

Cookbook for CCS ELEM

Created by HPS Menu Planner

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FISH TACOS

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FISH SANDWICH

281831 Tyson Chicken Nuggets

Whole Grain Toast

Toasted Cheese Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1776
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	3/4 Cup		191205
BREAD WHL WHE PULLMAN SLCD 12-22Z	100 Slice		710650
CHEESE AMER 160CT SLCD R/F 6-5 LOL	200 Slice		722360

Preparation Instructions

Directions:

Brush approximately ½ oz (1 Tbsp) butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.

Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.

Top each slice of bread with 2 oz (4 - .5z slices) of cheese.

Cover with remaining bread slices.

Brush tops of sandwiches with remaining butter, approximately 1 ½ oz (3 Tbsp) per pan.

Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 350°F for 10-15 minutes. DO NOT OVERBAKE.

If desired, cut each sandwich diagonally in half. Serve immediately.

CCP: Hold for hot service at 140°F or warmer.

Portion is 1 sandwich.

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving	
Calories	304.00
Fat	12.64g
SaturatedFat	6.68g
Trans Fat	0.00g
Cholesterol	37.20mg
Sodium	1031.60mg
Carbohydrates	26.00g

Fiber		4.00g	
Sugar		4.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	460.00mg	Iron	2.00mg

SLIDER - SAUSAGE, EGG & CHEESE

Servings:	81.00	Category:	Entree
Serving Size:	1.00 SLIDER	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-1908

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD CN 1.5Z 10 JDF	81 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	81 Each		592625
CHEESE AMER 160CT SLCD R/F 6-5 LOL	81 Slice		722360
Whole Grain Rich Slammer Sliced	81 bun	BAKE	3939

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 81.00

Serving Size: 1.00 SLIDER

Amount Per Serving

Calories	365.00		
Fat	24.00g		
SaturatedFat	8.25g		
Trans Fat	0.00g		
Cholesterol	132.50mg		
Sodium	750.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	2.50g		
Protein	15.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	118.00mg	Iron	6.36mg

SLIDER - CHICKEN

Servings:	72.00	Category:	Entree
Serving Size:	1.00 SLIDER	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-1909

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	288 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283562
Whole Grain Rich Slammer Sliced	72 bun	BAKE	3939

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 SLIDER

Amount Per Serving

Calories	220.00		
Fat	8.50g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	320.00mg		
Carbohydrates	24.00g		
Fiber	2.50g		
Sugar	2.50g		
Protein	10.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	11.00mg

CHICKEN BISCUIT

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-1910

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	25 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	50 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	270.00
Fat	12.50g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	525.00mg
Carbohydrates	26.50g

Fiber	4.50g		
Sugar	2.00g		
Protein	13.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.58mg

SAUSAGE EGG BISCUIT

Servings:	45.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-1911

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	45 Each		277722
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	45 Each		592625
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	45 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

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: 45.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	460.00		
Fat	34.00g		
SaturatedFat	12.50g		
Trans Fat	0.00g		
Cholesterol	135.00mg		
Sodium	660.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 58.00mg **Iron** 1.80mg

TOASTED CHEESE 800

Servings:	175.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1912

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	700 Slice		722360
24 oz. Whole Grain Rich Sandwich Bread	350 Slice	BAKE	1292

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: 175.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	280.00		
Fat	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	1000.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	392.00mg	Iron	8.00mg

453 TURKEY CHEESE BUN

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1913

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	5 bun		3474
CHEESE AMER 160CT SLCD R/F 6-5 LOL	5 Slice		722360
TURKEY BRST SLCD RED SOD 6-2 JENNO	15 Slice		183161

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	235.00
Fat	5.00g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	740.00mg
Carbohydrates	26.00g
Fiber	2.00g
Sugar	3.50g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 102.00mg	Iron 8.36mg

1048 HAM CHEESE BUN

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1914

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	1 bun		3474
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1/2 Ounce		722360
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	2 Ounce		100187

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	323.00		
Fat	12.00g		
SaturatedFat	5.25g		
Trans Fat	0.00g		
Cholesterol	79.50mg		
Sodium	1368.00mg		
Carbohydrates	34.00g		
Fiber	2.00g		
Sugar	7.50g		
Protein	28.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	102.00mg	Iron	8.00mg

799 SNACK KIDS MIX WG LUNCH

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

758 YOG CHEX LUNCH - HOT & SPICY

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1916

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	5 Each	READY_TO_EAT Ready to eat single serving	551760
CHEESE STRING MOZZ LT IW 168-1Z LOL	5 Each		786801
SNACK MIX CHEX HOT N SPCY WGRAIN 60CT	5 Package	READY_TO_EAT Ready to serve and eat	266031

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	250.00		
Fat	6.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	415.00mg		
Carbohydrates	36.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	338.00mg	Iron	0.90mg

758 Lunchable

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1917

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	5 Each		786801
SNACK MUNCHIE MIX 104-SSV QUAK	5 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	5 Each	READY_TO_EAT Ready to eat single serving	551770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

