

# **Cookbook for Highland Middle School**

**Created by HPS Menu Planner**

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**STOH Chef Salad - Elementary**

**Chicken Nuggets (5pc) and Roll**

**100% All Beef Hot Dog on WG Bun (Secondary)**

**Breakfast Sandwich - Elem**

**STOH Chef Salad - Elementary (salad only)**

**Sunshine Blenderless Smoothie Bowl**

**Hummus Plate**

**Granola Yogurt Banana Pops**

**Peaches & Cream Overnight Oats**

**Ham and Cheese Slider**

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# Highland Sliders

|                      |                      |                       |                   |
|----------------------|----------------------|-----------------------|-------------------|
| <b>Servings:</b>     | 100.00               | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 2.00 eaches          | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch                | <b>Recipe ID:</b>     | R-8655            |
| <b>School:</b>       | Highland High School |                       |                   |

## Ingredients

| Description                               | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| BEEF STK MINI<br>BRGR BUN 72-<br>1.2Z GFS | 1 Each      | <p><b>GRILL</b><br/>           Flat grill: preheat flat grill (350 degrees f) and heat product for 4-7minutes from a frozen state, turning frequently to avoid excessive browning.<br/>           Conventional oven: preheat oven to 350 degrees f. Heat frozen product for 10-15 minutes or until internal temperature reaches 165 degrees f.<br/>           Convection oven: preheat oven to 350 degrees f. Heat frozen product for6-8 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 30 seconds-2 minutes or until internal temperature reaches 165 degrees f. Longer cooking times are required for thicker burgers.</p> | 704430     |

## 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: 100.00

Serving Size: 2.00 eaches

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 1.80   |                  |        |
| <b>Fat</b>           | 0.10g  |                  |        |
| <b>SaturatedFat</b>  | 0.04g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.25mg |                  |        |
| <b>Sodium</b>        | 2.20mg |                  |        |
| <b>Carbohydrates</b> | 0.15g  |                  |        |
| <b>Fiber</b>         | 0.01g  |                  |        |
| <b>Sugar</b>         | 0.01g  |                  |        |
| <b>Protein</b>       | 0.09g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.20mg | <b>Iron</b>      | 0.01mg |

# Mini Corn Dogs

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 40.00              | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 6.00               | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9306           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                           | Measurement  | Prep Instructions  | DistPart # |
|---------------------------------------|--------------|--|------------|
| CORN DOG CHIX MINI<br>WGRAIN CN 2-5   | 1 Serving    | BAKE<br>CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15<br>MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP<br>HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL<br>TEMPERATURE OF 165 DEGREES F. | 497360     |
| KETCHUP CAN NAT LO<br>SOD 6-10 REDG   | 1 Tablespoon | READY_TO_EAT<br>None   | 200621     |
| MUSTARD YELLOW<br>CLSC 4-105FLZ FRENC | 1 Teaspoon   |  | 741270     |

## Preparation Instructions

Wash hands and put on gloves.

Line trays or baking racks with parchment paper. Open bags and use one bag per tray. Distribute product evenly and bake at 350 degrees for 10 (if thawed) -15 minutes (if frozen) or until internal temp reaches 165 degrees.

Serving size is 6 pieces.

CN labeled

Case Yield = 40 servings

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.99 |
| <b>Grain</b>    | 1.99 |
| <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: 6.00

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 270.58   |
| <b>Fat</b>           | 12.00g   |
| <b>SaturatedFat</b>  | 3.75g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 45.00mg  |
| <b>Sodium</b>        | 482.62mg |
| <b>Carbohydrates</b> | 30.10g   |
| <b>Fiber</b>         | 0.00g    |
| <b>Sugar</b>         | 7.60g    |
| <b>Protein</b>       | 10.50g   |



|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.15IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 75.07mg | <b>Iron</b>      | 1.50mg |

# STOH Chef Salad - Middle School

|                      |                    |                       |                   |
|----------------------|--------------------|-----------------------|-------------------|
| <b>Servings:</b>     | 1.00               | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 1.00 salad         | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9308            |
| <b>School:</b>       | Merkley Elementary |                       |                   |

## Ingredients

| Description                         | Measurement  | Prep Instructions   | DistPart # |
|-------------------------------------|--------------|---|------------|
| LETTUCE ROMAINE HRTS 2-7.5 MRKN     | 2 Cup        |   | 182570     |
| Grape Tomatoes                      | 6 Each       |   | 749041     |
| CHIX BRST PTY FC 100-3.1Z TYS       | 1 Each       | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>12-14 minutes at 350°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>9-11 minutes at 350°F from frozen.<br>MICROWAVE<br>Appliances vary, adjust accordingly.<br>Microwave<br>Microwave on full power for 2 minutes from frozen. | 209244     |
| CHEESE PARM IMIT GRD 2-5 SCHRBR     | 1 Teaspoon   |   | 595101     |
| DRESSING ITAL REDC CAL 4-1GAL LTHSE | 1 Tablespoon | READY_TO_EAT<br>Open, pour and enjoy!   | 365880     |
| DRESSING RNCH LT 4-1GAL GCHC        | 1 Tablespoon |   | 472999     |
| DRESSING FREN RED RNCH 4-1GAL LTHSE | 1 Tablespoon | READY_TO_EAT<br>Open, pour and enjoy!   | 132171     |
| Dinner Roll (Alpha Baking)          | 2            | RTE   |            |
| MARGARINE CUP SPRD 600-5GM PROMISE  | 1 Each       |   | 462608     |

## Preparation Instructions

For salad prep

1. Cut, wash and drain romaine
2. Place 2 cup romaine in clam shell/black salad container

3. Wash cherry tomatoes

3. Top with 6-8 cherry tomatoes

For grilled chicken prep

1. Steam grilled chicken breasts until internal temp of 165 is reached.

2. Cut chicken into bite size pieces

3. Place on top of salad bed

If desired - Sprinkle Parmesan cheese on top of salad

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

Offer with dressing & two WG dinner rolls (2oz grain)

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 1.00 |
| <b>RedVeg</b>   | 2.00 |
| <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>      | 486.67    |                  |        |
| <b>Fat</b>           | 17.75g    |                  |        |
| <b>SaturatedFat</b>  | 2.50g     |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 52.50mg   |                  |        |
| <b>Sodium</b>        | 1338.33mg |                  |        |
| <b>Carbohydrates</b> | 56.17g    |                  |        |
| <b>Fiber</b>         | 4.50g     |                  |        |
| <b>Sugar</b>         | 15.50g    |                  |        |
| <b>Protein</b>       | 22.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU    | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 32.00mg   | <b>Iron</b>      | 0.72mg |

# 100% All Beef Hot Dog on WG Bun (Elem)

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00               | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each          | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9310           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                        | Measurement  | Prep Instructions   | DistPart # |
|------------------------------------|--------------|---|------------|
| White Wheat Hot Dog bun            | 1 Each       | Thaw if frozen, or serve fresh  | 53071      |
| CHEESE STRING MOZZ IW 168-1Z LOL   | 1 Each       |   | 786580     |
| FRANKS BEEF 8/ 2-5 BALLP           | 1 Each       | <b>BOIL</b><br>Heat water to a rolling boil.<br><b>GRILL</b><br>Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature.<br><b>MICROWAVE</b><br>Place hot dog in bun and wrap in paper towel.<br><b>READY_TO_EAT</b><br>Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F.<br><b>STEAM</b><br>Place pan in steamer, close door, set timer and steam until done. | 585815     |
| KETCHUP CAN NAT LO SOD 6-10 REDG   | 1 Tablespoon | <b>READY_TO_EAT</b><br>None   | 200621     |
| MUSTARD YELLOW CLSC 4-105FLZ FRENC | 1 Teaspoon   |   | 741270     |
| RELISH SWT PICKLE 4-1GAL GCHC      | 1 Tablespoon |   | 517186     |

## Preparation Instructions

WASH HANDS.

Convection oven: 350°F

Conventional oven: 400°F

Steam (preferred method)

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

1. Place 1 hot dog in each bun.
2. Serve within 3 hours.

3. Serve with ketchup, mustard, pickle relish

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

Child Nutrition: 1 Each provides= 2.0 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                           |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 428.71                  |
| <b>Fat</b>                | 23.29g                  |
| <b>SaturatedFat</b>       | 9.33g                   |
| <b>Trans Fat</b>          | 1.03g                   |
| <b>Cholesterol</b>        | 45.00mg                 |
| <b>Sodium</b>             | 1234.84mg               |
| <b>Carbohydrates</b>      | 36.85g                  |
| <b>Fiber</b>              | 2.38g                   |
| <b>Sugar</b>              | 9.59g                   |
| <b>Protein</b>            | 17.37g                  |
| <b>Vitamin A</b> 205.95IU | <b>Vitamin C</b> 2.00mg |
| <b>Calcium</b> 255.89mg   | <b>Iron</b> 1.84mg      |

# Milk, Variety

|                      |                    |                       |         |
|----------------------|--------------------|-----------------------|---------|
| <b>Servings:</b>     | 5.00               | <b>Category:</b>      | Milk    |
| <b>Serving Size:</b> | 8.00 Fluid Ounce   | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast          | <b>Recipe ID:</b>     | R-9311  |
| <b>School:</b>       | Merkley Elementary |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| 1% Low Fat White Milk                | 1 Pint      |                   | 13871      |
| .5 pint 1% chocolate milk            | 1 Pint      |                   |            |
| 1% Strawberry Milk                   | 1 Pint      |                   |            |
| Prairie Farms Skim White Milk Carton | 1 Pint      |                   |            |

## Preparation Instructions

Place in milk cooler to keep an internal temperature of 35 degrees.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.80 |
| <b>Grain</b>    | 0.40 |
| <b>Fruit</b>    | 0.20 |
| <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: 5.00

Serving Size: 8.00 Fluid Ounce

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 84.00    |                  |        |
| <b>Fat</b>           | 1.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.60g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 8.00mg   |                  |        |
| <b>Sodium</b>        | 109.00mg |                  |        |
| <b>Carbohydrates</b> | 12.20g   |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 11.60g   |                  |        |
| <b>Protein</b>       | 6.40g    |                  |        |
| <b>Vitamin A</b>     | 4.00IU   | <b>Vitamin C</b> | 0.80mg |
| <b>Calcium</b>       | 12.00mg  | <b>Iron</b>      | 0.00mg |

# Assorted Canned 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-9314  |
| <b>School:</b>       | Merkley Elementary |                       |         |

## Ingredients

| Description             | Measurement | Prep Instructions   | DistPart # |
|-------------------------|-------------|---|------------|
| PEACH DCD XL/S 6-10 P/L | 1/2 Cup     | Wash hands. Put on clean gloves. Open #10 cans. Drain liquid first or use slotted spoon to portion into 1.2 cup portions into 5 oz plastic cups. Place filled cups on tray, slide tray on rolling rack and refrigerate until service. | 256760     |

## 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>      | 50.00    |                  |        |
| <b>Fat</b>           | 0.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 5.00mg   |                  |        |
| <b>Carbohydrates</b> | 14.00g   |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <b>Sugar</b>         | 13.00g   |                  |        |
| <b>Protein</b>       | 0.00g    |                  |        |
| <b>Vitamin A</b>     | 300.00IU | <b>Vitamin C</b> | 3.60mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.36mg |

# Asst Fresh Fruit (Banana)

|                      |                    |                       |         |
|----------------------|--------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00               | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00               | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9315  |
| <b>School:</b>       | Merkley Elementary |                       |         |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| BANANA TURNING SNGL 150CT 40 P/L | 1 Each      |                   | 197769     |

## 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: 1.00

#### Amount Per Serving

|                      |         |                  |         |
|----------------------|---------|------------------|---------|
| <b>Calories</b>      | 105.00  |                  |         |
| <b>Fat</b>           | 0.40g   |                  |         |
| <b>SaturatedFat</b>  | 0.10g   |                  |         |
| <b>Trans Fat</b>     | 0.00g   |                  |         |
| <b>Cholesterol</b>   | 0.00mg  |                  |         |
| <b>Sodium</b>        | 1.20mg  |                  |         |
| <b>Carbohydrates</b> | 27.00g  |                  |         |
| <b>Fiber</b>         | 3.10g   |                  |         |
| <b>Sugar</b>         | 14.00g  |                  |         |
| <b>Protein</b>       | 1.30g   |                  |         |
| <b>Vitamin A</b>     | 75.52IU | <b>Vitamin C</b> | 10.27mg |
| <b>Calcium</b>       | 5.90mg  | <b>Iron</b>      | 0.31mg  |



# Steamed Green Beans

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 26.00              | <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-9316           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| BEAN GREEN CUT MXD SV LO SOD 6-10 | 26 1/2 cup  |                   | 221990     |
| SPICE BLND ORIG 3-21Z MDASH       | 1 Teaspoon  |                   | 265103     |

## Preparation Instructions

Wash hands and put on gloves.

Open cans of green beans into steam table pan and steam with lid on until 165 degrees is reached. Sprinkle with Mrs. Dash for flavoring/seasoning.

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

### Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 40.00    |                  |        |
| <b>Fat</b>           | 0.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 220.00mg |                  |        |
| <b>Carbohydrates</b> | 8.00g    |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 4.00g    |                  |        |
| <b>Protein</b>       | 2.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 60.00mg  | <b>Iron</b>      | 0.80mg |

# Nachos Supreme

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00               | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each          | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9317           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                         | Measurement  | Prep Instructions                           | DistPart # |
|-------------------------------------|--------------|---|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 Ounce      | #16 scoop                                   | 722330     |
| LETTUCE SHRD 3/8 CUT 4-5 RSS        | 1/8 Cup      | Garnish                                     | 678791     |
| SOUR CREAM L/F 4-5 RGNLBRND         | 2 Tablespoon | #30 scoop                                   | 534331     |
| SALSA 103Z 6-10 REDG                | 1/4 Cup      | #16 scoop                                   | 452841     |
| SAUCE CHS CHED POUCH 6-106Z LOL     | 2 Ounce      |   | 135261     |
| CHIP TORTL RND YEL 5-1.5 KE         | 2 Ounce      | approx 11 chips per ounce<br>Serve 22 chips | 163020     |

## Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Portion #16 scoop of meat, 2oz cheese sauce on top of 22 tortilla chips
3. Offer with lettuce, salsa & sour cream

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.99 |
| <b>Grain</b>    | 2.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.33 |
| <b>OtherVeg</b> | 0.07 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 486.58   |
| <b>Fat</b>           | 21.59g   |
| <b>SaturatedFat</b>  | 8.14g    |
| <b>Trans Fat</b>     | 0.18g    |
| <b>Cholesterol</b>   | 52.08mg  |
| <b>Sodium</b>        | 923.48mg |
| <b>Carbohydrates</b> | 52.41g   |
| <b>Fiber</b>         | 5.39g    |
| <b>Sugar</b>         | 3.73g    |
| <b>Protein</b>       | 19.08g   |
| <b>Vitamin A</b>     | 406.94IU |
| <b>Vitamin C</b>     | 3.15mg   |

**Calcium** 369.17mg **Iron** 3.32mg

# Taco Walking MTG

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00             | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each          | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9318           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                                 | Measurement    | Prep Instructions    | DistPart # |
|---|----------------|----------------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM         | 19 13/16 Pound |                      | 722330     |
| CHEESE CHED MLD SHRD 4-5 LOL                | 6 1/4 Pound    |                      | 150250     |
| SALSA CUP 84-3Z REDG                        | 7 Pound        | READY_TO_EAT<br>None | 677802     |
| "Taco in a bag" Nacho Cheese Tortilla Chips | 100 Package    |                      | 20360-0112 |

## Preparation Instructions

Directions:

WASH HANDS.

