

Cookbook for CCHS

Created by HPS Menu Planner

Table of Contents

799 SNACK KIDS MIX WG LUNCH

755 CHEESE SUB 2 GO

704 TURKEY LUNCH TO GO

731 TURKEY WRAP

710 YOG PAR BLUE

649 CHEF TURKEY SALAD

530 YOG PAR STRAW

406 TURKEY SUB

CHEESEBURGER on Bun

LUNCH TO GO TURKEY PRETZEL BUN

DONUT HOLES - CINNAMON SUGAR

DONUT HOLES - POWDERED SUGAR

GRILLED CHICKEN SANDWICH

HAMBURGER on Bun

Apple Variety

Broccoli with Cheese Sauce

Grilled Cheese

LUNCH 2 GO Turkey WRAP

799 SNACK KIDS MIX WG LUNCH

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1915

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
SNACK MUNCHIE MIX 104- SSV QUAK	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	251670
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	250.00
Fat	7.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	445.00mg
Carbohydrates	33.00g
Fiber	2.00g

Sugar	12.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 368.00mg	Iron 2.80mg

755 CHEESE SUB 2 GO



Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1922

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	8 Slice	READY_TO_EAT	100036
5" Whole Grain Rich Hoagie Bun	1 bun		3737
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	2 Piece	READY_TO_EAT	15D44
PICKLE KOSH DILL SLCD C/C 4-1GAL GCHC	8 Slice		107336
APPLE, FUJI, FRESH	2 Each	READY_TO_EAT	100522
CHIP HARV CHED 104-SSV SUNCHIP	2 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	1.00

GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00
Serving Size: 1.00 Sub

Amount Per Serving

Calories	412.00		
Fat	16.75g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	1195.01mg		
Carbohydrates	45.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

704 TURKEY LUNCH TO GO

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1923

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	6 Slice	READY_TO_EAT	100036
TURKEY, DELI BREAST, SLICED	6 Slice	READY_TO_EAT	110554
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	3 Piece	READY_TO_EAT	15D44
PICKLE KOSH DILL SLCD C/C 4-1GAL GCHC	12 Slice		107336
APPLE, FUJI, FRESH	3 Each	READY_TO_EAT	100522
6" 100% Whole Wheat Hoagie Bun	3 bun	READY_TO_EAT	3746
CHIP HARV CHED 104-SSV SUNCHIP	3 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	3.50
Fruit	1.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 BOX

Amount Per Serving			
Calories	498.00		
Fat	15.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	51.00mg		
Sodium	1493.01mg		
Carbohydrates	60.00g		
Fiber	7.00g		
Sugar	14.00g		
Protein	31.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	8.60mg

731 TURKEY WRAP



Servings:	6.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	12 Slice	READY_TO_EAT	100036
TURKEY, DELI BREAST, SLICED	12 Slice	READY_TO_EAT	110554
TORTILLA FLOUR 10 ULTRGR 12-12CT	6 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	6 Piece	READY_TO_EAT	15D44

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
-------------	------

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

Nutrition Facts

Servings Per Recipe: 6.00
Serving Size: 1.00 Wrap

Amount Per Serving

Calories	346.00
Fat	12.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	51.00mg
Sodium	938.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	4.00g
Protein	27.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.62mg

710 YOG PAR BLUE

NO IMAGE

Servings:	6.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1927

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRIES, DICED, CUPS, FROZEN	24 Ounce	THAW	100256
YOGURT VAN L/F PARFPR 6-4 YOPL	48 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 PARFAIT

Amount Per Serving

Calories	2151.04
Fat	11.94g
SaturatedFat	5.97g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	955.22mg
Carbohydrates	458.15g
Fiber	8.00g
Sugar	334.69g
Protein	63.70g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 2149.25mg **Iron** 0.00mg

649 CHEF TURKEY SALAD



Servings:	3.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1928

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY, DELI BREAST, SLICED	6 Slice		110554
Cheese, Cheddar Reduced fat, Shredded	3 Ounce		100012
BROCCOLI FLORETS 6-4 GCHC	3/4 Cup		610902
TOMATOES FR GRAPE 12/1 PT CO 8 LB CS	15 Each	READY_TO_EAT	18B19
Fresh Baby Carrots 2oz Packs	9 stick		18D69
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	4 1/2 Cup		15D44