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

804 LUNCH 2 GO HAM WRAP

Servings:	2.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1920

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE, FUJI, FRESH	2 Each	READY_TO_EAT	100522
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	4 Slice	READY_TO_EAT	100187
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
CHIP HARV CHED 104-SSV SUNCHIP	2 Package	<p>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.</p>	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		506.00	
Fat		20.00g	
SaturatedFat		7.50g	
Trans Fat		0.00g	
Cholesterol		51.00mg	
Sodium		1439.01mg	
Carbohydrates		62.00g	
Fiber		6.00g	
Sugar		14.00g	
Protein		23.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	2.22mg

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

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

243 HAM WRAP

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1924

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice		100036
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	4 Slice		100187
TORTILLA FLOUR 10 ULTRGR 12-12CT	2 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	2 Piece		15D44

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories 334.00

Fat 14.00g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 51.00mg

Sodium 974.00mg

Carbohydrates 35.00g

Fiber 3.00g

Sugar 6.00g

Protein 21.00g

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

Calcium 120.00mg **Iron** 1.62mg

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 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).	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
Saturated Fat	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

703 LUNCH TO GO HAM

Servings:	3.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1926

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	6 Slice	READY_TO_EAT	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	6 Slice	READY_TO_EAT	100036
6" 100% Whole Wheat Hoagie Bun	3 bun	READY_TO_EAT	3746
LETTUCE CHL ROMAINE SHRD 6/2 LB	3/4 Cup	READY_TO_EAT	15D11
PICKLE KOSH DILL SLCD C/C 4-1GAL GCHC	12 Slice		107336
APPLE, FUJI, FRESH	3 Each	READY_TO_EAT	100522
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	0.08
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 BOX

Amount Per Serving

Calories	486.00		
Fat	17.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	51.00mg		
Sodium	1529.01mg		
Carbohydrates	62.00g		
Fiber	7.00g		
Sugar	16.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	8.60mg

710 YOG PAR BLUE

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

266 TURKEY BUN

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1929

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY, DELI BREAST, SLICED	16 Slice		110554
4" Whole Grain Rich Hamburger Bun-CORRECT	4 bun		3474

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	312.00		
Fat	6.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	72.00mg		
Sodium	1086.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	37.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	8.00mg

5 CHEF SALAD HAM

Servings:	2.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1930

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	4 Slice	READY_TO_EAT	100187
Cheese, Cheddar Reduced fat, Shredded	2 Ounce		100012
BROCCOLI FLORETS 6-4 GCHC	1/2 Cup		610902
Fresh Baby Carrots 2oz Packs	6 Cup	READY_TO_EAT	18D69
TOMATOES FR GRAPE 12/1 PT CO 8 LB CS	10 Each	READY_TO_EAT	18B19
SPRING MIX HERITAGE 4-3 RSS	1/2 Cup		152222
LETTUCE SHRD 3/8 CUT 4-5 RSS	1 Cup		678791
SPINACH LEAF FLAT CLND 4-2.5 RSS	1/2 Cup		329401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	2.13
RedVeg	1.50
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 BOX

Amount Per Serving

Calories	270.15		
Fat	10.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	56.00mg		
Sodium	832.44mg		
Carbohydrates	31.17g		
Fiber	4.94g		
Sugar	3.90g		
Protein	21.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 64.17mg **Iron** 2.03mg

TACO LINE

Servings:	200.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	2-OZ SERVING SPOON	722330
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 3/5 Ounce	PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVENTIONAL OVEN: 25-30 MINUTES AT 350°F FROM FROZEN., CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM ,FROZEN.	150160
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	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).	690141
LETTUCE CHL ROMAINE SHRD 6/2 LB	1/4 Cup	READY_TO_EAT	15D11
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	3/4 Cup	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341
SOUR CREAM PKT 400-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.06
Grain	0.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 TACO

Amount Per Serving			
Calories	7.48		
Fat	0.48g		
SaturatedFat	0.29g		
Trans Fat	0.00g		
Cholesterol	1.96mg		
Sodium	13.73mg		
Carbohydrates	0.33g		
Fiber	0.05g		
Sugar	0.04g		
Protein	0.49g		
Vitamin A	15.23IU	Vitamin C	0.03mg
Calcium	9.16mg	Iron	0.02mg

SUB LINE

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-1932

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	3 Slice	READY_TO_EAT	100187
TURKEY, DELI BREAST, SLICED	4 Slice	READY_TO_EAT	110554
LETTUCE CHL ROMAINE SHRD 6/2 LB	1/4 Cup	READY_TO_EAT	15D11
TOMATO 5X6 XL 5 MRKN	1/8 Cup		438197
CHIP POT BKD 64-LSSV LAYS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712560
PEPPERS BAN RING MILD 4- 1GAL GCHC	8 Slice		466220
PICKLE KOSH DILL SLCD C/C 4- 1GAL GCHC	5 Slice		107336

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.06
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: 125.00