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

1. .PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

2.0 oz meat/meat alternate, 2.0 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

Notes:

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.02 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |

|                 |      |
|-----------------|------|
| <b>RedVeg</b>   | 0.04 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 425.32   |
| <b>Fat</b>           | 23.05g   |
| <b>SaturatedFat</b>  | 9.40g    |
| <b>Trans Fat</b>     | 0.29g    |
| <b>Cholesterol</b>   | 65.50mg  |
| <b>Sodium</b>        | 799.03mg |
| <b>Carbohydrates</b> | 34.44g   |
| <b>Fiber</b>         | 5.00g    |
| <b>Sugar</b>         | 3.14g    |
| <b>Protein</b>       | 22.92g   |

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|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 949.92IU | <b>Vitamin C</b> | 5.00mg |
| <b>Calcium</b>   | 259.31mg | <b>Iron</b>      | 3.00mg |

# WG Garlic Toast

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 144.00             | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Each          | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9319           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions   | DistPart # |
|--------------------------------------|-------------|---|------------|
| BREAD GARL TST SLC<br>WGRAIN 12-12CT | 1 Slice     | <b>BAKE</b><br>Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.<br><b>GRIDDLE_FRY</b><br>Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through.<br><b>GRILL</b><br>Place toast on grill. Heat each side for 30 seconds or until heated through. | 277862     |

## 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: 144.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 80.00    |                  |        |
| <b>Fat</b>           | 3.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 150.00mg |                  |        |
| <b>Carbohydrates</b> | 10.00g   |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 2.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 4.00mg   | <b>Iron</b>      | 1.00mg |

# Dinner Roll - WG

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 240.00             | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Each          | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9320           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                    | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| DOUGH ROLL WHEAT 240-1.5Z RICH | 1 Each      |                   | 511269     |

## 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: 240.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 100.00   |                  |        |
| <b>Fat</b>           | 1.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 170.00mg |                  |        |
| <b>Carbohydrates</b> | 19.00g   |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <b>Sugar</b>         | 2.00g    |                  |        |
| <b>Protein</b>       | 4.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.08mg |

# Carrots, Fresh baby

|                      |                    |                       |           |
|----------------------|--------------------|-----------------------|-----------|
| <b>Servings:</b>     | 96.00              | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 0.50 Cup           | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9321    |
| <b>School:</b>       | Merkley Elementary |                       |           |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| CARROT BABY WHL CLEANED 12-2 RSS | 1/2 Cup     |                   | 510637     |

## 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>   | 1.12 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |            |                  |         |
|----------------------|------------|------------------|---------|
| <b>Calories</b>      | 66.67      |                  |         |
| <b>Fat</b>           | 0.00g      |                  |         |
| <b>SaturatedFat</b>  | 0.00g      |                  |         |
| <b>Trans Fat</b>     | 0.00g      |                  |         |
| <b>Cholesterol</b>   | 0.00mg     |                  |         |
| <b>Sodium</b>        | 146.67mg   |                  |         |
| <b>Carbohydrates</b> | 16.00g     |                  |         |
| <b>Fiber</b>         | 5.33g      |                  |         |
| <b>Sugar</b>         | 8.00g      |                  |         |
| <b>Protein</b>       | 0.00g      |                  |         |
| <b>Vitamin A</b>     | 57066.67IU | <b>Vitamin C</b> | 20.80mg |
| <b>Calcium</b>       | 72.59mg    | <b>Iron</b>      | 0.96mg  |



# Refried Beans

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00               | <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-9322           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description          | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|-------------------|------------|
| BEAN REFRD 6-10 GRSZ | 1/2 Cup     |                   | 293962     |

## 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>  | 0.50 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 140.00   |                  |        |
| <b>Fat</b>           | 2.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 530.00mg |                  |        |
| <b>Carbohydrates</b> | 23.00g   |                  |        |
| <b>Fiber</b>         | 6.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 8.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 45.00mg  | <b>Iron</b>      | 2.00mg |

# Tomatoes, Cherry

|                      |                    |                       |           |
|----------------------|--------------------|-----------------------|-----------|
| <b>Servings:</b>     | 40.00              | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 0.50 Cup           | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9323    |
| <b>School:</b>       | Merkley Elementary |                       |           |

## Ingredients

| Description              | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|-------------------|------------|
| TOMATO GRAPE SWT 10 MRKN | 1/2 Cup     |                   | 129631     |

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

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                            |                          |
|----------------------------|--------------------------|
| <b>Calories</b>            | 32.40                    |
| <b>Fat</b>                 | 0.40g                    |
| <b>SaturatedFat</b>        | 0.10g                    |
| <b>Trans Fat</b>           | 0.00g                    |
| <b>Cholesterol</b>         | 0.00mg                   |
| <b>Sodium</b>              | 9.00mg                   |
| <b>Carbohydrates</b>       | 7.00g                    |
| <b>Fiber</b>               | 2.20g                    |
| <b>Sugar</b>               | 5.00g                    |
| <b>Protein</b>             | 1.60g                    |
| <b>Vitamin A</b> 1499.40IU | <b>Vitamin C</b> 24.66mg |
| <b>Calcium</b> 18.00mg     | <b>Iron</b> 0.49mg       |

# Chicken Smackers with WG roll

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 300.00             | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 10.00 Each         | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9324           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                      | Measurement | Prep Instructions  | DistPart # |
|----------------------------------|-------------|--|------------|
| CHIX PCORN LRG WGRAIN<br>CKD 6-5 | 1 Serving   | BAKE<br>FROM FROZEN: CONVENTIONAL OVEN FOR 10-12<br>MINUTES AT 350F; CONVECTION OVEN FOR 6-8<br>MINUTES AT 350F. | 536620     |
| White Wheat Dinner Rolls         | 1           |  | 33119      |

## Preparation Instructions

WASH HANDS AND PUT ON GLOVES.

LINE BAKING SHEET/TRAY WITH PARCHMENT. ADD ONE BAG OF SMACKERS PER TRAY. SPREAD OUT EVENLY IN SINGLE LAYER.

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. COOK UNTIL INTERNAL TEMP REACHES 165 DEGREES

SERVING SIZE = 10 PCS

SERVE/OFFER- WG DINNER ROLL OR WG BREAD

CASE YIELD= 108 SERVINGS

CN LABELED

### 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: 300.00

Serving Size: 10.00 Each

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 260.27   |
| <b>Fat</b>           | 13.01g   |
| <b>SaturatedFat</b>  | 3.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 70.00mg  |
| <b>Sodium</b>        | 550.53mg |
| <b>Carbohydrates</b> | 17.05g   |
| <b>Fiber</b>         | 3.00g    |
| <b>Sugar</b>         | 0.00g    |
| <b>Protein</b>       | 19.01g   |
| <b>Vitamin A</b>     | 200.00IU |
| <b>Vitamin C</b>     | 0.00mg   |

**Calcium** 20.11mg **Iron** 1.44mg

# Mashed Potato

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 360.00             | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00               | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9325           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions  | DistPart # |
|-----------------------------------|-------------|--|------------|
| POTATO PRLS EXCEL<br>12-28Z BAMER | 4 Ounce     | RECONSTITUTE<br>1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. | 613738     |
| BUTTER SUB 24-4Z<br>BTRBUDS       | 48 Ounce    |  | 209810     |

## Preparation Instructions

Prepare water to boiling.

Add potato pearls and butter buds.

Whisk to desired texture. Hold in warmer 145 degrees 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>  | 0.00 |
| <b>Starch</b>   | 0.50 |

### Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 1.00

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 100.93   |                  |        |
| <b>Fat</b>           | 1.43g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 493.71mg |                  |        |
| <b>Carbohydrates</b> | 20.27g   |                  |        |
| <b>Fiber</b>         | 1.43g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 2.86g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 14.29mg  | <b>Iron</b>      | 0.43mg |

# Broccoli Steamed

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 25.00              | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00               | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9326           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| BROCCOLI FLORETS 6-4 GCHC             | 1/2 Cup     |                   | 610902     |
| OIL OLIVE XVGRN SPRAY 6-12FLZ OLIVARI | 1 Ounce     |                   | 617531     |
| SEASONING A/P HERB NO SALT 13Z TRDE   | 1/2 Ounce   |                   | 647240     |

## Preparation Instructions

Remove broccoli from freezer. Open and layer in steamtable pan.

Spray with virgin oil and sprinkle with seasoning salt.

Cook to 165 degrees or until broccoli texture is reached, Hold in warmer 145 degrees 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> | 8.00 |
| <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: 1.00

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 133.33   |                  |        |
| <b>Fat</b>           | 0.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 80.00mg  |                  |        |
| <b>Carbohydrates</b> | 26.67g   |                  |        |
| <b>Fiber</b>         | 16.00g   |                  |        |
| <b>Sugar</b>         | 5.33g    |                  |        |
| <b>Protein</b>       | 16.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 186.67mg | <b>Iron</b>      | 5.33mg |

# Salad Mixed Green MTG

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00               | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Cup           | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9327           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                         | Measurement  | Prep Instructions                     | DistPart # |
|-------------------------------------|--------------|---------------------------------------|------------|
| LETTUCE ROMAINE 24CT MRKN           | 1 Cup        |                                       | 305812     |
| CUCUMBER SELECT SUPER 45 MRKN       | 1/4 Cup      | +/- 10 lbs                            | 198587     |
| Grape Tomatoes                      | 3 Ounce      |                                       | 749041     |
| DRESSING ITAL REDC CAL 4-1GAL LTHSE | 1 Tablespoon | READY_TO_EAT<br>Open, pour and enjoy! | 365880     |
| DRESSING RNCH LT 4-1GAL GCHC        | 1 Tablespoon |                                       | 472999     |
| DRESSING FREN RED RNCH 4-1GAL LTHSE | 1 Tablespoon | READY_TO_EAT<br>Open, pour and enjoy! | 132171     |

## Preparation Instructions

WASH HANDS.

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

1. Place washed lettuce into a mixing bowl.
2. Core and dice tomatoes. or add grape tomatoes
3. Slice cucumbers into 1/4" slices.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.
6. Serve with choice of dressings (french, ranch, italian)

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

### Meal Components (SLE)

Amount Per Serving

|              |      |
|--------------|------|
| <b>Meat</b>  | 0.00 |
| <b>Grain</b> | 0.00 |
| <b>Fruit</b> | 0.00 |

|                 |      |
|-----------------|------|
| <b>GreenVeg</b> | 0.50 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.25 |
| <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>      | 141.95   |                  |        |
| <b>Fat</b>           | 7.78g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 2.50mg   |                  |        |
| <b>Sodium</b>        | 365.25mg |                  |        |
| <b>Carbohydrates</b> | 17.00g   |                  |        |
| <b>Fiber</b>         | 1.58g    |                  |        |
| <b>Sugar</b>         | 10.75g   |                  |        |
| <b>Protein</b>       | 1.08g    |                  |        |
| <b>Vitamin A</b>     | 13.65IU  | <b>Vitamin C</b> | 0.37mg |
| <b>Calcium</b>       | 18.08mg  | <b>Iron</b>      | 0.40mg |



# Chicken Drummie & WG Roll

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 72.00              | <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-9329           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions  | DistPart # |
|-------------------------------------|-------------|--|------------|
| CHIX DRMSTX BRD<br>WGRAIN CKD 4-7.4 | 1 Piece     | <p><b>BAKE</b><br/>Preparation: Appliances vary, adjust accordingly.<br/>Conventional Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 375°F.</li> <li>2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.</li> <li>3. Heat for 35-40 minutes.</li> </ol> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p><b>CONVECTION</b><br/>Preparation: Appliances vary, adjust accordingly.<br/>Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 350°F.</li> <li>2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.</li> <li>3. Heat for 25-30 minutes</li> </ol> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> | 603391     |
| White Wheat Dinner Rolls            | 1 Each      |  | 33119      |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 246.67   |
| <b>Fat</b>           | 13.50g   |
| <b>SaturatedFat</b>  | 3.12g    |
| <b>Trans Fat</b>     | 0.01g    |
| <b>Cholesterol</b>   | 60.00mg  |
| <b>Sodium</b>        | 583.33mg |
| <b>Carbohydrates</b> | 10.83g   |
| <b>Fiber</b>         | 1.33g    |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Sugar</b>     | 0.33g   |                  |        |
| <b>Protein</b>   | 20.00g  |                  |        |
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 24.97mg | <b>Iron</b>      | 1.26mg |

# Macaroni & Cheese

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00               | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving       | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9331           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| ENTREE MACAR & CHS R/F WGRAIN 6-5  | 6 Ounce     |                   | 119122     |
| Dinner Roll (Alpha Baking)         | 1 Serving   |                   |            |
| MARGARINE CUP SPRD 600-5GM PROMISE | 1 Serving   |                   | 462608     |

## Preparation Instructions

1. Wash hands and put on gloves
  2. Prepare mac and cheese from thawed state. Follow package directions for prep. Empty contents into steam pan.
  3. Cover with foil and steam until product reaches 165 degrees (typically after 45 minutes)
  4. If rolls are frozen, thaw.
  5. Hot hold mac & cheese until service. Ladle 6 ounce portions
  6. Offer with WG roll and promise margarine cup
- CN labeled  
Mac & Cheese credits as 2m/ma and 1 grain

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving   |           |
|----------------------|-----------|
| <b>Calories</b>      | 444.63    |
| <b>Fat</b>           | 15.81g    |
| <b>SaturatedFat</b>  | 6.72g     |
| <b>Trans Fat</b>     | 0.00g     |
| <b>Cholesterol</b>   | 33.58mg   |
| <b>Sodium</b>        | 1317.01mg |
| <b>Carbohydrates</b> | 51.70g    |
| <b>Fiber</b>         | 3.24g     |
| <b>Sugar</b>         | 7.72g     |
| <b>Protein</b>       | 22.03g    |
| <b>Vitamin A</b>     | 839.55IU  |
| <b>Vitamin C</b>     | 0.00mg    |

**Calcium** 44.78mg **Iron** 1.21mg

# Strawberry Applesauce

|                      |                    |                       |           |
|----------------------|--------------------|-----------------------|-----------|
| <b>Servings:</b>     | 50.00              | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Package       | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9332    |
| <b>School:</b>       | Merkley Elementary |                       |           |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| APPLESAUCE POUÇ STRAWB SQZ 50-3.17Z | 1 Each      | Ready To Eat      | 415981     |

## 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: 50.00

Serving Size: 1.00 Package

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <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>        | 5.00mg |                  |        |
| <b>Carbohydrates</b> | 16.00g |                  |        |
| <b>Fiber</b>         | 1.00g  |                  |        |
| <b>Sugar</b>         | 15.00g |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.36mg |

# Cereal and Yogurt

|                      |                    |                       |         |
|----------------------|--------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00               | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 1             | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast          | <b>Recipe ID:</b>     | R-9368  |
| <b>School:</b>       | Merkley Elementary |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions  | DistPart # |
|--------------------------------------|-------------|--|------------|
| CEREAL COCOA PUFFS WGRAIN R/S 96CT   | 1 Each      | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 270401     |
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 4 Ounce     | READY_TO_EAT<br>READY_TO_EAT   | 885750     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 1

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 180.00                  |
| <b>Fat</b>              | 1.50g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 180.00mg                |
| <b>Carbohydrates</b>    | 39.00g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 18.00g                  |
| <b>Protein</b>          | 6.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 250.00mg | <b>Iron</b> 4.50mg      |

# Pop Tart and Yogurt

|                      |                    |                       |         |
|----------------------|--------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00               | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each          | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast          | <b>Recipe ID:</b>     | R-9369  |
| <b>School:</b>       | Merkley Elementary |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions                 | DistPart # |
|--------------------------------------|-------------|-----------------------------------|------------|
| PASTRY POP-TART WGRAIN FUDG 120-1CT  | 1 Each      | Ready to eat<br>Serve with yogurt | 452062     |
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 4 Ounce     | READY_TO_EAT                      | 885750     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 1.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving        |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 260.00                  |
| <b>Fat</b>                | 3.00g                   |
| <b>SaturatedFat</b>       | 1.00g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 0.00mg                  |
| <b>Sodium</b>             | 260.00mg                |
| <b>Carbohydrates</b>      | 52.00g                  |
| <b>Fiber</b>              | 3.00g                   |
| <b>Sugar</b>              | 25.00g                  |
| <b>Protein</b>            | 7.00g                   |
| <b>Vitamin A</b> 500.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 250.00mg   | <b>Iron</b> 1.80mg      |

# Cereal and String Cheese

|                      |                    |                       |         |
|----------------------|--------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00               | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 1             | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast          | <b>Recipe ID:</b>     | R-9402  |
| <b>School:</b>       | Merkley Elementary |                       |         |

## Ingredients

| Description                        | Measurement | Prep Instructions  | DistPart # |
|------------------------------------|-------------|--|------------|
| CEREAL COCOA PUFFS WGRAIN R/S 96CT | 1 Each      | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 270401     |
| CHEESE STRING MOZZ IW 168-1Z LOL   | 1 Each      |  | 786580     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 1

| Amount Per Serving        |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 190.00                  |
| <b>Fat</b>                | 7.50g                   |
| <b>SaturatedFat</b>       | 4.00g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 15.00mg                 |
| <b>Sodium</b>             | 320.00mg                |
| <b>Carbohydrates</b>      | 26.00g                  |
| <b>Fiber</b>              | 2.00g                   |
| <b>Sugar</b>              | 8.00g                   |
| <b>Protein</b>            | 8.00g                   |
| <b>Vitamin A</b> 200.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 300.00mg   | <b>Iron</b> 4.50mg      |



# Mini Pancakes and Sausage Links

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00               | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving       | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9514           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                                  | Measurement   | Prep Instructions  | DistPart # |
|--|---------------|--|------------|
| PANCAKE MAPL<br>WGRAIN IW 72-<br>3.17Z PILLS | 1 Package     | READY_TO_EAT<br>Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 269220     |
| SAUSAGE LNK<br>CKD SKNLS 1Z 10<br>JDF        | 2 Each        | BAKE<br>To Bake (convection oven): Preheat oven to 325°F, heat for 5 - 5 1 2 minutes if frozen, 4 - 4 1 2 minutes if thawed.   | 734969     |
| SYRUP PANCK<br>MAPL 2 4-1GAL<br>GCHC         | 1 Fluid Ounce |  | 232068     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 515.00   |
| <b>Fat</b>           | 30.00g   |
| <b>SaturatedFat</b>  | 10.50g   |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 50.00mg  |
| <b>Sodium</b>        | 670.00mg |
| <b>Carbohydrates</b> | 50.50g   |
| <b>Fiber</b>         | 2.00g    |
| <b>Sugar</b>         | 17.00g   |
| <b>Protein</b>       | 12.00g   |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 70.50mg | <b>Iron</b>      | 2.22mg |

# Breaded Chicken Sandwich

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00             | <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-9515           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                           | Measurement  | Prep Instructions   | DistPart # |
|---------------------------------------|--------------|---|------------|
| Alpha Hamburger Bun 4in Wheat         | 1 Each       | READY_TO_EAT  |            |
| CHIX PTY BRD WGRAIN 3.26Z 4-7.7       | 1 Each       | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 558061     |
| MUSTARD YELLOW CLSC 4-105FLZ<br>FRENC | 1 Teaspoon   |   | 741270     |
| DRESSING SALAD LT 4-1GAL GCHC         | 1 Tablespoon |   | 429422     |

## Preparation Instructions

Wash hands and put on gloves. Cook from frozen. Line chicken patties on tray/rack that is lined with parchment paper. Bake @ 350 degrees for 8-10 minutes or until internal temp reads 165 degrees. Put one chicken patty on WG bun and serve. Offer with mayo/mustard.

Offer condiments.