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	2.19
RedVeg	1.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 BOX

Amount Per Serving	
Calories	274.33
Fat	8.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	56.00mg
Sodium	783.00mg
Carbohydrates	27.67g

Fiber	4.00g		
Sugar	1.33g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.67mg	Iron	1.33mg

530 YOG PAR STRAW



Servings:	10.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1933

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	80 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811490
STRAWBERRIES, DICED, CUPS, FROZEN	40 Ounce	THAW	100256

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00
Serving Size: 1.00 PARFAIT

Amount Per Serving

Calories	2151.04
Fat	11.94g
SaturatedFat	5.97g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	955.22mg
Carbohydrates	458.15g
Fiber	8.00g
Sugar	334.69g
Protein	63.70g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 2149.25mg **Iron** 0.00mg

406 TURKEY SUB



Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1934

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY, DELI BREAST, SLICED	16 Slice	READY_TO_EAT	110554
5" Whole Grain Rich Hoagie Bun	4 bun		3737

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	332.00		
Fat	5.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	72.00mg		
Sodium	1116.00mg		
Carbohydrates	32.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	38.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

CHEESEBURGER on Bun

NO IMAGE

Servings:	175.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1944

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	175 bun	BAKE Toast if desired	3474
CHEESE AMER 160CT SLCD R/F 6-5 LOL	175 Slice		722360
BEEF PTY FLAMEBR 210-2.4Z	175 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	205030

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 175.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	305.00
Fat	12.00g
SaturatedFat	4.75g
Trans Fat	0.50g
Cholesterol	42.50mg
Sodium	690.00mg
Carbohydrates	27.00g
Fiber	3.00g

Sugar		3.50g	
Protein		20.50g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	122.00mg	Iron	9.80mg

LUNCH TO GO TURKEY PRETZEL BUN

NO IMAGE

Servings:	2.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4821
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice	READY_TO_EAT	100036
TURKEY, DELI BREAST, SLICED	4 Slice	READY_TO_EAT	110554
ROLL PRETZEL WGRAIN 120-2.2Z J&J	2 Each		500162
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	2 Piece	READY_TO_EAT	15D44
PICKLE KOSH DILL SLCD C/C 4-1GAL GCHC	8 Slice		107336
APPLE, FUJI, FRESH	2 Each	READY_TO_EAT	100522
CHIP HARV CHED 104-SSV SUNCHIP	2 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	3.25
Fruit	1.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 BOX

Amount Per Serving

Calories	498.00
Fat	15.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	51.00mg
Sodium	1233.01mg
Carbohydrates	60.00g
Fiber	6.00g
Sugar	12.00g
Protein	29.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.40mg

DONUT HOLES - CINNAMON SUGAR

NO IMAGE

Servings:	15.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4822
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	90 Each		839520
SPICE CINNAMON GRND 15Z TRDE	15 Teaspoon		224723
SUGAR BEET GRANUL 50 GCHC	15 Teaspoon		224413

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.20
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	295.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	34.00g
Fiber	2.00g
Sugar	10.00g
Protein	4.00g

Vitamin A	11.48IU	Vitamin C	0.00mg
Calcium	13.78mg	Iron	0.80mg

DONUT HOLES - POWDERED SUGAR

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4823
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	60 Each		839520
SUGAR POWDERED 10X 12-2 PION	10 Ounce		859740

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.20
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	388.90
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.60mg
Carbohydrates	58.00g
Fiber	2.00g
Sugar	33.00g
Protein	4.00g
Vitamin A 11.48IU	Vitamin C 0.00mg

Calcium 14.06mg **Iron** 0.82mg

GRILLED CHICKEN SANDWICH

NO IMAGE

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7698
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	25 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
4" Whole Grain Rich Hamburger Bun-CORRECT	25 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 25.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	250.00		
Fat	6.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	760.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	8.00mg

HAMBURGER on Bun

NO IMAGE

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7699
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	25 bun	BAKE Toast if desired	3474
BEEF PTY FLAMEBR 210-2.4Z	25 Each	Bake per instructions on box	205030

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	270.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	480.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	17.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg

Calcium 26.00mg **Iron** 9.80mg

Apple Variety



Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Piece	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16933

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	30 Piece		597481
APPLE RD 100CT MRKN	35 Piece		197726
APPLE VARIETY BULK 113-138CT 40	35 Piece		810730