Serving Size: 1.00 Sub

Amount Per Serving

Calories	3.72		
Fat	0.13g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	1.07mg		
Sodium	19.68mg		
Carbohydrates	0.29g		
Fiber	0.02g		
Sugar	0.06g		
Protein	0.42g		
Vitamin A	1.56IU	Vitamin C	0.03mg
Calcium	0.95mg	Iron	0.00mg

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

BURRITO BAR

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1935

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6- 5 COMM	3 1/6 Ounce		722330
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 2/5 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce		722110
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1/2 Cup		576280
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 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 toprevent drying).	690141
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1/4 Cup	READY_TO_EAT	15D44
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
BEANS BLACK LO SOD 6-10 BUSH	1/2 Cup		231981

Description	Measurement	Prep Instructions	DistPart #
PEPPERS JALAP SLCD 128CT 4- 1GAL GRSZ	2 Ounce		466240
APPLESAUCE UNSWT 72-4Z GCHC	1 Each		122200
CRANBERRY DRIED CHRY 200- 1.16Z OCSPR	1 Package		636402
PEACH DCD XL/S 6-10 P/L	1/2 Cup		256760
APPLE, FUJI, FRESH	1 Each	READY_TO_EAT	100522
PINEAPPLE TIDBITS IN JCE 6- 10 GCHC	1/2 Cup		189979
RAISIN SELECT 1.5Z BOXES 24- 6CT P/L	1 BOX		544426
APPLESAUCE STRAWB LT CUP 4Z 72CT	1 Each		105546
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
100% PURE ORANGE JUICE	1 4OZ-CARTON	BAKE	1977
SAUCE HOT 200- 3GM PC PKT GFS	1 Each		714590
SOUR CREAM PKT 400-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.07
Grain	0.05
Fruit	0.06

GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.01
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	23.63
Fat	0.49g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	2.30mg
Sodium	32.21mg
Carbohydrates	4.05g
Fiber	0.37g
Sugar	2.55g
Protein	0.84g

Vitamin A	13.60IU	Vitamin C	0.68mg
Calcium	5.83mg	Iron	0.12mg

CHICKEN PATTY ON BUN

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1936

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	200 bun		3474
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	200 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	380.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	690.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 41.00mg	Iron 10.00mg

SPICY CHICKEN PATTY ON BUN

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1937

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	100 bun		3474
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	410.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	630.00mg		
Carbohydrates	42.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	10.00mg

SALISBURY STEAK & GRAVY

Servings:	600.00	Category:	Entree
Serving Size:	1.00 PATTY	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1939

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB 59-2.7Z ADV	600 Each	GRILL Flat grill: preheat flat grill to 350 degrees f. Heat frozen product for 2-4 minutes per side or until internal temperature reaches 165 degrees f. Conventional oven: preheat oven to 375 degrees f. Heat frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	571730
MIX GRAVY BRN LO SOD 8-16Z TRIO	600 Tablespoon	IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE; YIELDS APPROXIMATELY 1088 OUNCES.	552050

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 PATTY

Amount Per Serving			
Calories	205.00		
Fat	13.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	360.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	14.00g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

BBQ ON BUN

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1940

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	150 bun		3474
PORK PULLED BBQ LO SOD 4-5 BROOKWD	600 Ounce		498702

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: 150.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	439.00		
Fat	19.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	71.00mg		
Sodium	463.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	19.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	8.00mg

HOT DOG ON BUN

Servings:	196.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1941

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Rich Hot Dog Bun	196 bun		3736
FRANKS 3 MEAT 8/ 6 2-5 BALLP	196 Each	BOIL Heat water to a rolling boil. GRILL Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. MICROWAVE Microwave heat for 30-60 seconds. READY_TO_EAT Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. STEAM Place a single layer of hot dogs in a steam table pan.	245370

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: 196.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00		
Fat	18.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	750.00mg		
Carbohydrates	26.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	46.00mg	Iron	8.72mg

CHEESEBURGER on Bun

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

HOT COCOA, NO SUGAR ADDED, 12OZ CUP

Servings:	60.00	Category:	Milk
Serving Size:	12.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-2322

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COCOA HOT NSA 6-30CT NEST	60 Package		668571
1% LOW FAT MILK - GALLON	4 11/16 Gallon	(10 OUNCES PER 12OZ SERVING)	1350
Syrup, Chocolate, Sugar Free, Liter	45 fl. oz.	(1 PUMP PER 12OZ SERVING)	432502

Preparation Instructions

STEP 1: WARM MILK BETWEEN 125-140 DEGREES (NO HOTTER THAN 165 DEGREES)

STEP 2: MIX HOT COCOA PACKETS IN MILK

STEP 3: TRANSFER AND STORE IN CAMBO

STEP 4: PER SERVING, ADD SYRUP TO CUP THEN ADD HOT COCOA/MILK MIXTURE

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: 60.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving

Calories	145.07		
Fat	3.13g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	18.76mg		
Sodium	270.08mg		
Carbohydrates	21.01g		
Fiber	1.00g		
Sugar	17.76g		
Protein	11.01g		
Vitamin A	12.51IU	Vitamin C	2.50mg
Calcium	387.52mg	Iron	0.72mg