Case yield = 150 servings

CN labeled

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <b>Grain</b>    | 4.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |           |
|----------------------|-----------|
| <b>Calories</b>      | 570.39    |
| <b>Fat</b>           | 22.53g    |
| <b>SaturatedFat</b>  | 3.75g     |
| <b>Trans Fat</b>     | 0.00g     |
| <b>Cholesterol</b>   | 37.60mg   |
| <b>Sodium</b>        | 1096.45mg |
| <b>Carbohydrates</b> | 61.53g    |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Fiber</b>     | 7.50g    |                  |        |
| <b>Sugar</b>     | 6.02g    |                  |        |
| <b>Protein</b>   | 30.00g   |                  |        |
| <b>Vitamin A</b> | 0.06IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 112.53mg | <b>Iron</b>      | 4.62mg |

# Chicken Tenders and Wheat Bread Slice

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00               | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving       | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9518           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                           | Measurement  | Prep Instructions   | DistPart # |
|---------------------------------------|--------------|---|------------|
| CHIX TNRD WGRAIN FC<br>4-8 TYS        | 1 Serving    | <p>WASH HANDS AND PUT ON GLOVES</p> <p>Thawing Instructions</p> <p>PREPARE FROM FROZEN STATE</p> <p>Shelf Life</p> <p>FROZEN = 270 DAYS AT 0* OR LESS FROM DATE OF PRODUCTION.</p> <p>Basic Preparation</p> <p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY.</p> <p>CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.</p> <p>BAKE</p> <p>Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>8-10 minutes at 400°F from frozen.</p> <p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>6-8 minutes at 375°F from frozen.</p> | 283951     |
| School White Wheat<br>Sandwich Bread  | 1 Slice      |   | 12385      |
| DRESSING RNCH LT 4-<br>1GAL GCHC      | 1 Tablespoon |   | 472999     |
| Mrs. Clarks BBQ Sauce<br>4/1gal       | 1 Tablespoon | READY_TO_EAT  | 52928      |
| MARGARINE CUP SPRD<br>600-5GM PROMISE | 1 Each       |   | 462608     |

## Preparation Instructions

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

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

Basic Preparation

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

SERVING SIZE - 3 TENDERS AND ONE WG BREAD SLICE

Serve with one slice WG bread.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 414.38   |                  |        |
| <b>Fat</b>           | 19.24g   |                  |        |
| <b>SaturatedFat</b>  | 2.67g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 27.50mg  |                  |        |
| <b>Sodium</b>        | 778.65mg |                  |        |
| <b>Carbohydrates</b> | 41.20g   |                  |        |
| <b>Fiber</b>         | 4.18g    |                  |        |
| <b>Sugar</b>         | 10.00g   |                  |        |
| <b>Protein</b>       | 17.39g   |                  |        |
| <b>Vitamin A</b>     | 0.01IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 55.59mg  | <b>Iron</b>      | 2.67mg |

# Hamburger on Bun

|                      |                    |                       |                  |
|----------------------|--------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00               | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving       | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch              | <b>Recipe ID:</b>     | R-9519           |
| <b>School:</b>       | Merkley Elementary |                       |                  |

## Ingredients

| Description                           | Measurement  | Prep Instructions   | DistPart # |
|---------------------------------------|--------------|---|------------|
| Hamburger Bun 4in - Wheat             | 1 Each       |   | 51070      |
| BEEF BRGR CKD<br>CHARB CN 81-3.1Z GFS | 1 Each       | <b>BAKE</b><br>From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 100660     |
| KETCHUP CAN NAT LO<br>SOD 6-10 REDG   | 1 Tablespoon | <b>READY_TO_EAT</b><br>None   | 200621     |
| MUSTARD YELLOW<br>CLSC 4-105FLZ FRENC | 1 Teaspoon   |   | 741270     |
| PICKLE DILL SLCD<br>HAMB 2900CT 5GAL  | 1 Ounce      |   | 149209     |

## Preparation Instructions

Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black pan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.

Serve with lettuce, tomato, mustard, ketchup and pickle.

### 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> | 0.10 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

---

**Amount Per Serving**

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 417.90   |                  |        |
| <b>Fat</b>           | 22.77g   |                  |        |
| <b>SaturatedFat</b>  | 8.47g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 60.00mg  |                  |        |
| <b>Sodium</b>        | 885.00mg |                  |        |
| <b>Carbohydrates</b> | 29.66g   |                  |        |
| <b>Fiber</b>         | 2.37g    |                  |        |
| <b>Sugar</b>         | 7.32g    |                  |        |
| <b>Protein</b>       | 20.72g   |                  |        |
| <b>Vitamin A</b>     | 5.95IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 2.90mg   | <b>Iron</b>      | 2.86mg |



# Cheeseburger

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-9530           |

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| Hamburger Bun 4in - Wheat       | 1 Each      |                   | 51070      |
| BEEF PTY CKD 2.5Z 6-5 COMM      | 1 Each      |                   | 785850     |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice     |                   | 150260     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 342.40   |                  |        |
| <b>Fat</b>           | 17.07g   |                  |        |
| <b>SaturatedFat</b>  | 6.57g    |                  |        |
| <b>Trans Fat</b>     | 0.60g    |                  |        |
| <b>Cholesterol</b>   | 51.50mg  |                  |        |
| <b>Sodium</b>        | 769.00mg |                  |        |
| <b>Carbohydrates</b> | 28.16g   |                  |        |
| <b>Fiber</b>         | 3.27g    |                  |        |
| <b>Sugar</b>         | 3.82g    |                  |        |
| <b>Protein</b>       | 22.02g   |                  |        |
| <b>Vitamin A</b>     | 150.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 108.00mg | <b>Iron</b>      | 3.34mg |

# Rotini & Garlic Bread (Pasta Day)

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-9531           |

## Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| ROTINI PASTA WGRAIN<br>W/MEAT 6-5 COMM | 1 Serving   |   | 728590     |
| BREAD GARL TST SLC<br>WGRAIN 12-12CT   | 1 Slice     | <b>BAKE</b><br>Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.<br><b>GRIDDLE_FRY</b><br>Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through.<br><b>GRILL</b><br>Place toast on grill. Heat each side for 30 seconds or until heated through. | 277862     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 394.00   |                  |         |
| <b>Fat</b>           | 19.50g   |                  |         |
| <b>SaturatedFat</b>  | 7.20g    |                  |         |
| <b>Trans Fat</b>     | 1.00g    |                  |         |
| <b>Cholesterol</b>   | 54.00mg  |                  |         |
| <b>Sodium</b>        | 755.99mg |                  |         |
| <b>Carbohydrates</b> | 34.00g   |                  |         |
| <b>Fiber</b>         | 5.00g    |                  |         |
| <b>Sugar</b>         | 8.00g    |                  |         |
| <b>Protein</b>       | 20.00g   |                  |         |
| <b>Vitamin A</b>     | 612.99IU | <b>Vitamin C</b> | 23.00mg |
| <b>Calcium</b>       | 59.00mg  | <b>Iron</b>      | 4.00mg  |

# Popcorn Chicken (Spicy and Regular) and Wheat Bread

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-9532           |

## Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| CHIX POPCORN BRD WGRAIN FC .28Z<br>4-8 | 1 Serving   | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 327120     |
| School White Wheat Sandwich Bread      | 1 Slice     |   | 12385      |

## Preparation Instructions

Wash hands and put on gloves.

Line rack with parchment paper. Open and arrange one bag per rack/tray. Bake at 350 degrees for 10-12 minutes or until temp reaches 165 degrees. Hot hold until service. offer with WG bread slice/roll.

Serving size = 12 pieces

Case yield = 144 servings

CN labeled

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.61 |
| <b>Grain</b>    | 1.31 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 133.78   |
| <b>Fat</b>           | 4.63g    |
| <b>SaturatedFat</b>  | 0.87g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 5.60mg   |
| <b>Sodium</b>        | 251.65mg |
| <b>Carbohydrates</b> | 16.62g   |
| <b>Fiber</b>         | 2.02g    |
| <b>Sugar</b>         | 1.78g    |
| <b>Protein</b>       | 6.31g    |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.01IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 28.83mg | <b>Iron</b>      | 1.23mg |

# Yogurt & Granola Bar Meal

|                      |                        |                       |         |
|----------------------|------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast              | <b>Recipe ID:</b>     | R-9598  |
| <b>School:</b>       | Highland Middle School |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions      | DistPart # |
|--------------------------------------|-------------|------------------------|------------|
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 1 Serving   | RTE, keep refrigerated | 885750     |
| BAR OATML CHOC CHIP SFT IW 216-1.2Z  | 1 Each      | RTE                    | 526283     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 210.00   |                  |        |
| <b>Fat</b>           | 4.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 5.00mg   |                  |        |
| <b>Sodium</b>        | 135.00mg |                  |        |
| <b>Carbohydrates</b> | 37.00g   |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <b>Sugar</b>         | 19.00g   |                  |        |
| <b>Protein</b>       | 6.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 161.00mg | <b>Iron</b>      | 1.00mg |

# Cereal and Muffin Meal

|                      |                        |                       |         |
|----------------------|------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast              | <b>Recipe ID:</b>     | R-9599  |
| <b>School:</b>       | Highland Middle School |                       |         |

## Ingredients

| Description                        | Measurement | Prep Instructions  | DistPart # |
|------------------------------------|-------------|--|------------|
| CEREAL COCOA PUFFS WGRAIN R/S 96CT | 1 Each      | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 270401     |
| MUFFIN DBL CHOC WGRAIN IW 48-2Z SL | 1 Each      | READY_TO_EAT   | 262343     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 290.00   |                  |        |
| <b>Fat</b>           | 7.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 10.00mg  |                  |        |
| <b>Sodium</b>        | 225.00mg |                  |        |
| <b>Carbohydrates</b> | 52.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 22.00g   |                  |        |
| <b>Protein</b>       | 5.00g    |                  |        |
| <b>Vitamin A</b>     | 14.41IU  | <b>Vitamin C</b> | 0.05mg |
| <b>Calcium</b>       | 112.76mg | <b>Iron</b>      | 5.83mg |

# Cereal & Poptart Meal

|                      |                        |                       |         |
|----------------------|------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast              | <b>Recipe ID:</b>     | R-9600  |
| <b>School:</b>       | Highland Middle School |                       |         |

## Ingredients

| Description                            | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| CEREAL CINN TOAST R/S BWL<br>96CT GENM | 1 Each      | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 365790     |
| PASTRY POP-TART WGRAIN FUDG<br>120-1CT | 1 Each      | READY_TO_EAT   | 452062     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                           |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 310.00                  |
| <b>Fat</b>                | 5.50g                   |
| <b>SaturatedFat</b>       | 1.00g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 0.00mg                  |
| <b>Sodium</b>             | 360.00mg                |
| <b>Carbohydrates</b>      | 60.00g                  |
| <b>Fiber</b>              | 6.00g                   |
| <b>Sugar</b>              | 21.00g                  |
| <b>Protein</b>            | 4.00g                   |
| <b>Vitamin A</b> 500.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 190.00mg   | <b>Iron</b> 4.30mg      |

# Cereal & Granola Bar Meal

|                      |                        |                       |         |
|----------------------|------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast              | <b>Recipe ID:</b>     | R-9602  |
| <b>School:</b>       | Highland Middle School |                       |         |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| CEREAL FROOT LOOPS R/S BWL 96-1Z KELL | 1 Each      | Ready To Eat      | 283620     |
| BAR OATML CHOC CHIP SFT IW 216-1.2Z   | 1 Each      |                   | 526283     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 250.00   |                  |        |
| <b>Fat</b>           | 5.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 5.00mg   |                  |        |
| <b>Sodium</b>        | 235.00mg |                  |        |
| <b>Carbohydrates</b> | 47.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 17.00g   |                  |        |
| <b>Protein</b>       | 4.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 6.00mg |
| <b>Calcium</b>       | 11.00mg  | <b>Iron</b>      | 2.80mg |



# Poptart and Cheese Stick

|                      |                        |                       |         |
|----------------------|------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast              | <b>Recipe ID:</b>     | R-9621  |
| <b>School:</b>       | Highland Middle School |                       |         |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN FUDG 120-1CT | 1 Each      |                   | 452062     |
| CHEESE STRING MOZZ IW 168-1Z LOL    | 1 Each      |                   | 786580     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 1.25 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 270.00   |                  |        |
| <b>Fat</b>           | 9.00g    |                  |        |
| <b>SaturatedFat</b>  | 5.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 15.00mg  |                  |        |
| <b>Sodium</b>        | 400.00mg |                  |        |
| <b>Carbohydrates</b> | 39.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 15.00g   |                  |        |
| <b>Protein</b>       | 9.00g    |                  |        |
| <b>Vitamin A</b>     | 700.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 300.00mg | <b>Iron</b>      | 1.80mg |

# Biscuits & Gravy

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving           | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast              | <b>Recipe ID:</b>     | R-9622           |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                             | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| GRAVY SAUSAGE FZ<br>WHITE 6-5 OWENS     | 2 Ounce     |   | 511781     |
| BISCUIT WGRAIN EZ<br>SPLIT 120-2Z PILLS | 1 Each      | <b>BAKE</b><br>For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits. | 631902     |

## Preparation Instructions

Wash hand and put on gloves.

### BISCUITS

For best results, thaw at least 2 hours at room temperature prior to heating. Place in warmer at 180 degrees prior to service.

### GRAVY

For best results, thaw gravy in refrigerator overnight. Place bag in steam table pan and steam (or boil) until product reaches 165 degrees. Product may also be poured into a steam table pan and steamed in a combi oven until desired temp of 165 degrees is reached.

Gravy is ladled over split biscuit.

## 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 |

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 267.37

**Fat** 13.63g

**SaturatedFat** 8.68g

**Trans Fat** 0.00g

**Cholesterol** 8.42mg

**Sodium** 654.21mg

**Carbohydrates** 31.63g

**Fiber** 2.00g

**Sugar** 2.42g

**Protein** 5.68g

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

**Calcium** 158.42mg      **Iron** 1.50mg

# Spicy Popcorn Chicken and Wheat Bread

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving           | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-9623           |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                             | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| CHIX PCORN BITES HOT&SPCY<br>WGRAIN 4-8 | 1 Serving   | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen.<br>UNPREPARED | 327130     |
| School White Wheat Sandwich Bread       | 1 Slice     |   | 12385      |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 320.30   |                  |        |
| <b>Fat</b>           | 15.17g   |                  |        |
| <b>SaturatedFat</b>  | 2.90g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 21.82mg  |                  |        |
| <b>Sodium</b>        | 524.57mg |                  |        |
| <b>Carbohydrates</b> | 29.06g   |                  |        |
| <b>Fiber</b>         | 3.36g    |                  |        |
| <b>Sugar</b>         | 2.59g    |                  |        |
| <b>Protein</b>       | 16.57g   |                  |        |
| <b>Vitamin A</b>     | 0.01IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 57.77mg  | <b>Iron</b>      | 2.85mg |

# Ravioli & Garlic Toast

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving           | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-9624           |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions   | DistPart # |
|-----------------------------------|-------------|---|------------|
| RAVIOLI FORT/ENRICHED 6-10 CHBOY  | 1 Serving   | <b>HEAT_AND_SERVE</b><br>Wash Hands.<br>Empty Beef Ravioli in Meat Sauce into a half size steam table pan and cover tightly with aluminum foil or use plastic wrap for steamer application.<br>Steam in pressure or convection oven at 350 degrees for approximately 30 minutes until serving temperature of 165 degrees is obtained.                               | 496286     |
| BREAD GARL TST SLC WGRAIN 12-12CT | 1 Slice     | <b>BAKE</b><br>Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.<br><b>GRIDDLE_FRY</b><br>Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through.<br><b>GRILL</b><br>Place toast on grill. Heat each side for 30 seconds or until heated through. | 277862     |

## Preparation Instructions

Store remaining portions in tightly sealed shallow plastic container or storage bag. Date stamp accordingly and refrigerate or freeze.

Thaw under refrigeration. YIELD 13 portions averaging 8.31 oz. each.

Serving suggestion: Cheesy Beef Ravioli: Sprinkle with shredded mozzarella cheese. Heat in oven until cheese is melted and temp reaches 165 degrees

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 1.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.50 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 340.00

**Fat** 11.50g

**SaturatedFat** 4.50g

**Trans Fat** 0.00g

**Cholesterol** 25.00mg

**Sodium** 750.00mg

**Carbohydrates** 40.00g

**Fiber** 5.00g

**Sugar** 6.00g

**Protein** 18.00g

**Vitamin A** 300.00IU **Vitamin C** 0.00mg

**Calcium** 44.00mg **Iron** 3.70mg

# Chicken Smackers (10pc) and Roll

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving           | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-9625           |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                        | Measurement  | Prep Instructions  | DistPart # |
|------------------------------------|--------------|--|------------|
| CHIX PCORN LRG WGRAIN CKD 6-5      | 1 Serving    | BAKE FROM FROZEN: LINE TRAY WITH PARCHMENT PAPER. 1 BAG PER RACK/TRAY. CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. | 536620     |
| White Wheat Dinner Rolls           | 1 Each       |  | 33119      |
| DRESSING RNCH LT 4-1GAL GCHC       | 1 Tablespoon |  | 472999     |
| Mrs. Clarks BBQ Sauce 4/1gal       | 2 Tablespoon | READY_TO_EAT   | 52928      |
| MARGARINE CUP SPRD 600-5GM PROMISE | 1 Each       |  | 462608     |

## Preparation Instructions

WASH HANDS AND PUT ON GLOVES.