Preparation Instructions

Rinse apples and check for blemishes. Dry apples and place them in a pan for serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

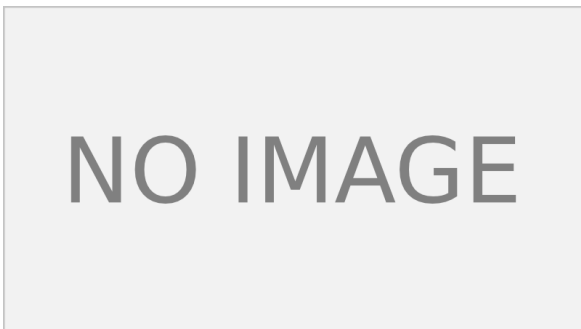
Servings Per Recipe: 100.00

Serving Size: 1.00 Piece

Amount Per Serving			
Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg

Calcium 7.68mg **Iron** 0.15mg

Broccoli with Cheese Sauce



Servings:	65.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	16 Pound		610902
SAUCE CHS CHED 6-5 JTM	5 Pound		271081

Preparation Instructions

Pull one 5 pound bag cheddar cheese sauce and four bags (16 pounds) broccoli from freezer.

PREP:

Put 1 bag broccoli per long shallow (2 inch deep) pan.

Thaw broccoli for 10-15 minute.

Meanwhile, put one bag of cheese sauce in long shallow (2 inch deep) pan.

COOK IN STEAMER:

Cook broccoli for 15-20 minutes -do not to overcook.

Cook cheese sauce for 30 minutes or until temp reaches 135 degrees.

Drain broccoli.

Combine cooked broccoli and cheese sauce in long 4-inch deep pan.

Overwrap and put in warmer. Hold at 135 degrees or higher until service.

Makes 65 1/2 cup servings.

Meal Components (SLE)

Amount Per Serving

Meat	0.68
Grain	0.00
Fruit	0.00
GreenVeg	0.98

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 65.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	89.44		
Fat	5.41g		
SaturatedFat	3.11g		
Trans Fat	0.00g		
Cholesterol	18.93mg		
Sodium	288.46mg		
Carbohydrates	4.63g		
Fiber	1.97g		
Sugar	1.33g		
Protein	6.70g		
Vitamin A	262.38IU	Vitamin C	0.00mg
Calcium	159.58mg	Iron	0.66mg

Grilled Cheese



Servings:	11.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18590

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 OZ WGR SANDWICH BREAD (21C)	22 1 Slice		1292
CHEESE AMER 160CT SLCD R/F 6-5 LOL	22 Slice		722360
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/4 Pound		191205

Preparation Instructions

- 1/4 # butter and 1 loaf of bread= 11 servings
Use sheet pan with one baking sheet.
Melt butter.
Brush baking sheet with melted butter.
Put one layer of sliced bread on top of melted butter.
Add 2 slices of 1oz American cheese to each slice.
Top cheese with one slice of bread.
Brush bread with melted butter (be sure to cover top slice with butter).
Bake at 350 degrees for 4-8 minutes.
Place in warmer for serving.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 11.00
Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	283.79	
Fat	14.12g	
SaturatedFat	7.67g	
Trans Fat	0.00g	
Cholesterol	37.14mg	
Sodium	636.41mg	
Carbohydrates	26.00g	
Fiber	2.00g	
Sugar	3.00g	
Protein	13.00g	
Vitamin A	0.00IU	Vitamin C 0.00mg
Calcium	196.00mg	Iron 12.00mg

LUNCH 2 GO Turkey WRAP



Servings:	2.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21771
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE, FUJI, FRESH	2 Each	READY_TO_EAT	100522
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice	READY_TO_EAT	100036
TORTILLA FLOUR 10 ULTRGR 12-12CT	2 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	2 Piece	READY_TO_EAT	15D44
PICKLE KOSH DILL SLCD C/C 4-1GAL GCHC	8 Slice		107336

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	2 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260
TURKEY BRST SLCD RED SOD 6-2 JENNO	4 Slice	READY_TO_EAT	183161

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	3.25
Fruit	1.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 BOX

Amount Per Serving	
Calories	472.00
Fat	16.67g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	31.67mg
Sodium	1175.01mg
Carbohydrates	58.00g
Fiber	6.00g
Sugar	12.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	Iron 2.46mg