HOT LATTE, 12OZ CUP

Servings:	52.00	Category:	Condiments or Other
Serving Size:	12.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-2324

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COFFEE LT RST REG FILTER PK 60-1.5Z	364 Fluid Ounce	(7oz PER 12oz SERVING)	398350
SYRUP BRW ESPRS 4-1LTR MONIN	13 Fluid Ounce	(1 PUMP = 0.25oz PER 12OZ SERVING)	632731
SYRUP CRML SGR FR 4-1LTR MONIN	39 Fluid Ounce	(3 PUMPS = 0.75oz PER 12oz SERVING) (MAY ADD EXTRA PUMP = 0.25oz OF SWEETENER SYRUP PER 12oz SERVING)	608962
1% LOW FAT MILK - GALLON	156 Fluid Ounce	(3oz PER 12oz SERVING)	1350

Preparation Instructions

STEP 1: BREW COFFEE (RECIPE FOR PERCOLATOR)

COLD WATER @ 80-CUP LEVEL W/10 PACKS COFFEE

DIRECTIONS:

- 1) WITH BASKET AND STEM REMOVED, FILL COFFEEMAKER WITH COLD WATER TO DESIRED CUP LEVEL.
- 2) PLACE STEM INTO HEATING UNIT WELL IN BOTTOM OF COFFEEMAKER, THEN PUT BASKET ONTO STEM.
- 3) ADD GROUND COFFEE TO BASKET.

A FILTER IS NOT NEEDED IN THE BOTTOM OF THE BASKET. SPREAD GROUNDS EVENLY IN BASKET. DO NOT LET GROUNDS FALL INTO STEM OPENING.

*PERCOLATOR ALLOWS FOR MINIMUM 40 5 OZ CUPS AND MAXIMUM 100 5-OZ CUPS AT A TIME

STEP 2: WARM MILK TO 140 DEGREES (NO HOTTER THAN 165 DEGREES)

STEP 3: POUR COFFEE AND MILK IN CAMBRO(S)

(IF YOU USE THE 5-GALLON BULK RECIPE BELOW, YOU WILL HAVE 3 CUPS REMAINING FOR HOT COFFEE)

STEP 4: PER SERVING, ADD SYRUPS THEN COFFEE/MILK MIXTURE (LEAVE ROOM AT TOP OF 12/14oz SUPPLIED CUP)

5-GALLON CAMBRO BULK RECIPE (MAKES 52 CUPS LATTE):

368 FL. OZ. (2.5 GALLONS + 1-1/2 QUARTS) FRESH BREWED COFFEE

160 FL. OZ. (1 GALLON + 1 QUART) 1% MILK

1.5-GALLON CAMBRO BULK RECIPE (MAKES 18 CUPS LATTE):

128 FL. OZ. (1 GALLON) FRESH BREWED COFFEE

55 FL. OZ. (1.5 QUARTS + 1 CUP) 1% MILK

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: 52.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving

Calories	39.60		
Fat	0.94g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	5.63mg		
Sodium	49.20mg		
Carbohydrates	7.13g		
Fiber	0.00g		
Sugar	4.13g		
Protein	3.23g		
Vitamin A	3.75IU	Vitamin C	0.75mg
Calcium	15.39mg	Iron	0.02mg

HOT COFFEE, 12OZ CUP

Servings:	12.00	Category:	Condiments or Other
Serving Size:	12.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-2359

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COFFEE INTL BLND WB 8-2 MOSAC	120 Fluid Ounce	(10oz PER 12oz SERVING)	168505
1% LOW FAT MILK - GALLON	15 Fluid Ounce	(HOT COFFEE PRICE INCLUDES 1.25oz MILK, IF REQUESTED, PER 12oz SERVING)	1350
SYRUP CRML SGR FR 4-1LTR MONIN	9 fl. oz.	(HOT COFFEE PRICE INCLUDES 3 PUMPS = 0.75oz SYRUP, IF REQUESTED, PER 12oz SERVING)	608962

Preparation Instructions

STEP 1: BREW COFFEE FOR HOT LATTES & HOT COFFEE (RECIPE FOR PERCOLATOR)

COLD WATER @ 80-CUP LEVEL W/10 PACKS COFFEE

DIRECTIONS:

- 1) WITH BASKET AND STEM REMOVED, FILL COFFEEMAKER WITH COLD WATER TO DESIRED CUP LEVEL.
- 2) PLACE STEM INTO HEATING UNIT WELL IN BOTTOM OF COFFEEMAKER, THEN PUT BASKET ONTO STEM.
- 3) ADD GROUND COFFEE TO BASKET.

A FILTER IS NOT NEEDED IN THE BOTTOM OF THE BASKET. SPREAD GROUNDS EVENLY IN BASKET. DO NOT LET GROUNDS FALL INTO STEM OPENING.