SERVING SIZE IS 10 NUGGETS AND 1 ROLL

1 CASE = 105 SERVINGS

6-5# BAGS

### 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 |

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 455.00

**Fat** 17.75g

**SaturatedFat** 3.37g

**Trans Fat** 0.03g

**Cholesterol** 72.50mg

**Sodium** 1060.00mg

**Carbohydrates** 51.00g

**Fiber** 4.00g

**Sugar** 14.50g

**Protein** 22.00g

**Vitamin A** 200.01IU    **Vitamin C** 0.00mg

**Calcium** 52.92mg    **Iron** 2.23mg



# Grilled Chicken Sandwich

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving           | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-9626           |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                   | Measurement | Prep Instructions  | DistPart # |
|-------------------------------|-------------|--|------------|
| Hamburger Bun 4in - Wheat     | 1 Each      |  | 51070      |
| CHIX BRST PTY FC 100-3.1Z TYS | 1 Each      | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>12-14 minutes at 350°F from frozen.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>9-11 minutes at 350°F from frozen.<br><b>MICROWAVE</b><br>Appliances vary, adjust accordingly.<br>Microwave<br>Microwave on full power for 2 minutes from frozen. | 209244     |

## Preparation Instructions

Wash hands and put on gloves.

Place 50 grilled chicken patties in black pan and place in steamer for 25 minutes or until internal temp reaches 165 degrees. Drain excess liquids and place a metal lid on the pan. Hot hold until service. At time of service, place one grilled chicken patty between a bun, wrap in foil wrapper. Offer tomato slices, leaf lettuce, pickle slices, and condiments.

Each case of grilled chicken patties yields 60 servings

F/C

CN labeled

### 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 |

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 254.40

**Fat** 7.07g

**SaturatedFat** 1.97g

**Trans Fat** 0.00g

**Cholesterol** 50.00mg

**Sodium** 805.00mg

**Carbohydrates** 28.66g

**Fiber** 2.27g

**Sugar** 5.32g

**Protein** 19.52g

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

**Calcium** 0.00mg **Iron** 1.34mg

# Chicken Nuggets and WG Bread

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving           | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-9627           |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| CHIX BRST CHNK HMSTYL CKD 535-.78Z | 1 Serving   |                   | 150220     |
| School White Wheat Sandwich Bread  | 1 Slice     |                   | 12385      |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 344.38   |                  |        |
| <b>Fat</b>           | 17.24g   |                  |        |
| <b>SaturatedFat</b>  | 3.92g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 68.75mg  |                  |        |
| <b>Sodium</b>        | 653.65mg |                  |        |
| <b>Carbohydrates</b> | 23.95g   |                  |        |
| <b>Fiber</b>         | 2.43g    |                  |        |
| <b>Sugar</b>         | 1.50g    |                  |        |
| <b>Protein</b>       | 22.39g   |                  |        |
| <b>Vitamin A</b>     | 0.01IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 30.84mg  | <b>Iron</b>      | 1.92mg |

# Beef Taco

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving           | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-9628           |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                            | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| TORTILLA FLOUR<br>ULTRGR 6 30-12CT     | 1 Serving   |  | 882690     |
| TACO FILLING BEEF<br>REDC FAT 6-5 COMM | 3 1/6 Ounce | <b>hawing Instructions</b><br>THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.<br><b>Basic Preparation</b><br>PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.<br>Once product reaches internal temp of 165 degrees hot hold until service. At service scoop 2 ounces of meat onto each taco shell | 722330     |
| CHEESE CHED MLD<br>SHRD 4-5 LOL        | 1/8 Cup     | Please 1 ounce of shredded cheese on top of the meat inside the taco shell   | 150250     |
| LETTUCE BLND<br>ROMAINE MXD 4-5<br>RSS | 1/4 Cup     |  | 755826     |
| TOMATO ROMA DCD<br>3/8 2-5 RSS         | 1/4 Cup     | Place diced tomatoes into serving container and cold hold before and during service.   | 786543     |

## Preparation Instructions

WASH HANDS AND PUT ON GLOVES.

Thawing Instructions for Taco Meat

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Transfer meat to steam table pans. Cover and hot hold until service.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.52 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.67 |
| <b>OtherVeg</b> | 0.13 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 361.10   |                  |        |
| <b>Fat</b>           | 14.58g   |                  |        |
| <b>SaturatedFat</b>  | 6.92g    |                  |        |
| <b>Trans Fat</b>     | 0.29g    |                  |        |
| <b>Cholesterol</b>   | 50.60mg  |                  |        |
| <b>Sodium</b>        | 542.37mg |                  |        |
| <b>Carbohydrates</b> | 38.02g   |                  |        |
| <b>Fiber</b>         | 6.83g    |                  |        |
| <b>Sugar</b>         | 5.67g    |                  |        |
| <b>Protein</b>       | 21.27g   |                  |        |
| <b>Vitamin A</b>     | 801.00IU | <b>Vitamin C</b> | 5.00mg |
| <b>Calcium</b>       | 201.81mg | <b>Iron</b>      | 4.24mg |

# Sunshine Lunch

|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-9651  |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 1 Serving   | READY_TO_EAT      | 885750     |
| CHEESE STRING MOZZ IW 168-1Z LOL     | 1 Each      |                   | 786580     |
| CRACKER GLDFSH CHED WGRAIN 300-.75Z  | 2 Package   |                   | 736280     |
| Baby Carrots                         | 4 Ounce     |                   |            |
| GRAPES GREEN SEEDLESS 17AVG          | 1/2 Cup     |                   | 197858     |

## Preparation Instructions

Wash carrots and grapes. Assemble container with one yogurt, one cheese stick, 2 pkg gold fish crackers, 4 oz baby carrots and 4 oz grapes.

Credits for 2m/ma; 2 grains , 1/2 cup red/orange and 1/2 cup fruit

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.00 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.50 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 6.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 686.27    |                  |        |
| <b>Fat</b>           | 14.27g    |                  |        |
| <b>SaturatedFat</b>  | 5.07g     |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 15.00mg   |                  |        |
| <b>Sodium</b>        | 1041.66mg |                  |        |
| <b>Carbohydrates</b> | 113.67g   |                  |        |
| <b>Fiber</b>         | 18.73g    |                  |        |
| <b>Sugar</b>         | 55.33g    |                  |        |
| <b>Protein</b>       | 14.53g    |                  |        |
| <b>Vitamin A</b>     | 284.00IU  | <b>Vitamin C</b> | 3.36mg |
| <b>Calcium</b>       | 401.76mg  | <b>Iron</b>      | 1.69mg |

# Turkey Deli Sandwich Meal

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-9652           |

## Ingredients

| Description                        | Measurement  | Prep Instructions | DistPart # |
|------------------------------------|--------------|-------------------|------------|
| Diamond Jim's - Wheat              | 1 Each       | READY_TO_EAT      | 31454      |
| TURKEY BRST SKNLS CKD 2-9AVG JENNO | 3 Ounce      |                   | 442763     |
| CHEESE AMER 160CT SLCD 6-5 COMM    | 1 Slice      |                   | 150260     |
| TOMATO 5X6 XL 5 MRKN               | 1 Slice      |                   | 438197     |
| LETTUCE LEAF 12CT MRKN             | 1 Piece      |                   | 198668     |
| DRESSING SALAD LT 4-1GAL GCHC      | 1 Tablespoon |                   | 429422     |
| MUSTARD YELLOW CLSC 4-105FLZ FRENC | 1 Teaspoon   |                   | 741270     |
| PICKLE DILL SLCD HAMB 2900CT 5GAL  | 1 Ounce      |                   | 149209     |

## Preparation Instructions

Thaw meat under refrigeration for 2-3 days.

Slice ham and/or turkey as needed

Portion 3 ounces of turkey and place on hoagie. Add 1 slice american cheese. Chill in refrigerator until ready to serve. Offer with lettuce, tomato, pickle and condiments.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.05 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.04 |
| <b>OtherVeg</b> | 0.10 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |           |
|----------------------|-----------|
| <b>Calories</b>      | 277.83    |
| <b>Fat</b>           | 10.13g    |
| <b>SaturatedFat</b>  | 3.58g     |
| <b>Trans Fat</b>     | 0.00g     |
| <b>Cholesterol</b>   | 53.59mg   |
| <b>Sodium</b>        | 1733.96mg |
| <b>Carbohydrates</b> | 32.90g    |
| <b>Fiber</b>         | 2.54g     |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Sugar</b>     |          | 7.45g            |        |
| <b>Protein</b>   |          | 22.68g           |        |
| <b>Vitamin A</b> | 218.43IU | <b>Vitamin C</b> | 1.03mg |
| <b>Calcium</b>   | 151.56mg | <b>Iron</b>      | 2.04mg |



# Romaine Salad Mix

|                      |                        |                       |           |
|----------------------|------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Cup               | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-9653    |
| <b>School:</b>       | Highland Middle School |                       |           |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE HERITAGE BLND 4-2 | 1 Cup       |                   | 165761     |
| CUCUMBER SELECT 6CT MRKN          | 2 Slice     |                   | 592323     |
| PEPPERS GREEN LRG 5 MRKN          | 1 Ounce     |                   | 592315     |
| TOMATO GRAPE SWT 10 MRKN          | 2 Ounce     |                   | 129631     |

## 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> | 0.29 |
| <b>RedVeg</b>   | 0.25 |
| <b>OtherVeg</b> | 0.25 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

|                      |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 18.68    |                  |         |
| <b>Fat</b>           | 0.15g    |                  |         |
| <b>SaturatedFat</b>  | 0.04g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 0.00mg   |                  |         |
| <b>Sodium</b>        | 2.94mg   |                  |         |
| <b>Carbohydrates</b> | 3.46g    |                  |         |
| <b>Fiber</b>         | 1.49g    |                  |         |
| <b>Sugar</b>         | 2.46g    |                  |         |
| <b>Protein</b>       | 1.19g    |                  |         |
| <b>Vitamin A</b>     | 450.59IU | <b>Vitamin C</b> | 21.32mg |
| <b>Calcium</b>       | 16.81mg  | <b>Iron</b>      | 0.42mg  |

# Meatball Sub Sandwich

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving           | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-10142          |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                    | Measurement | Prep Instructions   | DistPart # |
|--------------------------------|-------------|---|------------|
| MEATBALL CKD .65Z 6-5 COMM     | 1 Serving   |   | 785860     |
| Diamond Jim's - Wheat          | 1 Each      | READY_TO_EAT<br>Spoon 4 meatballs and sauce onto bun. Sprinkle with 1 oz, shredded mozzarella cheese                      | 31454      |
| SAUCE SPAGHETTI FCY 6-10 REDPK | 2 Ounce     | Open cans and pour into steam table pans. Heat sauce to 165. Add cooked meatballs. Stir, cover and hot hold until service | 852759     |
| CHEESE MOZZ SHRD 4-5 LOL       | 2 Ounce     |   | 645170     |

## 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>   | 0.42 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 333.42   |                  |        |
| <b>Fat</b>           | 14.14g   |                  |        |
| <b>SaturatedFat</b>  | 5.94g    |                  |        |
| <b>Trans Fat</b>     | 0.60g    |                  |        |
| <b>Cholesterol</b>   | 43.50mg  |                  |        |
| <b>Sodium</b>        | 803.33mg |                  |        |
| <b>Carbohydrates</b> | 36.49g   |                  |        |
| <b>Fiber</b>         | 5.02g    |                  |        |
| <b>Sugar</b>         | 9.79g    |                  |        |
| <b>Protein</b>       | 23.09g   |                  |        |
| <b>Vitamin A</b>     | 5.00IU   | <b>Vitamin C</b> | 1.00mg |
| <b>Calcium</b>       | 240.84mg | <b>Iron</b>      | 3.38mg |

# Pizza Bosco and Dip

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 2.00 Each              | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-10162          |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| BREADSTICK PEPP CHS WGRAIN 144-4BOSC | 1 Serving   |                   | 787421     |
| SAUCE SPAGHETTI BF REDC FAT 6-5 COMM | 3 Ounce     |                   | 573201     |

## 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>   | 0.33 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

| Amount Per Serving   |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 329.46   |                  |         |
| <b>Fat</b>           | 12.75g   |                  |         |
| <b>SaturatedFat</b>  | 5.50g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 49.46mg  |                  |         |
| <b>Sodium</b>        | 615.36mg |                  |         |
| <b>Carbohydrates</b> | 32.82g   |                  |         |
| <b>Fiber</b>         | 3.07g    |                  |         |
| <b>Sugar</b>         | 5.75g    |                  |         |
| <b>Protein</b>       | 20.04g   |                  |         |
| <b>Vitamin A</b>     | 346.61IU | <b>Vitamin C</b> | 10.18mg |
| <b>Calcium</b>       | 199.57mg | <b>Iron</b>      | 3.07mg  |

# Cheeseburger on Bun - STOH

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving           | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-10329          |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                           | Measurement  | Prep Instructions   | DistPart # |
|---------------------------------------|--------------|---|------------|
| Hamburger Bun 4in - Wheat             | 1 Each       |   | 51070      |
| BEEF BRGR CKD<br>CHARB CN 81-3.1Z GFS | 1 Each       | <b>BAKE</b><br>From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 100660     |
| CHEESE AMER 160CT<br>SLCD 6-5 COMM    | 1 Slice      |   | 150260     |
| KETCHUP CAN NAT LO<br>SOD 6-10 REDG   | 1 Tablespoon | <b>READY_TO_EAT</b><br>None   | 200621     |
| MUSTARD YELLOW<br>CLSC 4-105FLZ FRENC | 1 Teaspoon   |   | 741270     |
| PICKLE DILL SLCD<br>HAMB 2900CT 5GAL  | 1 Ounce      |   | 149209     |

## Preparation Instructions

Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black pan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Add cheese slice and allow to melt. Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.

### Meal Components (SLE)

Amount Per Serving

|              |      |
|--------------|------|
| <b>Meat</b>  | 3.25 |
| <b>Grain</b> | 2.00 |

|                 |      |
|-----------------|------|
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.10 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

|                      |           |
|----------------------|-----------|
| <b>Calories</b>      | 467.90    |
| <b>Fat</b>           | 27.27g    |
| <b>SaturatedFat</b>  | 10.97g    |
| <b>Trans Fat</b>     | 0.00g     |
| <b>Cholesterol</b>   | 72.50mg   |
| <b>Sodium</b>        | 1110.00mg |
| <b>Carbohydrates</b> | 30.16g    |
| <b>Fiber</b>         | 2.37g     |
| <b>Sugar</b>         | 7.82g     |
| <b>Protein</b>       | 23.22g    |

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|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 155.95IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 77.90mg  | <b>Iron</b>      | 2.86mg |

# Spicy Chicken Sandwich

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00                 | <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-10330          |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions   | DistPart # |
|--------------------------------------|-------------|---|------------|
| Alpha Hamburger Bun 4in Wheat        | 1 Each      | READY_TO_EAT  |            |
| CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2 | 1 Each      | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 327080     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 410.00   |                  |        |
| <b>Fat</b>           | 17.00g   |                  |        |
| <b>SaturatedFat</b>  | 3.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 670.00mg |                  |        |
| <b>Carbohydrates</b> | 43.00g   |                  |        |
| <b>Fiber</b>         | 5.00g    |                  |        |
| <b>Sugar</b>         | 4.00g    |                  |        |
| <b>Protein</b>       | 21.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 80.00mg  | <b>Iron</b>      | 3.08mg |

# Firehouse Chicken Sandwich

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00                 | <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-10332          |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions   | DistPart # |
|--------------------------------------|-------------|---|------------|
| Alpha Hamburger Bun 4in Wheat        | 1 Each      | READY_TO_EAT  |            |
| CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2 | 1 Each      | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 327080     |
| CHEESE PEPR JK SLCD 6-1.5            | 1 Slice     |   | 777587     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.75 |
| <b>Grain</b>    | 3.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 480.00   |
| <b>Fat</b>           | 23.00g   |
| <b>SaturatedFat</b>  | 6.50g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 45.00mg  |
| <b>Sodium</b>        | 790.00mg |
| <b>Carbohydrates</b> | 43.00g   |
| <b>Fiber</b>         | 5.00g    |
| <b>Sugar</b>         | 4.00g    |
| <b>Protein</b>       | 26.00g   |
| <b>Vitamin A</b>     | 0.00IU   |
| <b>Vitamin C</b>     | 0.00mg   |
| <b>Calcium</b>       | 225.00mg |
| <b>Iron</b>          | 3.08mg   |

# Poptart and Elf Grahams

|                      |                      |                       |         |
|----------------------|----------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                 | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each            | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast            | <b>Recipe ID:</b>     | R-10659 |
| <b>School:</b>       | Highland High School |                       |         |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN FUDG 120-1CT | 1 Each      |                   | 452062     |
| CRACKER GRHM ELF CHOC 150-1Z KEEB   | 1 Package   |                   | 123171     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 310.00    |                  |        |
| <b>Fat</b>           | 7.00g     |                  |        |
| <b>SaturatedFat</b>  | 2.00g     |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 0.00mg    |                  |        |
| <b>Sodium</b>        | 325.00mg  |                  |        |
| <b>Carbohydrates</b> | 58.00g    |                  |        |
| <b>Fiber</b>         | 5.00g     |                  |        |
| <b>Sugar</b>         | 22.00g    |                  |        |
| <b>Protein</b>       | 5.00g     |                  |        |
| <b>Vitamin A</b>     | 1000.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 200.00mg  | <b>Iron</b>      | 2.88mg |



# Hot Ham and Cheese Croissant

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-10671          |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                                    | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED | 3 Ounce     | Thaw ham slices. Drain excess liquid from ham slices. Place 3 oz ham slices on one half of the croissant  | 100187     |
| CHEESE AMER 160CT SLCD 6-5 COMM                | 1 Slice     | Place 1 slice cheese on top of the ham slices and put top of the sliced croissant on top of the ham and cheese. Wrap in foil wrapper and place in steam table pan. Place in warmer to heat sandwich through and melt cheese. Serve hot.   | 150260     |
| CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL          | 1 Each      | <p><b>BAKE CONVECTION OVEN:</b></p> <ol style="list-style-type: none"> <li>Pre-heat convection oven to 325°F.</li> <li>Place whole croissant on ungreased sheet pan.</li> <li>To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed.</li> </ol> <p><b>READY_TO_EAT THAWING DIRECTIONS:</b></p> <ol style="list-style-type: none"> <li>Remove frozen croissants from packaging to enhance crispness.</li> <li>Thaw uncovered at room temperature; 2 hours - overnight.</li> </ol> | 172172     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 6.50 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

|                           |           |
|---------------------------|-----------|
| <b>Amount Per Serving</b> |           |
| <b>Calories</b>           | 492.00    |
| <b>Fat</b>                | 25.50g    |
| <b>SaturatedFat</b>       | 12.00g    |
| <b>Trans Fat</b>          | 0.15g     |
| <b>Cholesterol</b>        | 125.50mg  |
| <b>Sodium</b>             | 1917.00mg |
| <b>Carbohydrates</b>      | 42.50g    |
| <b>Fiber</b>              | 2.00g     |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Sugar</b>     |          |                  | 11.50g |
| <b>Protein</b>   |          |                  | 38.50g |
| <b>Vitamin A</b> | 150.00IU | <b>Vitamin C</b> | 0.14mg |
| <b>Calcium</b>   | 97.14mg  | <b>Iron</b>      | 1.80mg |

# SPICY CHICKEN SANDWICH

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-10677          |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                          | Measurement  | Prep Instructions   | DistPart # |
|--------------------------------------|--------------|---|------------|
| CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2 | 1 Each       | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 327080     |
| Hamburger Bun 4in - Wheat            | 1 Each       |   | 51070      |
| DRESSING SALAD LT 4-1GAL GCHC        | 1 Tablespoon |   | 429422     |
| DRESSING RNCH LT 4-1GAL GCHC         | 1 Tablespoon |   | 472999     |

## Preparation Instructions

No Preparation Instructions available.

