mg	<b>Iron</b>	0.72mg



# Grilled Chicken Caesar Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12342

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	<p><b>STEAM</b>  <b>PREPARATION</b>Ambient: Ready to use. Refrigerated: <b>BRING TO ROOM TEMPERATURE.</b> Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING</b>STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE:</b> Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b>Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141
DRESSING CAESAR 4-1GAL LTHSE	2 Tablespoon	<p><b>READY_TO_EAT</b>            Use as a dressing or dip</p>	132141
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	<p><b>BAKE</b>            Appliances vary, adjust accordingly.            Conventional Oven            12-14 minutes at 350°F from frozen.  <b>CONVECTION</b>            Appliances vary, adjust accordingly.            Convection Oven            9-11 minutes at 350°F from frozen.  <b>MICROWAVE</b>            Appliances vary, adjust accordingly.            Microwave            Microwave on full power for 2 minutes from frozen.</p>	209244
CHEESE PARM SHRD FCY 2-5 STLL	1 Tablespoon		871380

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 salad

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**Amount Per Serving**

<b>Calories</b>	450.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	6.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	61.25mg
<b>Sodium</b>	980.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.50g
<b>Sugar</b>	5.25g
<b>Protein</b>	21.50g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	186.50mg	<b>Iron</b>	1.62mg

# Zingy Turkey Pepper Jack Sub

<b>Servings:</b>	15.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13625

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	47 7/10 Ounce	3.18 ounces by weight = 1 serving and is equal to 2M/MA	100121
CHEESE PEPR JK GHOST SLCD 1Z 6-1.5	15 Slice		553332
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	15 Each	READY_TO_EAT	276142

## Preparation Instructions

Slice turkey breasts (can be sliced in advance)

—

Place sub bun packages into your holding cabinets

—

Grab a shallow steam-table pan

Place 3.18oz sliced turkey clusters in the steam-table pan (5 x 3) (You might be able to get more than 15)

Steam turkey clusters

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

—

Place a slice of pepper-jack cheese on top of turkey clusters.

Put back into the steam until cheese is melted

—

These subs will be assembled on the line

—

CCP: Hold for hot service at 135 degrees F or higher

### Meal Components (SLE)

Amount Per Serving

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

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 15.00			
Serving Size: 1.00 Sandwich			
<b>Amount Per Serving</b>			
<b>Calories</b>	382.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	81.00mg		
<b>Sodium</b>	878.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	30.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	256.00mg	<b>Iron</b>	2.18mg

# Slice of Bread with Butter

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 set	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15194

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 oz White Wheat Bread, Split Top 5/8" Slice	1 Slice		11162
BUTTER CUP 720-5GM 8 GFS	1 Each		272001

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 set

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	11.00mg		
<b>Sodium</b>	161.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chilled Canned Fruit - Secondary

<b>Servings:</b>	12.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15196

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GFS	1/2 Cup		610267
PEAR SLCD IN JCE 6-10 GCHC	1/2 Cup		610399
FRUIT MIXED DCD IN JCE 6-10 GFS	1/2 Cup		610348
ORANGES MAND IN JCE 6-10 GFS	1/2 Cup	BAKE	612448
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464
APPLESAUCE CINN UNSWT CUP 96-4.5Z	1 Each		699180
APPLESAUCE STRAWB UNSWT 96-4.5Z	1 Each		699211
APPLESAUCE UNSWT 72-4.5Z GCHC	1 Each		581742
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

### Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	14.58mg		
<b>Carbohydrates</b>	16.83g		
<b>Fiber</b>	0.83g		
<b>Sugar</b>	14.08g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	470.83IU	<b>Vitamin C</b>	22.45mg
<b>Calcium</b>	29.17mg	<b>Iron</b>	0.06mg

# Assorted Fresh Fruit

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15197
<b>School:</b>	HOBART HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/14 Cup		280895
1-150CT #1 PETITE BANANA - 197769	1/7		970836
APPLE GALA 100CT MRKN	1/7 Each		197718
APPLE DELICIOUS RED 113CT MRKN	1/7 Each		197696
PEAR 95-110CT MRKN	4/9 Ounce		198056
KIWI 33-39CT P/L	1/7 Each		287008
ORANGES NAVEL/VALENCIA CHC 125-138CT	1/7 Each		322326

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.98
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	100.23
<b>Fat</b>	0.14g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.26mg
<b>Carbohydrates</b>	26.32g
<b>Fiber</b>	4.60g
<b>Sugar</b>	17.10g
<b>Protein</b>	0.99g
<b>Vitamin A</b> 50.91IU	<b>Vitamin C</b> 17.54mg



**Calcium** 20.77mg **Iron** 0.34mg

# MS Yogurt Lunchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 set	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15445

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 24-5.3Z LTN FIT	1 Each		719211
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702
APPLESAUCE STRAWB UNSWT 96-4.5Z	1 Each		699211

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 set

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	430.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	350.00mg	<b>Iron</b>	0.72mg

# Cheese Quesadilla

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Quesadilla	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15481

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	2 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250

## Preparation Instructions

Preheat oven to 350 degrees F.

Place 1 - 8" tortillas on a parchment line sheet tray.

Pour 1/2 cup of Shredded Cheddar Cheese on top of each tortilla.

Place the other 8" Tortilla on top of the Shredded Cheddar Cheese.

Place tray in preheat oven, bake for 7-10 minutes.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Quesadilla

#### Amount Per Serving

<b>Calories</b>	440.00		
<b>Fat</b>	24.00g		
<b>SaturatedFat</b>	15.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	600.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	438.00mg	<b>Iron</b>	2.16mg

# Corn & Black Bean Salsa w/Tostito Scoops

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22244
<b>School:</b>	HOBART HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK 6-10 GRSZ	12 Cup		557714
Beans, Vegetarian, Low Sodium, Canned	12 Cup	BAKE Bake	100364
CORN SUPER SWT 30 GCHC	12 Cup		358991
SALSA 6-10 COMM	24 Cup		150570
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	60 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	2.00
<b>Starch</b>	0.13

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 8.00 Ounce

#### Amount Per Serving

<b>Calories</b>	255.85
<b>Fat</b>	3.20g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	349.00mg
<b>Carbohydrates</b>	46.87g
<b>Fiber</b>	8.90g
<b>Sugar</b>	7.49g
<b>Protein</b>	8.50g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.00mg	<b>Iron</b>	1.10mg

# Mexican Brown Rice

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23022
<b>School:</b>	RIDGEVIEW ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1 Package		576280
Cold Water	7 Cup		0000
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Tablespoon		299405

## Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F). Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	117.32
<b>Fat</b>	2.77g
<b>SaturatedFat</b>	1.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.80mg
<b>Sodium</b>	151.98mg
<b>Carbohydrates</b>	21.28g
<b>Fiber</b>	1.01g
<b>Sugar</b>	0.00g
<b>Protein</b>	4.05g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 20.26mg **Iron** 0.36mg