*PERCOLATOR ALLOWS FOR MINIMUM 40 5 OZ CUPS AND MAXIMUM 100 5-OZ CUPS AT A TIME

STEP 2: HOLD COLD 1% MILK IN CARAFE

STEP 3: PER SERVING, ADD MILK & SYRUP, IF REQUESTED, THEN 10oz COFFEE (LEAVE ROOM AT TOP OF 12/14oz SUPPLIED CUP)

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: 12.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving

Calories	18.63
Fat	0.39g
SaturatedFat	0.23g
Trans Fat	0.00g
Cholesterol	2.34mg
Sodium	24.75mg
Carbohydrates	4.72g

Fiber		0.00g	
Sugar		1.72g	
Protein		1.58g	
Vitamin A	1.56IU	Vitamin C	0.31mg
Calcium	10.60mg	Iron	0.03mg

CINNAMON TOAST

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-2691
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 oz. Whole Grain Rich Sandwich Bread	120 Slice		1292
BUTTER PRINT SLTD GRD AA 36-1 GFS	60 Tablespoon		191205
SPICE CINN-MAPL SPRINKLE 29Z TRDE	60 Teaspoon		565911
SUGAR BROWN LT 12-2 P/L	60 Teaspoon		860311

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	255.00		
Fat	13.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	250.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	8.00mg

BACON & TOAST

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-2764
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD 3-100CT GFS	300 Slice		874124
24 oz. Whole Grain Rich Sandwich Bread	200 Slice		1292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	210.00		
Fat	7.70g		
SaturatedFat	2.10g		
Trans Fat	0.03g		
Cholesterol	10.00mg		
Sodium	410.60mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	10.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	8.18mg

771 EZ JAMMER

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3062
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1		786801
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1		630302

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	19.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	420.00mg
Carbohydrates	29.00g
Fiber	4.00g
Sugar	12.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 278.00mg	Iron 2.70mg

BACON, EGGS & TOAST

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3232
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 oz. Whole Grain Rich Sandwich Bread	140 Slice		1292
EGG SCRMBD CKD FZ 4-5 GCHC	35 Cup		584584
BACON CKD THN SLCD 3-100CT GFS	210 Piece		874124

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.52
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: 70.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	316.06		
Fat	13.76g		
SaturatedFat	3.62g		
Trans Fat	0.03g		
Cholesterol	199.39mg		
Sodium	743.93mg		
Carbohydrates	25.52g		
Fiber	2.00g		
Sugar	3.52g		
Protein	19.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.58mg	Iron	9.70mg

MEATBALL HOAGIE

Servings:	550.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3303
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 2 SLCD 1.33Z 12-1 GLCHS	550 Slice		538736
6" 100% Whole Wheat Hoagie Bun	550 bun		3746
SAUCE PIZZA W/BASL 6-10 REDPK	110 Cup	Serving Size = 1/4 cup	256013
MEATBALL CKD .65Z 6-5 COMM	2200 Each		785860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 550.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	481.30
Fat	23.47g
SaturatedFat	10.15g
Trans Fat	0.60g
Cholesterol	75.90mg
Sodium	827.40mg
Carbohydrates	40.13g
Fiber	6.60g
Sugar	9.20g
Protein	29.11g
Vitamin A 5.00IU	Vitamin C 1.00mg
Calcium 336.00mg	Iron 10.86mg

BBQ PORK PATTY

Servings:	250.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3339
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	250 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. 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 15-20 minutes.	100640
6" 100% Whole Wheat Hoagie Bun	250 bun		3746

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	320.00		
Fat	12.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	690.00mg		
Carbohydrates	37.00g		
Fiber	5.00g		
Sugar	9.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	9.08mg

CHEESE CONEY OR HOT DOG

Servings:	594.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3376
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	594 Each		656882
Whole Grain Rich Hot Dog Bun	594 bun		3736
CHILI CONEY HMSTYL NO BEANS 4-5 GCHC	1188 Ounce		813480
Cheese, Cheddar Reduced fat, Shredded	1188 Ounce		100012

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: 594.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	520.00		
Fat	30.00g		
SaturatedFat	13.50g		
Trans Fat	0.38g		
Cholesterol	107.50mg		
Sodium	1127.50mg		
Carbohydrates	32.25g		
Fiber	2.50g		
Sugar	5.00g		
Protein	30.75g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	57.00mg	Iron	9.47mg

ASSORTED VEGGIES

Servings:	300.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3378
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATOES FR GRAPE 12/1 PT CO 8 LB CS	75 Cup		03032
CARROTS CHL STICK 5 LB BG	75 Cup		01586
Celery Sticks	75 Cup		02493
PEPPERS GRN FR SWT BELL MED 5 LB BG	75 Cup		03438

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	0.03
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	31.25		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	57.25mg		
Carbohydrates	6.50g		
Fiber	1.93g		
Sugar	3.25g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

BISCUIT & COUNTRY GRAVY

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3723
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 8-22Z TRIO	12 Cup		478377
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	48 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 48.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	310.00		
Fat	10.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1100.00mg		
Carbohydrates	50.00g		
Fiber	3.00g		
Sugar	10.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 40.00mg **Iron** 1.08mg