### 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 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 484.40   |                  |        |
| <b>Fat</b>           | 21.32g   |                  |        |
| <b>SaturatedFat</b>  | 3.47g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 37.50mg  |                  |        |
| <b>Sodium</b>        | 855.00mg |                  |        |
| <b>Carbohydrates</b> | 51.16g   |                  |        |
| <b>Fiber</b>         | 5.27g    |                  |        |
| <b>Sugar</b>         | 7.82g    |                  |        |
| <b>Protein</b>       | 20.52g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |

**Calcium** 40.00mg **Iron** 3.34mg

# Boneless Wings and WG Roll

|                      |                      |                       |                  |
|----------------------|----------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                 | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each            | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                | <b>Recipe ID:</b>     | R-10698          |
| <b>School:</b>       | Highland High School |                       |                  |

## Ingredients

| Description                             | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| CHIX BRST CHNK<br>GLDNCRSP WGRAIN 4-7.5 | 4 Each      | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes. | 561301     |
| White Wheat Dinner Rolls                | 1 Each      |   | 33119      |

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 240.00   |                  |        |
| <b>Fat</b>           | 8.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.87g    |                  |        |
| <b>Trans Fat</b>     | 0.03g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 430.00mg |                  |        |
| <b>Carbohydrates</b> | 24.50g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 17.00g   |                  |        |
| <b>Vitamin A</b>     | 0.01IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 41.92mg  | <b>Iron</b>      | 1.79mg |

# Bagel and Cream Cheese

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-10711 |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| BAGEL WHT WGRAIN IW 72-2Z LENDER | 1 Each      | Thaw and Serve    | 217911     |
| CHEESE CREAM CUP 100-1Z GCHC     | 1 Each      | Serve with Bagel  | 228427     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 240.00   |                  |        |
| <b>Fat</b>           | 10.00g   |                  |        |
| <b>SaturatedFat</b>  | 6.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 275.00mg |                  |        |
| <b>Carbohydrates</b> | 30.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 6.00g    |                  |        |
| <b>Protein</b>       | 8.00g    |                  |        |
| <b>Vitamin A</b>     | 300.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 60.00mg  | <b>Iron</b>      | 1.80mg |

# Poptart and Elf Grahams

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-10716 |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN FUDG 120-1CT | 1 Each      | RTE               | 452062     |
| CRACKER GRHM ELF CHOC 150-1Z KEEB   | 1 Package   | RTE               | 123171     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 310.00    |                  |        |
| <b>Fat</b>           | 7.00g     |                  |        |
| <b>SaturatedFat</b>  | 2.00g     |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 0.00mg    |                  |        |
| <b>Sodium</b>        | 325.00mg  |                  |        |
| <b>Carbohydrates</b> | 58.00g    |                  |        |
| <b>Fiber</b>         | 5.00g     |                  |        |
| <b>Sugar</b>         | 22.00g    |                  |        |
| <b>Protein</b>       | 5.00g     |                  |        |
| <b>Vitamin A</b>     | 1000.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 200.00mg  | <b>Iron</b>      | 2.88mg |

# Bacon Cheeseburger

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-10915          |

## Ingredients

| Description                           | Measurement | Prep Instructions   | DistPart # |
|---------------------------------------|-------------|---|------------|
| BACON CKD RND WHOLE MUSCLE 2-96CT GFS | 1 Slice     | Cook according to package directions and place one slice on steamed hamburger patty   | 365620     |
| CHEESE AMER 160CT SLCD 6-5 COMM       | 1 Slice     | Place one cheese slice on steamed patty   | 150260     |
| BEEF PTY CKD 2.5Z 6-5 COMM            | 1 Each      | Cook according to package directions. F/C patty needs to reach internal temp of 165 degrees. Once cooked, place one patty on WG bun and top with one (1) bacon slice and one (1) cheese slice | 785850     |
| Hamburger Bun 4in - Wheat             | 1 Each      | Serve with romaine leaf lettuce, tomato slices, pickles and condiments  | 51070      |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 377.40   |                  |        |
| <b>Fat</b>           | 19.92g   |                  |        |
| <b>SaturatedFat</b>  | 7.62g    |                  |        |
| <b>Trans Fat</b>     | 0.62g    |                  |        |
| <b>Cholesterol</b>   | 56.50mg  |                  |        |
| <b>Sodium</b>        | 894.30mg |                  |        |
| <b>Carbohydrates</b> | 28.16g   |                  |        |
| <b>Fiber</b>         | 3.27g    |                  |        |
| <b>Sugar</b>         | 3.82g    |                  |        |
| <b>Protein</b>       | 24.17g   |                  |        |
| <b>Vitamin A</b>     | 150.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 108.00mg | <b>Iron</b>      | 3.43mg |



# BBQ RIB SANDWICH

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11494          |

## Ingredients

| Description                                 | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| BEEF RIB SHAPED PATTY, BBQ SEASONED, FC, CN | 1 Each      | BAKE<br>PLACE IN SINGLE LAYER ON SPRAYED BAKING SHEET<br>BRUSH LIGHTLY WITH BBQ SAUCE<br>CONVECTION OVEN: 350 DEGREES F<br>CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS<br>CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS | 75156      |
| Diamond Jim's - Wheat                       | 1 Each      | READY_TO_EAT   | 31454      |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 244.09   |                  |        |
| <b>Fat</b>           | 9.14g    |                  |        |
| <b>SaturatedFat</b>  | 3.69g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 35.00mg  |                  |        |
| <b>Sodium</b>        | 694.00mg |                  |        |
| <b>Carbohydrates</b> | 29.99g   |                  |        |
| <b>Fiber</b>         | 3.35g    |                  |        |
| <b>Sugar</b>         | 5.96g    |                  |        |
| <b>Protein</b>       | 17.92g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 62.67mg  | <b>Iron</b>      | 1.38mg |

# BBQ CHICKEN SANDWICH

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11495          |

## Ingredients

| Description                         | Measurement  | Prep Instructions  | DistPart # |
|-------------------------------------|--------------|--|------------|
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 3 Ounce      | Thaw chicken under refrigeration. Wash hands. Put on gloves. Mix chicken with light coating of BBQ sauce. Place in steam table pan, cover and heat to internal temperature of 165 degrees. | 570533     |
| Alpha Hamburger Bun 4in Wheat       | 1 Each       | Spoodle 3 oz serving on bun. Serve immediately   |            |
| SAUCE BBQ CLSC 4-1GAL CATL          | 2 Tablespoon |  | 425583     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 310.43   |                  |        |
| <b>Fat</b>           | 7.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 55.00mg  |                  |        |
| <b>Sodium</b>        | 765.00mg |                  |        |
| <b>Carbohydrates</b> | 36.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 9.00g    |                  |        |
| <b>Protein</b>       | 25.00g   |                  |        |
| <b>Vitamin A</b>     | 200.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 47.00mg  | <b>Iron</b>      | 2.08mg |

# Chicken Quesadilla

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11498          |

## Ingredients

| Description                         | Measurement | Prep Instructions   | DistPart # |
|-------------------------------------|-------------|---|------------|
| QUESADILLA CHIX<br>WGRAIN 96-5Z MAX | 1 Each      | Wash hands. Put on gloves. Line quesadillas on a papered baking sheet. Bake at 350 degrees for 10-12 minutes or until internal temp reads 165 degrees. Hot hold until service.<br>One (1) per serving<br>Offer: Salsa and/or sour cream | 231750     |

## Preparation Instructions

Wash hands. Put on gloves. Line quesadillas on a papered baking sheet. Bake at 350 degrees for 10-12 minutes or until internal temp reads 165 degrees. Hot hold until service.

One (1) per serving

Offer: Salsa and/or sour cream

### 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>   | 0.13 |
| <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 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 300.00                  |
| <b>Fat</b>              | 10.00g                  |
| <b>SaturatedFat</b>     | 2.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 15.00mg                 |
| <b>Sodium</b>           | 700.00mg                |
| <b>Carbohydrates</b>    | 37.00g                  |
| <b>Fiber</b>            | 4.00g                   |
| <b>Sugar</b>            | 2.00g                   |
| <b>Protein</b>          | 17.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 180.00mg | <b>Iron</b> 2.70mg      |

# Cheese Quesadilla

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 96.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11501          |

## Ingredients

| Description                        | Measurement | Prep Instructions  | DistPart # |
|------------------------------------|-------------|--|------------|
| QUESADILLA CHS<br>WGRAIN 96-5Z MAX | 96 Each     | Wash Hands. Put on gloves.<br>Place quesadillas on paperlined tray. Bake at 350 degrees for 10-12 minutes or until internal temp reaches 165 degrees. Hot hold until service.<br>Offer salsa and/or sour cream<br>Serving = 1 each | 231771     |

## 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>   | 0.13 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 320.00                  |
| <b>Fat</b>              | 12.00g                  |
| <b>SaturatedFat</b>     | 3.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 10.00mg                 |
| <b>Sodium</b>           | 710.00mg                |
| <b>Carbohydrates</b>    | 39.00g                  |
| <b>Fiber</b>            | 4.00g                   |
| <b>Sugar</b>            | 3.00g                   |
| <b>Protein</b>          | 15.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 240.00mg | <b>Iron</b> 2.70mg      |

# Orange Chicken

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11507          |

## Ingredients

| Description                                      | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| Chicken Smackers                                 | 1000 Piece  | FOR 50 SERVINGS - USE 2 BAGS<br>FOR 100 SERVINGS - USE 4 BAGS<br>BAKE<br>Conventional Oven for 10-12 minutes at 350degrees;<br>Convection oven for 6-8 minutes at 350degrees.<br>Appliances vary; adjust cook times accordingly.   |            |
| RICE BRN ASIAN 6-26.4Z<br>UBEN                   | 50 Cup      | Oven<br>1. Combine 1 ½ quarts(6 cups) HOT water (190F) and contents ofseasoning packet in a deep halfsize steam table pan. Stir well to disperse seasoning in water. Add rice and 2 ounces butter (optional) and mix well.<br>2. Cover and bake at 400°F for 25 minutes or until MOST of the water is absorbed.<br>3. Stir well. Serve immediately or keep warm (160 °F). Fluff with fork before serving.<br>1/2 cup prepared rice = 0.75 grains<br>1 cup prepared = 1.50 grains | 244541     |
| JUICE PINEAPPLE 6Z 8-6CT<br>DOLE                 | 2 Cup       | FOR 50- SERVINGS - USE 1 CUP<br>FOR 100 SERVINGS - USE 2 CUPS  | 304523     |
| Minor's Zesty Orange Sauce<br>RTI 4 x 0.5 gallon | 64 Ounce    | FOR 50 SERVINGS - USE 1/2 BOTTLE<br>FOR 100 SERVINGS USE 1 BOTTLE<br>Pour sauce into 1/2 steam table pan. Add 2 cups pineapple juice Steam for 10 minutes until warm.<br>Add sauce until chicken smackers are coated.  | 33420      |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 402.80

**Fat** 14.00g

**SaturatedFat** 3.25g

**Trans Fat** 0.00g

**Cholesterol** 60.00mg

**Sodium** 815.00mg

**Carbohydrates** 47.72g

**Fiber** 4.00g

**Sugar** 6.94g

**Protein** 20.50g

**Vitamin A** 168.00IU **Vitamin C** 1.00mg

**Calcium** 27.00mg **Iron** 2.36mg

# Wild Mike's Deep Dish Personal Pan Cheese Pizza

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11516          |

## Ingredients

| Description                                     | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| Wild Mikes 5 in cheese deep dish personal pizza | 1 Each      | Wash hands. Put on gloves. Preheat oven to 325 degrees. Place pizza on parchment lined baking sheet. From frz: bake 13-15 minutes. From thawed: bake 11-13 minutes. Hot hold until service. | 80650      |

## Preparation Instructions

80 servings per case.

### 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>   | 0.13 |
| <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 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 360.00   |                  |        |
| <b>Fat</b>           | 17.00g   |                  |        |
| <b>SaturatedFat</b>  | 8.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 35.00mg  |                  |        |
| <b>Sodium</b>        | 510.00mg |                  |        |
| <b>Carbohydrates</b> | 34.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 4.00g    |                  |        |
| <b>Protein</b>       | 20.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

# Stuffed Crust Pizza

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Slice | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-11552          |

## Ingredients

| Description                            | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| PIZZA PEPP WDG WGRAIN<br>STFD 72-4.87Z | 1 Each      | wash hands and put on gloves.<br>Separate pizza slices and place on lined baking tray or rack.<br>Bake in preheated oven at 350 degrees for 10-15 minutes or until internal temperature reaches 165 degrees.<br><b>DO NOT OVERCOOK.</b> Batch cook to avoid inferior product,<br>Hot hold until service. | 259910     |

## 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>   | 0.13 |
| <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 Slice

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 340.00   |                  |        |
| <b>Fat</b>           | 15.00g   |                  |        |
| <b>SaturatedFat</b>  | 4.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 20.00mg  |                  |        |
| <b>Sodium</b>        | 890.00mg |                  |        |
| <b>Carbohydrates</b> | 36.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 3.00g    |                  |        |
| <b>Protein</b>       | 15.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 190.00mg | <b>Iron</b>      | 2.00mg |



# Corn Dog

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11557          |

## Ingredients

| Description                           | Measurement  | Prep Instructions  | DistPart # |
|---------------------------------------|--------------|--|------------|
| CORN DOG CHIX<br>WGRAIN 72-4Z GCHC    | 1 Each       | Wash hands and put on gloves.<br>From frozen: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 20 minutes or until internal temp reaches 165 degrees.<br>From Thawed: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 15 minutes or until internal temp reaches 165 degrees.<br>Hot hold until service.<br>Serve with condiments. | 620220     |
| MUSTARD YELLOW<br>CLSC 4-105FLZ FRENC | 1 Teaspoon   |  | 741270     |
| KETCHUP CAN NAT LO<br>SOD 6-10 REDG   | 1 Tablespoon | READY_TO_EAT<br>None   | 200621     |

## Preparation Instructions

Wash hands and put on gloves.

From frozen: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 20 minutes or until internal temp reaches 165 degrees.

From Thawed: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 15 minutes or until internal temp reaches 165 degrees.

Hot hold until service.

Serve with condiments.

Serving Size = 1 each

Case Yield = 72

CN Labeled

### 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 |

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 263.50   |                  |        |
| <b>Fat</b>           | 9.20g    |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 40.00mg  |                  |        |
| <b>Sodium</b>        | 575.00mg |                  |        |
| <b>Carbohydrates</b> | 34.00g   |                  |        |
| <b>Fiber</b>         | 2.10g    |                  |        |
| <b>Sugar</b>         | 12.00g   |                  |        |
| <b>Protein</b>       | 9.20g    |                  |        |
| <b>Vitamin A</b>     | 5.95IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 72.90mg  | <b>Iron</b>      | 1.58mg |

# Toasted Cheese Sandwich

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11560          |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Serving   |                   | 722360     |
| School White Wheat Sandwich Bread  | 1 Serving   |                   | 12385      |
| PAN SPRAY BUTTERMIST 6-17Z BTRBUDS | 1 Teaspoon  |                   | 651171     |

## Preparation Instructions

Wash hands and put on gloves.

Place parchment papers on trays/racks. Spray paper liberally with buttermist spray. Arrange slices of bread on the baking sheet. Top each slice of bread with 4 slices of american cheese. Place the top slice on top of the cheese. Spray top of bread with buttermist spray. Bake at 300 degrees 4-8 minutes until golden brown.