BISCUIT & SAUSAGE GRAVY

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3724
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	12 Cup		464694
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	48 Each	<p>BAKE</p> <p>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.</p> <p>2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED</p> <p>3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p>	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 48.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Calcium 40.00mg **Iron** 1.08mg

SCRAMBLED EGGS & TOAST

Servings:	56.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3728
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND 6-5 GCHC	28 Cup		465798
24 oz. Whole Grain Rich Sandwich Bread	112 Slice		1292

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: 56.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	270.00		
Fat	9.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	190.00mg		
Sodium	610.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.00mg	Iron	9.00mg

YOGURT & MUFFIN

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3729
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	12 Each	READY_TO_EAT Ready to eat single serving	186911
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	12 Each		279991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	280.00
Fat	10.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	285.00mg
Carbohydrates	42.00g
Fiber	0.00g
Sugar	21.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 1.00mg

YOGURT & MUFFIN

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3730
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	32 Each	READY_TO_EAT Ready to eat single serving	551760
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	32 Each		279991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	280.00
Fat	10.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	285.00mg
Carbohydrates	42.00g
Fiber	0.00g
Sugar	21.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 1.00mg

YOGURT & MUFFIN

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3731
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each		279991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.04
Grain	0.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	11.67		
Fat	0.44g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	1.46mg		
Sodium	11.88mg		
Carbohydrates	1.75g		
Fiber	0.00g		
Sugar	0.88g		
Protein	0.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.63mg	Iron	0.04mg

COOKED CARROTS

Servings:	48.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3865
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT DCD 6-10 GCHC	24 Cup	Divide 30# case into 2 vented 4" steam table pans. CCP: Put in preheated steam unit for 15 - 20 minutes or until internal temperature reaches 140° or higher. Keep a little firm. Remove from steam unit and put in 4" non vented steam table pans and CCP: hold for hot service at 140° or higher for no longer than 4 hours.	118907
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Cup		191205

Preparation Instructions

Open 2#10 canned sliced carrots, drain, and place in steam table pan.

Overwrap and cook carrots until temp reaches 135 degrees.

Remove from steamer and remove overwrap.

Toss 1 cup of butter with carrots until all carrots are coated and all butter has melted.

Overwrap and place in warmer. Hold at 135 degrees or higher until serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	60.33
Fat	4.67g
SaturatedFat	2.33g
Trans Fat	0.00g
Cholesterol	34.00mg
Sodium	30.00mg
Carbohydrates	6.00g
Fiber	2.00g
Sugar	0.00g
Protein	0.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

BISCUIT W/SAUSAGE GRAVY & EGGS

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3883
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	17 1/2 Cup		464694
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	70 Each	<p>BAKE</p> <p>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.</p> <p>2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED</p> <p>3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p>	237390
EGG SCRMBD CKD FZ 4-5 GCHC	35 Cup		584584

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.52
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	366.06
Fat	22.06g
SaturatedFat	8.02g
Trans Fat	0.00g
Cholesterol	204.39mg
Sodium	953.33mg
Carbohydrates	25.52g
Fiber	3.00g
Sugar	3.52g

Protein	15.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	97.58mg	Iron	2.60mg

COLE SLAW

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3933
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	2 Package		361300
DRESSING COLE SLAW 4-1GAL GCHC	1/2 Gallon		106992
COLE SLAW BROCCOLI 2-3 RSS	2 Package		573426

Preparation Instructions

Empty cabbage mix into large bowl and stir in 1/2 gallon of cole slaw dressing.

Mix thoroughly in bowl.

Overwrap and chill at 45 degrees or below.

-OR use half cup server and dish out into individual containers. Chill until serving.

USE LARGE METAL BOWL AND MIX WELL.

USE A GREY SCOOP TO PLACE IN BOWLS.

YIELDS 55-65 1/2 CUP SERVINGS.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.33
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	178.88		
Fat	9.59g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	10.66mg		
Sodium	313.62mg		
Carbohydrates	22.75g		
Fiber	2.88g		
Sugar	17.04g		
Protein	0.92g		
Vitamin A	410.47IU	Vitamin C	32.84mg
Calcium	42.62mg	Iron	0.33mg

STEAK HOAGIE

Servings:	550.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4567
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 2 SLCD 1.33Z 12-1 GLCHS	1 Slice		538736
6" 100% Whole Wheat Hoagie Bun	1 bun		3746
SAUCE PIZZA W/BASL 6-10 REDPK	1/5 Cup	Serving Size = 1/4 cup	256013
BEEF PTY HOAGIE CKD W/SOY 64-3Z GFS	1 Each	BAKE Conventional oven: preheat oven to 350 degrees f. Bake frozen product for 15-17 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 6-8 minutes. Microwave: heat frozen product on high power for 80-90 seconds.	512590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.01
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: 550.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.95		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.13mg		
Sodium	1.66mg		
Carbohydrates	0.07g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.57mg	Iron	0.02mg

COLD LATTE, 12OZ CUP

Servings:	35.00	Category:	Condiments or Other
Serving Size:	12.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4598

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP BRW ESPRS 4-1LTR MONIN	26 1/4 Fluid Ounce	(1 PUMP = 0.25oz PER 12OZ SERVING)	632731
SYRUP CRML SGR FR 4-1LTR MONIN	26 1/4 Fluid Ounce	(3 PUMPS = 0.75oz PER 12oz SERVING) (MAY ADD EXTRA PUMP = 0.25oz OF SWEETENER SYRUP PER 12oz SERVING)	608962
1% LOW FAT MILK - GALLON	140 Fluid Ounce	(3oz PER 12oz SERVING)	1350

Preparation Instructions

12OZ COLD LATTE:

1. Add ice to 12oz cup
2. Add 3 pumps espresso syrup
3. Add 3 pumps flavored syrup(s) of choice
4. Fill remainder of cup with milk
5. Stir
6. Top with lid

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: 35.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving

Calories	50.00		
Fat	1.25g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	60.00mg		
Carbohydrates	8.50g		
Fiber	0.00g		
Sugar	5.50g		
Protein	4.00g		
Vitamin A	5.00IU	Vitamin C	1.00mg

Calcium 15.00mg **Iron** 0.00mg

COLD LATTE, 20OZ CUP

Servings:	1.00	Category:	Condiments or Other
Serving Size:	20.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4599

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP BRW ESPRS 4-1LTR MONIN	1 1/4 Fluid Ounce	(1 PUMP = 0.25oz PER 12OZ SERVING)	632731
SYRUP CRML SGR FR 4-1LTR MONIN	1 1/4 Fluid Ounce	(3 PUMPS = 0.75oz PER 12oz SERVING) (MAY ADD EXTRA PUMP = 0.25oz OF SWEETENER SYRUP PER 12oz SERVING)	608962
1% LOW FAT MILK - GALLON	7 Fluid Ounce	(3oz PER 12oz SERVING)	1350

Preparation Instructions

20OZ COLD LATTE:

1. Add ice to 12oz cup
2. Add 5 pumps espresso syrup
3. Add 5 pumps flavored syrup(s) of choice
4. Fill remainder of cup with milk
5. Stir
6. Top with lid

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: 20.00 Fluid Ounce

Amount Per Serving

Calories	87.50		
Fat	2.19g		
SaturatedFat	1.31g		
Trans Fat	0.00g		
Cholesterol	13.13mg		
Sodium	105.00mg		
Carbohydrates	14.63g		
Fiber	0.00g		
Sugar	9.63g		
Protein	7.00g		
Vitamin A	8.75IU	Vitamin C	1.75mg

Calcium 26.25mg **Iron** 0.00mg

LEMONADE, 20OZ CUP

Servings:	75.00	Category:	Condiments or Other
Serving Size:	20.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4600

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX LEMND LO CAL 12-8.6Z GCHC	600 Fluid Ounce	POUR 1 GALLON WATER IN 1-GALLON PITCHER. STIR IN CONTENTS OF 1 PACKAGE LEMONADE MIX. ADD 1 ADDITIONAL GALLON WATER. STORE IN 1-GALLON PITCHER. KEEP REFRIGERATED.	596050
SYRUP RASPB SGR FR PLAS 4-1LTR MONIN	56 1/4 Fluid Ounce		872210

Preparation Instructions

20OZ LEMONADE:

1. Add ice to 20oz cup
2. Fill remainder of cup with lemonade
3. Top with lid

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: 75.00

Serving Size: 20.00 Fluid Ounce

Amount Per Serving

Calories	25.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	8.50g		
Fiber	0.00g		
Sugar	7.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

ICED TEA, 20OZ CUP

Servings:	75.00	Category:	Condiments or Other
Serving Size:	20.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4601

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TEA BAG ICED 1Z=1GAL 96-1Z GCHC	10 Ounce		695734
SYRUP, SWEETENER, SUGAR FREE, 4-1LTR	1/2 fl. oz.		962658

Preparation Instructions

Tea Prep:

1. PLACE 1 ICED TEA BAG IN A CLEAN CONTAINER.
2. POUR 1 QUART OF BOILING WATER OVER TEA BAG AND ALLOW TO STEEP FOR 6-10 MINUTES.
3. REMOVE TEA BAG AND ADD 3 QUARTS OF COOL TAP WATER.
4. STORE IN 1-GALLON PITCHER

SINGLE-SERVE RECIPE

1. FILL CUP COMPLETELY WITH ICE
2. ADD 2 PUMPS OF SF SYRUP OF CHOICE (ONLY 1 PUMP SF SWEETENER SYRUP NEEDED FOR SWEET ICED TEA)
3. FILL WITH TEA
4. TOP WITH LID & STRAW

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: 75.00

Serving Size: 20.00 Fluid Ounce

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

LUNCH TO GO HAM PRETZEL BUN

Servings:	2.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4820
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	4 Slice	READY_TO_EAT	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice	READY_TO_EAT	100036
ROLL PRETZEL WGRAIN 120-2.2Z J&J	2 Each		500162
LETTUCE CHL ROMAINE SHRD 6/2 LB	1/2 Cup	READY_TO_EAT	15D11
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	0.08
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 BOX