Serving Size = 1 sandwich

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 278.76    |                  |        |
| <b>Fat</b>           | 9.98g     |                  |        |
| <b>SaturatedFat</b>  | 5.34g     |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 30.00mg   |                  |        |
| <b>Sodium</b>        | 1147.30mg |                  |        |
| <b>Carbohydrates</b> | 29.40g    |                  |        |
| <b>Fiber</b>         | 2.36g     |                  |        |
| <b>Sugar</b>         | 5.00g     |                  |        |
| <b>Protein</b>       | 18.78g    |                  |        |
| <b>Vitamin A</b>     | 0.02IU    | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 423.18mg  | <b>Iron</b>      | 1.34mg |

# Country Fried Steak & Dinner Roll

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 2.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11564          |

## Ingredients

| Description                            | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| BEEF STK CHIX<br>FRD CKD 54-3Z<br>GCHC | 2 Each      | Double line baking sheet/racks with parchment due to grease. Line 30 patties on rack/sheet.<br>Conventional oven: preheat oven to 375 degrees f.<br>Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10-15 minutes or until internal temperature reaches 165 degrees f.<br>Product should be bubbling and hot. | 269816     |
| DOUGH ROLL<br>WHEAT 240-1.5Z<br>RICH   | 1 Each      | thaw, proof and bake<br>PANNING: 48 (6 X 8) FOR CLUSTERS OR 24 (4 X 6) FOR SINGLES ON LINED SHEET PAN. 2. RETARD THAW TIME: RETARDER: (35 - 38 F), 12 - 18 HOURS. ROOM TEMPERATURE: 60 MINUTES. 3. PROOFING: (95 F, 85% R.H.) FOR 40 - 50 MINUTES. 4. BAKING: RACK OVEN: 375 F FOR 12 - 14 MINUTES DECK OVEN: 375 F FOR 12 - 14 MINUTES CONVECTION OVEN: 325 F FOR 10 - 12 MINUTES.  | 511269     |

## 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> | 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: 2.00 Each

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 680.00    |                  |        |
| <b>Fat</b>           | 45.00g    |                  |        |
| <b>SaturatedFat</b>  | 14.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 60.00mg   |                  |        |
| <b>Sodium</b>        | 1030.00mg |                  |        |
| <b>Carbohydrates</b> | 49.00g    |                  |        |
| <b>Fiber</b>         | 3.00g     |                  |        |
| <b>Sugar</b>         | 6.00g     |                  |        |
| <b>Protein</b>       | 24.00g    |                  |        |
| <b>Vitamin A</b>     | 600.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 40.00mg   | <b>Iron</b>      | 4.68mg |

# Bosco and Meat Sauce

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 2.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11617          |

## Ingredients

| Description                             | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| BREADSTICK CHS STFD<br>WGRAIN 6 144CT   | 2 Each      | <p>WASH HANDS AND PUT ON GLOVES</p> <p>Line racks/trays with paper. Arrange uncooked Boscos in 4 rows of ten (40 per rack).</p> <p>CONVECTION</p> <p>Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p>CAUTION: FILLING MAY BE HOT!</p> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>servicing.</p> <p>Oven temperatures may vary. Adjust baking time and/or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW</p> <p>Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> | 235411     |
| SAUCE SPAGHETTI BF<br>REDC FAT 6-5 COMM | 2 Ounce     | <p>Wash hands and put on gloves.</p> <p>Place three (3) thawed pouches in black steam pan. Steam until temp reaches 165 degrees (Approx. 1 HOUR). Remove from pouches and pour into steam table pan.</p> <p>Hot hold and service with 2 oz ladle.</p>  | 573201     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|              |      |
|--------------|------|
| <b>Meat</b>  | 2.71 |
| <b>Grain</b> | 2.00 |
| <b>Fruit</b> | 0.00 |

|                 |      |
|-----------------|------|
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.18 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 2.00 Each

---

**Amount Per Serving**

|                      |          |                         |
|----------------------|----------|-------------------------|
| <b>Calories</b>      | 359.64   |                         |
| <b>Fat</b>           | 12.50g   |                         |
| <b>SaturatedFat</b>  | 6.00g    |                         |
| <b>Trans Fat</b>     | 0.00g    |                         |
| <b>Cholesterol</b>   | 49.64mg  |                         |
| <b>Sodium</b>        | 543.57mg |                         |
| <b>Carbohydrates</b> | 37.21g   |                         |
| <b>Fiber</b>         | 4.71g    |                         |
| <b>Sugar</b>         | 4.50g    |                         |
| <b>Protein</b>       | 25.36g   |                         |
| <b>Vitamin A</b>     | 231.07IU | <b>Vitamin C</b> 6.79mg |
| <b>Calcium</b>       | 459.71mg | <b>Iron</b> 2.71mg      |

# Chicken Smackers and WG Bread Slice

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-11720          |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                          | Measurement | Prep Instructions  | DistPart # |
|--------------------------------------|-------------|--|------------|
| CHIX PCORN LRG WGRAIN<br>CKD 6-5     | 10 Each     | BAKE<br>FROM FROZEN: CONVENTIONAL OVEN FOR 10-12<br>MINUTES AT 350F; CONVECTION OVEN FOR 6-8<br>MINUTES AT 350F. | 536620     |
| School White Wheat<br>Sandwich Bread | 1 Slice     | READY_TO_EAT   | 12385      |

## Preparation Instructions

Wash hand and put on gloves.

Pan nuggets on papered racks or tray.

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Hot hold until Service.

CN labeled

Serving size is 10 Smackers

Offer with one slice bread

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 329.38   |
| <b>Fat</b>                | 13.99g   |
| <b>SaturatedFat</b>       | 3.17g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 70.00mg  |
| <b>Sodium</b>             | 703.65mg |
| <b>Carbohydrates</b>      | 29.70g   |
| <b>Fiber</b>              | 4.18g    |
| <b>Sugar</b>              | 1.50g    |

|                           |                         |
|---------------------------|-------------------------|
| <b>Protein</b>            | 21.39g                  |
| <b>Vitamin A</b> 200.01IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 39.59mg    | <b>Iron</b> 2.11mg      |



# Cheesy Potato Soup

|                      |                        |                       |                   |
|----------------------|------------------------|-----------------------|-------------------|
| <b>Servings:</b>     | 340.00                 | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 0.75 Cup               | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-11723           |
| <b>School:</b>       | Highland Middle School |                       |                   |

## Ingredients

| Description                                    | Measurement  | Prep Instructions  | DistPart # |
|--|--------------|--|------------|
| HASHBROWN SHRD IQF 6-3 GCHC                    | 12 Pound     |  | 316334     |
| MILK WHT FF 4-1GAL RGNLBRND                    | 9 Gallon     |  | 557862     |
| SPICE PEPR WHITE GRND 17Z TRDE                 | 2 Tablespoon |  | 513776     |
| SPICE GARLIC POWDER 21Z TRDE                   | 2 Tablespoon |  | 224839     |
| ONION DEHY CHPD 15 P/L                         | 1 1/2 Cup    |  | 263036     |
| FLOUR ULTRAGRAIN 50 HLCHC                      | 4 1/2 Pound  |  | 515002     |
| MARGARINE GLDN SWT ZTF 30-1#                   | 4 1/2 Pound  |  | 791630     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 7 1/2 Pound  | READY_TO_EAT   | 100036     |
| SOUR CREAM L/F 4-5 RGNLBRND                    | 4 Pound      | GRILL<br>Defrost 24 hours before consumption in refrigerator.Cook thoroughly | 534331     |
| Ham, Cubed Frozen                              | 20 Pound     |  | 100188-H   |

## Preparation Instructions

IN FLOOR SOUP KETTLE:

12 gallons milk 2 TBSP garlic Powder

2 TBSP white pepper 2 cups dried onion

MAKE A PASTE WITH: 6# flour & 6# melted margarine, add to hot milk to thicken -heat until 170 give it time to thicken- then add American cheese slices-when melted -gently stir in thawed hash brown potatoes & sour cream. Heat diced ham in steamer -then put 2 1/2# ham in each of 10 - 1/2 10B pans then add soup to 1/2 10B pans, stir and put in warmer.

All 6oz spoodle

## Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.12 |
| <b>Grain</b>    | 0.22 |
| <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: 340.00

Serving Size: 0.75 Cup

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           |          | 168.58           |        |
| <b>Fat</b>                |          | 7.42g            |        |
| <b>SaturatedFat</b>       |          | 4.10g            |        |
| <b>Trans Fat</b>          |          | 0.06g            |        |
| <b>Cholesterol</b>        |          | 21.36mg          |        |
| <b>Sodium</b>             |          | 383.80mg         |        |
| <b>Carbohydrates</b>      |          | 15.04g           |        |
| <b>Fiber</b>              |          | 0.83g            |        |
| <b>Sugar</b>              |          | 6.77g            |        |
| <b>Protein</b>            |          | 10.56g           |        |
| <b>Vitamin A</b>          | 422.26IU | <b>Vitamin C</b> | 1.02mg |
| <b>Calcium</b>            | 131.78mg | <b>Iron</b>      | 0.40mg |

# Italian Calzone

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-11727          |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| CALZONE ITAL BEEF PEPP WGRAIN 80-5Z | 1 Each      |                   | 135191     |

## Preparation Instructions

Allow to thaw prior to cooking.

Wash hands and put on gloves.

Coo for 12-15 minutes in a 325-350 degree convection oven. Product is done when an internal temperature of 165 degrees is reached. Product often appears to look "done", but needs to be confirmed with a thermometer.

Hot hold until service.

Each case contains 80 servings.

Serving Size is one (1) 5-oz calzone.

Contains the following allergens: Wheat, Soy, Milk, Egg

### 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>   | 0.13 |
| <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 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 280.00   |                  |        |
| <b>Fat</b>           | 11.00g   |                  |        |
| <b>SaturatedFat</b>  | 6.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 590.00mg |                  |        |
| <b>Carbohydrates</b> | 32.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 6.00g    |                  |        |
| <b>Protein</b>       | 19.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 361.00mg | <b>Iron</b>      | 2.00mg |

# Steamed Broccoli with Cheese

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00     | <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-11821          |

## Ingredients

| Description                       | Measurement   | Prep Instructions  | DistPart # |
|-----------------------------------|---------------|--|------------|
| BROCCOLI FLORETS<br>6-4 GCHC      | 1/2 Cup       | Wash hands and put on gloves.<br>Cook (Steam) from frozen<br>Place one bag (4#) into a stainless steam table 1/2 pan with enough water to cover the bottom (about an inch). Cover pan with metal lid and place into steamer. Steam for 12 minutes or until tender crisp.<br>Serve immediately to assure a quality product batch cook as needed | 610902     |
| SAUCE MIX CHS INST<br>16-16Z GCHC | 1 Fluid Ounce | 1. SLOWLY ADD 16 OZ. DRY MIX TO 2 QUARTS HOT WATER (180 200 F) WHILE MIXING WITH A WIRE WHIP. 2. MIX WELL UNTIL SMOOTH 3. COVER AND LET STAND 10 MINUTES 4. REMOVE COVER, MIX WELL AND SERVE.<br>USE 1 OZ LADLE TO DRIZZLE OVER STEAMED BROCCOLI.<br>EACH PACKAGE = 1/2 GAL  | 578061     |

## Preparation Instructions

Wash hands and put on gloves. Follow Prep directions above.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.00  |
| <b>Grain</b>    | 0.00  |
| <b>Fruit</b>    | 0.00  |
| <b>GreenVeg</b> | 12.00 |
| <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

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 215.01   |                  |        |
| <b>Fat</b>                | 0.50g    |                  |        |
| <b>SaturatedFat</b>       | 0.25g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 0.00mg   |                  |        |
| <b>Sodium</b>             | 227.50mg |                  |        |
| <b>Carbohydrates</b>      | 42.25g   |                  |        |
| <b>Fiber</b>              | 24.00g   |                  |        |
| <b>Sugar</b>              | 8.50g    |                  |        |
| <b>Protein</b>            | 24.25g   |                  |        |
| <b>Vitamin A</b>          | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 291.01mg | <b>Iron</b>      | 8.00mg |

# Cheesy Breadsticks

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 96.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 2.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11845          |

## Ingredients

| Description                             | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| BREADSTICK CHS STFD<br>WGRAIN 5192-1.93 | 192 Each    | Wash hands and put on gloves.<br><b>HEATING INSTRUCTIONS</b><br>Note: Ovens will vary. Please adjust time and temperature accordingly. Refrigerate or discard any unused portion.<br>Fill baking pan with 54 MaxStix as illustrated.<br>Convection Oven: Bake at 375°F for 10 to 12 minutes or until internal temperature reaches a minimum of 165°F.<br>Conventional Oven: Bake at 400°F for 14 to 17 minutes or until internal temperature reaches a minimum of 165°F.<br>Offer with marinara sauce | 148067     |
| SAUCE MARINARA A/P 6-10<br>REDPK        | 2 Ounce     | <b>READY_TO_EAT</b><br>Heat if desired. Place in 1oz portion cups as dipping sauce.   | 592714     |

## Preparation Instructions

CN Labeled

Case: 192

Yield: 96 portions

Serving Size: 2 each

Each serving credits for 2 m/ma and 2 grains

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 2.00 Each

|                           |          |
|---------------------------|----------|
| <b>Amount Per Serving</b> |          |
| <b>Calories</b>           | 300.22   |
| <b>Fat</b>                | 12.00g   |
| <b>SaturatedFat</b>       | 4.00g    |
| <b>Trans Fat</b>          | 0.00g    |
| <b>Cholesterol</b>        | 20.00mg  |
| <b>Sodium</b>             | 462.04mg |
| <b>Carbohydrates</b>      | 32.03g   |
| <b>Fiber</b>              | 2.01g    |
| <b>Sugar</b>              | 2.03g    |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Protein</b>   |          | 16.01g           |        |
| <b>Vitamin A</b> | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 300.12mg | <b>Iron</b>      | 2.16mg |

# Ham Deli Sandwich Meal

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-11977          |

## Ingredients

| Description                           | Measurement  | Prep Instructions | DistPart # |
|---------------------------------------|--------------|-------------------|------------|
| Diamond Jim's - Wheat                 | 1 Each       | READY_TO_EAT      | 31454      |
| TURKEY HAM 2-7AVG JENNO               | 2 3/4 Ounce  |                   | 434663     |
| CHEESE AMER 160CT SLCD 6-5 COMM       | 1 Slice      |                   | 150260     |
| TOMATO 5X6 XL 5 MRKN                  | 1 Slice      |                   | 438197     |
| LETTUCE LEAF 12CT MRKN                | 1 Piece      |                   | 198668     |
| DRESSING SALAD LT 4-1GAL GCHC         | 1 Tablespoon |                   | 429422     |
| MUSTARD YELLOW CLSC 4-105FLZ<br>FRENC | 1 Teaspoon   |                   | 741270     |
| PICKLE DILL SLCD HAMB 2900CT 5GAL     | 1 Ounce      |                   | 149209     |

## Preparation Instructions

Thaw meat under refrigeration for 2-3 days.

Slice ham as needed.

Portion 2,75 ounces of ham on hoagie. Add one slice of American cheese. Chill in refrigerator until ready to serve. Offer with lettuce, tomato, pickle and mayo/mustard

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.25 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.04 |
| <b>OtherVeg</b> | 0.10 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

|                           |           |
|---------------------------|-----------|
| <b>Amount Per Serving</b> |           |
| <b>Calories</b>           | 304.13    |
| <b>Fat</b>                | 13.48g    |
| <b>SaturatedFat</b>       | 4.57g     |
| <b>Trans Fat</b>          | 0.00g     |
| <b>Cholesterol</b>        | 70.63mg   |
| <b>Sodium</b>             | 1729.75mg |
| <b>Carbohydrates</b>      | 31.94g    |
| <b>Fiber</b>              | 2.54g     |
| <b>Sugar</b>              | 8.04g     |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Protein</b>   | 21.06g   |                  |        |
| <b>Vitamin A</b> | 218.43IU | <b>Vitamin C</b> | 2.68mg |
| <b>Calcium</b>   | 151.56mg | <b>Iron</b>      | 2.75mg |



# Cinnamon Glazed Whole Grain French Toast

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 144.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-12011          |

## Ingredients

| Description                         | Measurement   | Prep Instructions | DistPart # |
|-------------------------------------|---------------|-------------------|------------|
| FRENCH TST CINN WGRAIN 144-2.9Z PAP | 1 Each        |                   | 646262     |
| SYRUP PANCK MAPL 2 4-1GAL GCHC      | 1 Fluid Ounce |                   | 232068     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 144.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 210.38   |                  |        |
| <b>Fat</b>           | 8.00g    |                  |        |
| <b>SaturatedFat</b>  | 2.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 110.00mg |                  |        |
| <b>Sodium</b>        | 290.00mg |                  |        |
| <b>Carbohydrates</b> | 26.09g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 11.04g   |                  |        |
| <b>Protein</b>       | 8.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 59.00mg  | <b>Iron</b>      | 1.00mg |

# Breakfast Burrito

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 96.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-12012          |

## Ingredients

| Description                           | Measurement | Prep Instructions    | DistPart # |
|---------------------------------------|-------------|----------------------|------------|
| BURRITO SAUS/BN/EGG/CHS WGRAIN 96-3.5 | 1 Each      |                      | 497510     |
| SALSA 103Z 6-10 REDG                  | 1 Ounce     | READY_TO_EAT<br>None | 452841     |

## Preparation Instructions

Wash Hands and put on gloves.

IT IS RECOMMENDED THAT PRODUCT IS THAWED PRIOR TO COOKING

Take product out of freezer thaw. Line on papered racks. In a convection oven, bake at 250 degrees for 10-15 minutes or until internal temp reaches 165 degrees. In conventional oven, bake at 280 degrees for 20-25 minutes. Hot hold until service. Offer with salsa

CN LABELED

EACH BURRITO CREDITS AS 1 M/MA AND 1 GRAIN

### 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: 96.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      |          | 220.10           |         |
| <b>Fat</b>           |          | 9.00g            |         |
| <b>SaturatedFat</b>  |          | 4.00g            |         |
| <b>Trans Fat</b>     |          | 0.00g            |         |
| <b>Cholesterol</b>   |          | 40.00mg          |         |
| <b>Sodium</b>        |          | 310.72mg         |         |
| <b>Carbohydrates</b> |          | 25.02g           |         |
| <b>Fiber</b>         |          | 4.00g            |         |
| <b>Sugar</b>         |          | 2.01g            |         |
| <b>Protein</b>       |          | 10.00g           |         |
| <b>Vitamin A</b>     | 500.00IU | <b>Vitamin C</b> | 15.00mg |
| <b>Calcium</b>       | 100.00mg | <b>Iron</b>      | 1.81mg  |

# Biscuits & Gravy

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 24.00     | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-12021          |

## Ingredients

| Description                             | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| BISCUIT WGRAIN EZ<br>SPLIT 120-2Z PILLS | 1 Each      | <b>BAKE</b><br>For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits. | 631902     |
| GRAVY SAUSAGE FZ<br>WHITE 6-5 OWENS     | 3 Ounce     |   | 511781     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 24.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 204.21   |                  |        |
| <b>Fat</b>           | 9.29g    |                  |        |
| <b>SaturatedFat</b>  | 7.11g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.53mg   |                  |        |
| <b>Sodium</b>        | 425.26mg |                  |        |
| <b>Carbohydrates</b> | 27.29g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 2.03g    |                  |        |
| <b>Protein</b>       | 4.11g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 150.53mg | <b>Iron</b>      | 1.11mg |

# Pancake Wrap

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-12038          |

## Ingredients

| Description                             | Measurement   | Prep Instructions  | DistPart # |
|---|---------------|--|------------|
| PANCK WRAP MAPL WGRAIN STIX<br>56-2.85Z | 1 Each        |  | 497202     |
| SYRUP PANCK MAPL 2 4-1GAL<br>GCHC       | 1 Fluid Ounce | Cup up Syrup in 1 oz cups and place lid<br>on container. | 232068     |

## Preparation Instructions

DEEP FRYING NO RECOMMENDED.

PREFERRED METHOD FOR COOKING IS THAWED.

CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES.

CONVECTION OVEN: 350 DEGREES F. FROZEN, 20 MINUTES. THAWED 13 MINUTES.

FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING.

HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

CN LABELED: Meets 1 oz m/ma and 1.0 oz grains

Serve with syrup

### 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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 295.00   |                  |        |
| <b>Fat</b>           | 15.00g   |                  |        |
| <b>SaturatedFat</b>  | 4.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 25.00mg  |                  |        |
| <b>Sodium</b>        | 370.00mg |                  |        |
| <b>Carbohydrates</b> | 31.50g   |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <b>Sugar</b>         | 11.00g   |                  |        |
| <b>Protein</b>       | 7.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 30.50mg  | <b>Iron</b>      | 0.90mg |

# Mini Maple Pancakes

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Package | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast    | <b>Recipe ID:</b>     | R-12047          |

## Ingredients

| Description                           | Measurement   | Prep Instructions   | DistPart # |
|---------------------------------------|---------------|---|------------|
| PANCAKE MINI MAPL IW 72-3.03Z<br>EGGO | 1 Package     | Thaw and serve at room temperature or serve warm within packets | 284831     |
| SYRUP PANCK MAPL 2 4-1GAL<br>GCHC     | 1 Fluid Ounce | Cup up 1 oz of Syrup. Offer with pancakes                       | 232068     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00 Package

| Amount Per Serving        |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 265.00                  |
| <b>Fat</b>                | 6.00g                   |
| <b>SaturatedFat</b>       | 1.00g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 10.00mg                 |
| <b>Sodium</b>             | 320.00mg                |
| <b>Carbohydrates</b>      | 48.50g                  |
| <b>Fiber</b>              | 4.00g                   |
| <b>Sugar</b>              | 17.00g                  |
| <b>Protein</b>            | 4.00g                   |
| <b>Vitamin A</b> 500.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 60.50mg    | <b>Iron</b> 2.70mg      |

# Breakfast Pizza

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00       | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Piece | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast  | <b>Recipe ID:</b>     | R-12050          |

## Ingredients

| Description                              | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| PIZZA WGRAIN BKFST<br>TKY SAUS 128-3.31Z | 1 Each      | <b>BAKE</b><br>COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. | 160432     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 223.00   |                  |        |
| <b>Fat</b>           | 7.40g    |                  |        |
| <b>SaturatedFat</b>  | 2.10g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 16.00mg  |                  |        |
| <b>Sodium</b>        | 372.30mg |                  |        |
| <b>Carbohydrates</b> | 29.00g   |                  |        |
| <b>Fiber</b>         | 3.20g    |                  |        |
| <b>Sugar</b>         | 5.00g    |                  |        |
| <b>Protein</b>       | 9.60g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 155.30mg | <b>Iron</b>      | 2.00mg |

# Chicken Noodle Soup

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00                 | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 6.00 Ounce             | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-12255          |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                         | Measurement | Prep Instructions        | DistPart # |
|-------------------------------------|-------------|--------------------------|------------|
| Chicken Noodle Complete Soup Mix    | 4 Pound     |                          | 101037     |
| Carrots fzn                         | 5 Pound     |                          | 100352     |
| CELERY DCD 1/2 2-5 RSS              | 5 Pound     |                          | 503924     |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 10 Pound    | Thaw under refrigeration | 570533     |

## Preparation Instructions

Wash hands and put on gloves.

In tilt skillet, bring 16 gallons of water to a boil. While water is reaching the boiling point, open 2-5# bags of diced chicken and steam to heat up the chicken before adding to the soup mixture. Once boiling add 5 pounds diced frozen carrots, 5 pounds diced fresh celery and 2 cans of the soup mix (each can is 2 lbs). Add diced chicken and continue to boil for about 20 minutes.,

Can also add frozen or canned peas to the sup mixture.

Ladle 6 ounces of soup into an 8 ounce squat bowl. Each serving contains 1 oz chicken.

Offer with saltine crackers.

Cool leftovers promptly. Either freeze or refrigerator leftovers. Date mark 5 days.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.07 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.12 |
| <b>OtherVeg</b> | 0.05 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

|                      |         |
|----------------------|---------|
| <b>Calories</b>      | 77.20   |
| <b>Fat</b>           | 2.92g   |
| <b>SaturatedFat</b>  | 0.81g   |
| <b>Trans Fat</b>     | 0.00g   |
| <b>Cholesterol</b>   | 35.24mg |
| <b>Sodium</b>        | 82.20mg |
| <b>Carbohydrates</b> | 2.21g   |
| <b>Fiber</b>         | 0.59g   |
| <b>Sugar</b>         | 0.84g   |

|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Protein</b>   |         | 9.65g            |        |
| <b>Vitamin A</b> | 27.84IU | <b>Vitamin C</b> | 0.19mg |
| <b>Calcium</b>   | 6.22mg  | <b>Iron</b>      | 0.55mg |



# Chicken Parmesan Sandwich

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-12442          |

## Ingredients

| Description                     | Measurement | Prep Instructions   | DistPart # |
|---------------------------------|-------------|---|------------|
| Alpha Hamburger Bun 4in Wheat   | 1 Each      | READY_TO_EAT  |            |
| CHIX PTY BRD WGRAIN 3.26Z 4-7.7 | 1 Each      | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 558061     |
| SAUCE MARINARA A/P 6-10 REDPK   | 2 Ounce     | READY_TO_EAT<br>None  | 592714     |
| CHEESE MOZZ SHRD 4-5 LOL        | 1/4 Cup     |   | 645170     |

## Preparation Instructions

Wash hands and put on gloves.

Line baking sheets with parchment. Pan up breaded chicken patties (from frz). Cook 10-12 minutes at 375 degrees or until internal temp reaches 165 degrees.

Meanwhile open #10 cans of marinara and heat to 165 degrees.

For service, place one breaded chicken patty on a bun, place 1/4 cup shredded (or one slice of mozz) on top and spoon 2 oz of marinara sauce on top. Please top of bun on sandwich, wrap in foil wrapper and hot hold until service.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <b>Grain</b>    | 3.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.36 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |           |
|----------------------|-----------|
| <b>Calories</b>      | 491.43    |
| <b>Fat</b>           | 21.00g    |
| <b>SaturatedFat</b>  | 6.00g     |
| <b>Trans Fat</b>     | 0.00g     |
| <b>Cholesterol</b>   | 40.00mg   |
| <b>Sodium</b>        | 1105.71mg |
| <b>Carbohydrates</b> | 44.86g    |
| <b>Fiber</b>         | 6.43g     |
| <b>Sugar</b>         | 7.86g     |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Protein</b>   | 28.43g   |                  |        |
| <b>Vitamin A</b> | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 291.43mg | <b>Iron</b>      | 3.08mg |

# Popcorn Chicken Bowl

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-12445          |

## Ingredients

| Description                         | Measurement  | Prep Instructions   | DistPart # |
|-------------------------------------|--------------|---|------------|
| CORN 6-10 CMDTY                     | 1/4 Cup      | Steam corn till 165.  | 120483     |
| CHEESE CHED MLD SHRD 4-5 LOL        | 1 Tablespoon | Sprinkle Cheddar Cheese on top, cover with plastic wrap and hold in warmer at 135-165.  | 150250     |
| GRAVY MIX CHIX 12-15Z GCHC          | 1 Tablespoon | <b>BAKE</b><br>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.                             | 242390     |
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 1 Serving    | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. | 327120     |
| POTATO PRLS EXCEL 12-28Z BAMER      | 1/2 Cup      | <b>RECONSTITUTE</b><br>1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.                 | 613738     |

## Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve
7. Serve with dinner roll

### Meal Components (SLE)

Amount Per Serving

|              |      |
|--------------|------|
| <b>Meat</b>  | 2.07 |
| <b>Grain</b> | 0.91 |
| <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>   | 2.66 |

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 676.67    |                  |        |
| <b>Fat</b>           | 20.30g    |                  |        |
| <b>SaturatedFat</b>  | 3.58g     |                  |        |
| <b>Trans Fat</b>     | 0.00g     |                  |        |
| <b>Cholesterol</b>   | 24.17mg   |                  |        |
| <b>Sodium</b>        | 2689.52mg |                  |        |
| <b>Carbohydrates</b> | 103.42g   |                  |        |
| <b>Fiber</b>         | 9.21g     |                  |        |
| <b>Sugar</b>         | 2.33g     |                  |        |
| <b>Protein</b>       | 25.85g    |                  |        |
| <b>Vitamin A</b>     | 75.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 134.39mg  | <b>Iron</b>      | 3.38mg |

# STOH Chef Salad - Elementary

|                      |            |                       |         |
|----------------------|------------|-----------------------|---------|
| <b>Servings:</b>     | 20.00      | <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-12571 |

## Ingredients

| Description                         | Measurement   | Prep Instructions                     | DistPart # |
|-------------------------------------|---------------|---------------------------------------|------------|
| LETTUCE ROMAINE HRTS 2-7.5 MRKN     | 20 Cup        |                                       | 182570     |
| CARROT BABY WHL CLEANED 12-2 RSS    | 1 Ounce       |                                       | 510637     |
| Grape Tomatoes                      | 60 Each       |                                       | 749041     |
| CUCUMBER SELECT 6CT MRKN            | 1 Slice       |                                       | 592323     |
| CHEESE CHED MLD SHRD 4-5 LOL        | 20 Ounce      |                                       | 150250     |
| Ham, Cubed Frozen                   | 20 Ounce      |                                       | 100188-H   |
| BREADSTICK WGRAIN 1Z 12-20CT        | 40 Each       |                                       | 406321     |
| DRESSING ITAL REDC CAL 4-1GAL LTHSE | 20 Tablespoon | READY_TO_EAT<br>Open, pour and enjoy! | 365880     |
| DRESSING RNCH LT 4-1GAL GCHC        | 20 Tablespoon |                                       | 472999     |
| DRESSING FREN RED RNCH 4-1GAL LTHSE | 20 Tablespoon | READY_TO_EAT<br>Open, pour and enjoy! | 132171     |

## Preparation Instructions

Wash hands and put on gloves

1. Cut, wash and drain romaine.
2. Place 1 cup romaine in clam shell/black salad container
3. Wash cherry tomatoes and place 3 on top of salad.
4. Wash fresh cucumber and slice. Add 1 slice of cucumber on top of romaine.
5. Wash fresh baby carrots. Add 2 baby carrots on top of romaine.
6. Place lid on container and refrigerate until service
7. Place 1 oz shredded cheese in 2 oz souffle cup and place lid. Refrigerator until service
8. Place 1 oz diced ham (thawed) in 2 oz souffle cup and place lid. Refrigerate until service
9. Offer with 2 grain eq. (either breadsticks (above) or 2oz equiv WG dinner rolls)
10. Offer with choice of salad dressing.

## Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.32 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.50 |
| <b>RedVeg</b>   | 0.51 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 salad

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           |          | 365.77           |        |
| <b>Fat</b>                |          | 15.07g           |        |
| <b>SaturatedFat</b>       |          | 4.82g            |        |
| <b>Trans Fat</b>          |          | 0.00g            |        |
| <b>Cholesterol</b>        |          | 32.25mg          |        |
| <b>Sodium</b>             |          | 841.08mg         |        |
| <b>Carbohydrates</b>      |          | 46.75g           |        |
| <b>Fiber</b>              |          | 3.53g            |        |
| <b>Sugar</b>              |          | 15.37g           |        |
| <b>Protein</b>            |          | 12.60g           |        |
| <b>Vitamin A</b>          | 506.84IU | <b>Vitamin C</b> | 0.13mg |
| <b>Calcium</b>            | 167.98mg | <b>Iron</b>      | 2.37mg |

# Chicken Nuggets (5pc) and Roll

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-12694          |

## Ingredients

| Description                           | Measurement  | Prep Instructions   | DistPart # |
|---------------------------------------|--------------|---|------------|
| CHIX BRST CHNK HMSTYL CKD<br>535-.78Z | 5 Piece      | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>Place frozen chunks in preheated oven at 400°F for 8-10 minutes.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>Place frozen chunks in preheated oven at 375°F for 6-8 minutes.<br><b>DEEP_FRY</b><br>Appliances vary, adjust accordingly.<br>Deep Fry<br>Place frozen chunks in 350°F oil for 2-2 1 2 minutes. | 150220     |
| White Wheat Dinner Rolls              | 1 Each       |   | 33119      |
| DRESSING RNCH LT 4-1GAL<br>GCHC       | 1 Tablespoon |   | 472999     |
| Mrs. Clarks BBQ Sauce 4/1gal          | 1 Tablespoon | READY_TO_EAT  | 52928      |
| MARGARINE CUP SPRD 600-5GM<br>PROMISE | 1 Each       |   | 462608     |

## Preparation Instructions

Wash Hands and put on gloves.

Serving size is 5 nuggets and 1 roll

CN labeled

Five 0.79oz fully cooked WG nuggets provide 2.0 oz equivalent meat and 1.00 oz equivalent grains

Bake nuggets according to directions.

Thaw rolls if frozen or serve fresh (preferred)

Offer with one WG roll

Offer condiments

### Meal Components (SLE)

Amount Per Serving

|             |      |
|-------------|------|
| <b>Meat</b> | 2.00 |
|-------------|------|

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 440.00   |
| <b>Fat</b>           | 21.00g   |
| <b>SaturatedFat</b>  | 4.12g    |
| <b>Trans Fat</b>     | 0.03g    |
| <b>Cholesterol</b>   | 71.25mg  |
| <b>Sodium</b>        | 895.00mg |
| <b>Carbohydrates</b> | 38.25g   |
| <b>Fiber</b>         | 2.25g    |
| <b>Sugar</b>         | 8.50g    |
| <b>Protein</b>       | 23.00g   |

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|                  |         |                  |        |
|------------------|---------|------------------|--------|
| <b>Vitamin A</b> | 0.01IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>   | 44.17mg | <b>Iron</b>      | 2.04mg |



# 100% All Beef Hot Dog on WG Bun (Secondary)

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-15153          |
| <b>School:</b>       | Highland Middle School |                       |                  |

## Ingredients

| Description                        | Measurement  | Prep Instructions   | DistPart # |
|------------------------------------|--------------|---|------------|
| White Wheat Hot Dog bun            | 1 Each       | Thaw if frozen, or serve fresh  | 53071      |
| FRANKS BEEF 8/ 2-5 BALLP           | 1 Each       | <b>BOIL</b><br>Heat water to a rolling boil.<br><b>GRILL</b><br>Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature.<br><b>MICROWAVE</b><br>Place hot dog in bun and wrap in paper towel.<br><b>READY_TO_EAT</b><br>Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F.<br><b>STEAM</b><br>Place pan in steamer, close door, set timer and steam until done. | 585815     |
| KETCHUP CAN NAT LO SOD 6-10 REDG   | 1 Tablespoon | <b>READY_TO_EAT</b><br>None   | 200621     |
| MUSTARD YELLOW CLSC 4-105FLZ FRENC | 1 Teaspoon   |   | 741270     |
| RELISH SWT PICKLE 4-1GAL GCHC      | 1 Tablespoon |   | 517186     |
| CHILI BEEF W/BEAN 6-5 COMM         | 1 Ounce      |   | 344012     |
| SAUCE CHS CHED DIP CUP 140-3Z LOL  | 1 Each       |   | 528690     |

## Preparation Instructions

WASH HANDS.

Convection oven: 350°F

Conventional oven: 400°F

Steam (preferred method)

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

1. Place 1 hot dog in each bun.
2. Serve within 3 hours.
3. Offer with 1 oz chili or ultimate cheddar cheese cup (3oz)
3. Serve with ketchup, mustard, pickle relish

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

Child Nutrition: 1 Each provides= 2.0 oz eq grains, 2 oz meat/meat alternate

Updated January 2016

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.34 |
| <b>Grain</b>    | 2.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.07 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |           |                  |        |
|----------------------|-----------|------------------|--------|
| <b>Calories</b>      | 564.78    |                  |        |
| <b>Fat</b>           | 28.15g    |                  |        |
| <b>SaturatedFat</b>  | 11.62g    |                  |        |
| <b>Trans Fat</b>     | 1.03g     |                  |        |
| <b>Cholesterol</b>   | 65.32mg   |                  |        |
| <b>Sodium</b>        | 1644.29mg |                  |        |
| <b>Carbohydrates</b> | 52.42g    |                  |        |
| <b>Fiber</b>         | 3.07g     |                  |        |
| <b>Sugar</b>         | 20.45g    |                  |        |
| <b>Protein</b>       | 23.60g    |                  |        |
| <b>Vitamin A</b>     | 220.70IU  | <b>Vitamin C</b> | 5.26mg |
| <b>Calcium</b>       | 397.64mg  | <b>Iron</b>      | 2.35mg |

# Breakfast Sandwich - Elem

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 1    | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-15187          |

## Ingredients

| Description                           | Measurement | Prep Instructions  | DistPart # |
|---------------------------------------|-------------|--|------------|
| BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS | 1 Each      | <b>BAKE</b><br>Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions. | 120851     |
| EGG SCRMBD PTY 3.5 165-1.25Z GCHC     | 1 Each      | Cook egg patties according to package directions. Place one egg patty on biscuit   | 592625     |
| CHEESE AMER 160CT SLCD 6-5 COMM       | 1 Slice     | Place one slice cheese on top of egg paty  | 150260     |

## Preparation Instructions

1. Wash hands and put on gloves
2. Place thawed biscuits in warmer
3. Cook eggs according to package directions
4. When eggs are cooked and an internal temp of 165 degree is reached, place one (1) slice cheese onto of egg patty
5. Place egg patty and cheese on biscuit
6. Wrap sandwich and hot hold until service.

### 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: 1.00

Serving Size: 1.00 1

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 310.00   |
| <b>Fat</b>           | 16.50g   |
| <b>SaturatedFat</b>  | 8.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 112.50mg |
| <b>Sodium</b>        | 745.00mg |
| <b>Carbohydrates</b> | 29.50g   |
| <b>Fiber</b>         | 1.00g    |
| <b>Sugar</b>         | 3.50g    |
| <b>Protein</b>       | 10.50g   |
| <b>Vitamin A</b>     | 150.00IU |
| <b>Vitamin C</b>     | 0.00mg   |

**Calcium** 313.00mg **Iron** 1.80mg

# STOH Chef Salad - Elementary (salad only)

|                      |            |                       |         |
|----------------------|------------|-----------------------|---------|
| <b>Servings:</b>     | 20.00      | <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-15319 |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE HRTS 2-7.5 MRKN  | 20 Cup      |                   | 182570     |
| CARROT BABY WHL CLEANED 12-2 RSS | 1 Ounce     |                   | 510637     |
| Grape Tomatoes                   | 60 Each     |                   | 749041     |
| CUCUMBER SELECT 6CT MRKN         | 1 Slice     |                   | 592323     |
| CHEESE CHED MLD SHRD 4-5 LOL     | 20 Ounce    |                   | 150250     |
| Ham, Cubed Frozen                | 20 Ounce    |                   | 100188-H   |

## Preparation Instructions

Wash hands and put on gloves

1. Cut, wash and drain romaine.
2. Place 1 cup romaine in clam shell/black salad container
3. Wash cherry tomatoes and place 3 on top of salad.
4. Wash fresh cucumber and slice. Add 1 slice of cucumber on top of romaine.
5. Wash fresh baby carrots. Add 2 baby carrots on top of romaine.
6. Place lid on container and refrigerate until service
7. Place 1 oz shredded cheese in 2 oz souffle cup and place lid. Refrigerator until service
8. Place 1 oz diced ham (thawed) in 2 oz souffle cup and place lid. Refrigerate until service
9. Offer with 2 grain eq. (either breadsticks (above) or 2oz equiv WG dinner rolls)
10. Offer with choice of salad dressing.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.32 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.50 |
| <b>RedVeg</b>   | 0.51 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 salad

### Amount Per Serving

|                           |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 95.77                   |
| <b>Fat</b>                | 5.32g                   |
| <b>SaturatedFat</b>       | 3.82g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 29.75mg                 |
| <b>Sodium</b>             | 286.08mg                |
| <b>Carbohydrates</b>      | 4.25g                   |
| <b>Fiber</b>              | 1.03g                   |
| <b>Sugar</b>              | 1.87g                   |
| <b>Protein</b>            | 8.60g                   |
| <b>Vitamin A</b> 506.84IU | <b>Vitamin C</b> 0.13mg |
| <b>Calcium</b> 115.98mg   | <b>Iron</b> 0.37mg      |

# Sunshine Blenderless Smoothie Bowl

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-18460 |

## Ingredients

| Description                           | Measurement | Prep Instructions  | DistPart # |
|---------------------------------------|-------------|--|------------|
| YOGURT VAN L/F 4-5 GCHC               | 1/2 Cup     | Add yogurt, crushed pineapple and mango puree into a serving bowl. Stir until ingredients are incorporated. Top with granola and diced strawberries. Hold under refrigeration until service. | 881161     |
| PUREE MANG 8-30Z DOLE                 | 2 Ounce     | Thaw frozen puree  | 534572     |
| PINEAPPLE CRUSHED IN JCE 6-10 GCHC    | 1/4 Cup     |  | 272078     |
| STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY   | 1/4 Cup     | Thaw under refrigeration   | 621420     |
| CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY | 1/4 Cup     | READY_TO_EAT<br>Ready to eat dry cereal packaged for cereal dispensers   | 711664     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 2.00 |
| <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: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 283.64   |                  |        |
| <b>Fat</b>           | 4.49g    |                  |        |
| <b>SaturatedFat</b>  | 1.08g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 7.46mg   |                  |        |
| <b>Sodium</b>        | 139.23mg |                  |        |
| <b>Carbohydrates</b> | 53.91g   |                  |        |
| <b>Fiber</b>         | 3.25g    |                  |        |
| <b>Sugar</b>         | 36.43g   |                  |        |
| <b>Protein</b>       | 6.06g    |                  |        |
| <b>Vitamin A</b>     | 500.00IU | <b>Vitamin C</b> | 4.50mg |
| <b>Calcium</b>       | 154.48mg | <b>Iron</b>      | 1.06mg |

# Hummus Plate

|                      |                      |                       |         |
|----------------------|----------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                 | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each            | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                | <b>Recipe ID:</b>     | R-19934 |
| <b>School:</b>       | Highland High School |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions  | DistPart # |
|--------------------------------------|-------------|--|------------|
| HUMMUS RSTD RED PEPR 4-32Z<br>GREC   | 1/2 Cup     | Use #8 Scoop (1/2 cup) and portion into souffle cup and place lid on top | 591582     |
| BREAD PITA 7 WGRAIN 12-10CT<br>OLYMP | 1 Each      | Thaw and slice into triangle wedges. May be warmed.                      | 320853     |
| CARROT BABY WHL CLEANED<br>12-2 RSS  | 4 Ounce     | Wash and assemble in container   | 510637     |

## Preparation Instructions

Wash hands and put on gloves.

Thaw pitas from frozen the night before. Once thawed, slice one pita into triangle wedges.

Using a #8 scoop (1/2 cup), dish out hummus into 5 oz souffle cup and place lid on top

Wash carrots and pat dry. Measure out 4 ounces

Arrange pita, hummus and veggies in container

Cover and refrigerate until service.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 3.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.56 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |            |
|----------------------|------------|
| <b>Calories</b>      | 273.33     |
| <b>Fat</b>           | 16.00g     |
| <b>SaturatedFat</b>  | 0.00g      |
| <b>Trans Fat</b>     | 16.00g     |
| <b>Cholesterol</b>   | 0.00mg     |
| <b>Sodium</b>        | 793.33mg   |
| <b>Carbohydrates</b> | 32.00g     |
| <b>Fiber</b>         | 10.67g     |
| <b>Sugar</b>         | 8.00g      |
| <b>Protein</b>       | 8.00g      |
| <b>Vitamin A</b>     | 28533.33IU |
| <b>Vitamin C</b>     | 20.00mg    |



**Calcium** 116.29mg      **Iron** 3.36mg

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# Granola Yogurt Banana Pops

|                      |                   |                       |         |
|----------------------|-------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00              | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 1            | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch             | <b>Recipe ID:</b>     | R-20849 |
| <b>School:</b>       | Warren Elementary |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions  | DistPart # |
|--------------------------------------|-------------|--|------------|
| 1-150CT #1 PETITE BANANA - 197769    | 1 Each      | Bananas should be over ripe nor under ripe for best results  | 970836     |
| Awesome Granola, Choc, 1.25 oz pouch | 1 Each      | READY_TO_EAT<br>This granola is free of the top 8 allergens (nut-free, tree nut free, gluten free, soy free) | 40058      |
| YOGURT STRAWB L/F PARFPR 6-4 YOPL    | 1/4 Cup     | READY_TO_EAT<br>Ready to use with pouch & serving tip.   | 811490     |

## Preparation Instructions

Wash hands and put on gloves.

Place lemon juice in a large enough/deep enough bowl so bananas can be dipped in lemon juice (to prevent browning)

Place granola in a large bowl or tub so that bananas can be rolled

Place yogurt into large bowl so that bananas can be "dipped" in yogurt.

Lay out full size sheet pans and line with wax or parchment paper

Peel bananas and dip in lemon juice one at a time. Then dip each banana in yogurt, covering as much as the banana as possible.

Roll the yogurt covered banana in granola.

Carefully place yogurt and granola covered bananas on the parchment lined sheet pan and place as many bananas as will fit. Cover and place in freezer for one hour (no longer)

Hold until service.

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.75 |
| <b>Grain</b>    | 1.00 |
| <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 |

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

**Calories** 335.97

**Fat** 8.37g

**SaturatedFat** 1.19g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 49.85mg

**Carbohydrates** 60.57g

**Fiber** 5.00g

**Sugar** 23.21g

**Protein** 6.87g

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

**Calcium** 67.16mg      **Iron** 0.00mg

# Peaches & Cream Overnight Oats

|                      |                   |                       |         |
|----------------------|-------------------|-----------------------|---------|
| <b>Servings:</b>     | 50.00             | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 10.00 Ounce       | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast         | <b>Recipe ID:</b>     | R-20853 |
| <b>School:</b>       | Warren Elementary |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions                                      | DistPart # |
|--------------------------------------|-------------|--|------------|
| OATS QUICK HOT CEREAL 12-42Z<br>QUAK | 12 1/2 Cup  |  | 467251     |
| YOGURT VAN L/F PARFPR 6-4 YOPL       | 25 Cup      | READY_TO_EAT<br>Ready to use with pouch & serving tip. | 811500     |
| 1% HP White Milk                     | 6 1/2 Cup   |  |            |
| PEACH DCD XL/S 6-10 GCHC             | 2 #10 CAN   |  | 268348     |

## Preparation Instructions

1. Wash hands and put on gloves.
2. In a large mixer, combine dry oats, yogurt, and milk
3. Stir in fruit (do not drain)
4. Measure 10 oz portions into cups
5. Place lids on cups and chill overnight. CCP maintain at 41 degrees or lower within 4 hours.
6. Optional: Add spices such as nutmeg or cinnamon on top.

PROVIDES 1/2 CUP FRUIT, 1 GRAIN EQUIVALENT AND 1M/MA

### Meal Components (SLE)

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 1.00 |
| <b>Grain</b>    | 1.00 |
| <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: 10.00 Ounce

| Amount Per Serving   |         |
|----------------------|---------|
| <b>Calories</b>      | 262.02  |
| <b>Fat</b>           | 2.57g   |
| <b>SaturatedFat</b>  | 0.82g   |
| <b>Trans Fat</b>     | 0.00g   |
| <b>Cholesterol</b>   | 1.95mg  |
| <b>Sodium</b>        | 85.65mg |
| <b>Carbohydrates</b> | 52.55g  |
| <b>Fiber</b>         | 2.00g   |
| <b>Sugar</b>         | 29.73g  |
| <b>Protein</b>       | 7.27g   |

|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 1.30IU   | <b>Vitamin C</b> | 0.26mg |
| <b>Calcium</b>   | 148.23mg | <b>Iron</b>      | 0.75mg |

# Ham and Cheese Slider

|                      |       |                       |                  |
|----------------------|-------|-----------------------|------------------|
| <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-20955          |

## Ingredients

| Description                                     | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| 3" Sliced Wheat Pan Roll                        | 1 Each      | READY_TO_EAT  | 33098      |
| CHEESE AMER 160CT SLCD 6-5 COMM                 | 2 Slice     |   | 150260     |
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 1 2/9 Ounce | Thaw under refrigeration  | 100187     |
| SPICE GARLIC POWDER 21Z TRDE                    | 1 Teaspoon  |   | 224839     |
| BUTTER PRINT UNSLTD GRD AA 36-1 GCHC            | 1 Teaspoon  | Melt butter and add garlic powder and oregano to create a brushable mixture | 299405     |
| SPICE OREGANO GRND 12Z TRDE                     | 1 Teaspoon  |   | 513725     |

## Preparation Instructions

Wash hands and put on gloves

Open thawed packages of sliced ham. Drain off any juice and pat dry so that no juice is on the ham slices. (this will make the bread soggy)

Line full sheet pans with parchment papers

Place bottom half of sliced bun on to the lined sheet pans. Buns should be touching and have no space between them.

Place 1 layer american cheese slices on top of open face bun

Follow by placing 1.22 oz of sliced ham on top of the cheese slices

Finally, place one more american cheese slice on top of the ham.

Cover with top of roll.

Melt butter and add garlic powder and oregano to taste. Brush mixture lightly on top bun,

Cover with foil and bake for 15 minutes at 350 or until internal temp of 135 is reached (Reheat temp)

### 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

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**Amount Per Serving**

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|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 270.73   |
| <b>Fat</b>           | 16.17g   |
| <b>SaturatedFat</b>  | 8.33g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 53.00mg  |
| <b>Sodium</b>        | 844.00mg |
| <b>Carbohydrates</b> | 24.00g   |
| <b>Fiber</b>         | 0.40g    |
| <b>Sugar</b>         | 5.00g    |
| <b>Protein</b>       | 13.40g   |

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|                  |          |                  |        |
|------------------|----------|------------------|--------|
| <b>Vitamin A</b> | 300.00IU | <b>Vitamin C</b> | 0.04mg |
| <b>Calcium</b>   | 152.52mg | <b>Iron</b>      | 0.20mg |

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# Warm Cinnamon Roll

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <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>    | Breakfast | <b>Recipe ID:</b>     | R-22134          |

## Ingredients

| Description                          | Measurement  | Prep Instructions  | DistPart # |
|--------------------------------------|--------------|--|------------|
| DOUGH ROLL CINN<br>84-4Z RICH        | 1 Each       |  | 135181     |
| ICING VAN RTU<br>HEAT NICE 1-12 RICH | 1 Tablespoon | READY_TO_EAT<br>1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING. | 155722     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 1.00

Serving Size: 1.00

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 385.00   |                  |        |
| <b>Fat</b>           | 7.00g    |                  |        |
| <b>SaturatedFat</b>  | 2.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 5.00mg   |                  |        |
| <b>Sodium</b>        | 330.00mg |                  |        |
| <b>Carbohydrates</b> | 74.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 29.50g   |                  |        |
| <b>Protein</b>       | 8.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 20.00mg  | <b>Iron</b>      | 3.00mg |



# BBQ Pulled Pork Sandwich on WG Bun

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-22138          |

## Ingredients

| Description                   | Measurement  | Prep Instructions                   | DistPart # |
|-------------------------------|--------------|-------------------------------------|------------|
| BEAN GRN 6-10 COMM            | 4 Ounce      | THAW<br>Thaw, heat to 165 and serve | 110730     |
| Mrs. Clarks BBQ Sauce 4/1gal  | 2 Tablespoon | READY_TO_EAT                        | 52928      |
| Alpha Hamburger Bun 4in Wheat | 1 Each       | READY_TO_EAT                        |            |

## Preparation Instructions

Wash hands and put on gloves

Pork should be thawed under refrigeration prior to heating

Open bags of pork and place in stable pans. Add 1 1/4 gallons of bbq sauce to 40 lbs of meat (Approximately 1/3 of a gallon per 10 pounds of thawed meat). Mix to ensure sauce thoroughly coats meat

Cover pans and place in combi oven on steam setting (so as not to dry out the pork) until the internal temperature reaches 165 degrees.

Hot hold until service.

During service, use a 4 oz scoop to portion meat onto a WG bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 384.00   |                  |        |
| <b>Fat</b>           | 12.00g   |                  |        |
| <b>SaturatedFat</b>  | 4.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 72.00mg  |                  |        |
| <b>Sodium</b>        | 904.00mg |                  |        |
| <b>Carbohydrates</b> | 40.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 15.00g   |                  |        |
| <b>Protein</b>       | 28.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 40.00mg  | <b>Iron</b>      | 1.08mg |