Amount Per Serving

Calories	486.00
Fat	17.50g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	51.00mg
Sodium	1269.01mg
Carbohydrates	62.00g
Fiber	6.00g
Sugar	14.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.40mg

LUNCH TO GO TURKEY PRETZEL BUN

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

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

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

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

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

758 YOG CHEX LUNCH - CHEDDAR

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7909
School:	AEC		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	5 Each	READY_TO_EAT Ready to eat single serving	551760
CHEESE STRING MOZZ LT IW 168-1Z LOL	5 Each		786801
SNACK MIX CHEX CHED WGRAIN 60-.92Z	5 Each	READY_TO_EAT Ready to serve and eat	599282

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	250.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	395.00mg
Carbohydrates	36.00g
Fiber	2.00g
Sugar	14.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.00mg	Iron 0.70mg

CHICKEN ALFREDO

Servings:	250.00	Category:	Entree
Serving Size:	4.63 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8088
School:	CCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	700 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
SAUCE ALFREDO FZ 6-5 JTM	62 1/2 Cup		155661

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 250.00

Serving Size: 4.63 Ounce

Amount Per Serving	
Calories	211.33
Fat	11.53g
SaturatedFat	4.87g
Trans Fat	0.00g
Cholesterol	93.67mg
Sodium	682.00mg
Carbohydrates	6.87g
Fiber	0.00g
Sugar	3.00g
Protein	20.93g
Vitamin A	221.00IU
Vitamin C	0.00mg

Calcium	199.40mg	Iron	0.00mg
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BURRITO BAR - BEEF

Servings:	45.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8132
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	142 2/3 Ounce		722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	111.40		
Fat	4.90g		
SaturatedFat	1.80g		
Trans Fat	0.29g		
Cholesterol	35.00mg		
Sodium	291.90mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	12.80g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	41.00mg	Iron	2.00mg

BURRITO BAR - CHICKEN FAJITA

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8133
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	170 Ounce	<p>BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER</p> <p>CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER</p> <p>CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS</p>	100117

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	122.00		
Fat	4.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	74.00mg		
Sodium	606.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

WALKING TACOS - BEEF

Servings:	45.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8134
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	142 2/3 Ounce		722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	111.40
Fat	4.90g
SaturatedFat	1.80g
Trans Fat	0.29g
Cholesterol	35.00mg
Sodium	291.90mg
Carbohydrates	5.00g
Fiber	2.00g
Sugar	2.00g
Protein	12.80g
Vitamin A 645.00IU	Vitamin C 5.00mg
Calcium 41.00mg	Iron 2.00mg

WALKING TACOS - CHICKEN FAJITA

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8135
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	170 Ounce	<p>BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER</p> <p>CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER</p> <p>CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS</p>	100117

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	122.00		
Fat	4.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	74.00mg		
Sodium	606.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

GRILLED CHEESE W/CHILI

Servings:	175.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8230
School:	CCHS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	700 Slice		722360
24 oz. Whole Grain Rich Sandwich Bread	175 Slice	BAKE	1292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
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	210.00
Fat	9.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	920.00mg
Carbohydrates	16.00g
Fiber	1.00g
Sugar	3.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 388.00mg	Iron 4.00mg

TURKEY SLICE + TURKEY GRAVY

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9643
School:	AEC		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	1 Slice		563652
TURKEY & GRAVY CKD 4-7 JENNO	2 1/12 Ounce		653171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.04
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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	2.00		
Fat	0.06g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.80mg		
Sodium	9.20mg		
Carbohydrates	0.02g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.01mg

SOFT PRETZELS & CHEESE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9655
School:	CCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	2 Each	Bake/Warm according to directions on box.	142411
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	warm according to directions on case	528690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	470.00
Fat	11.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	870.00mg
Carbohydrates	74.00g
Fiber	6.00g
Sugar	12.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 2.40mg
Calcium 373.00mg	Iron 3.60mg

FRUIT DELIGHT

Servings:	66.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9686
School:	CCMS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL XL/S 6-10 GFS	22 HALF-CUP		225304
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	22 HALF-CUP		189979
MARSHMALLOW MINI 12-1 GCHC	1 Pound		191736
ORANGES MAND BRKN L/S 6-10 GFS	22 HALF-CUP		152811
STRAWBERRY 8 MRKN	1 Cup	SLICED	212768

Preparation Instructions

- Clean and slice fresh strawberries, or use USDA strawberry cups.
- Open all cans of fruit.
- Use juices from fruit cans.
- Divide all fruits among 2 large steamtable pans.
- Prior to serving, add half or a -16 oz bag of miniature marshmallows to each pan.

Mixed Fruit Delight - the strawberries and mandarin oranges add color.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.51
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 66.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	97.17		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.11mg		
Carbohydrates	23.06g		
Fiber	0.74g		
Sugar	19.47g		
Protein	0.59g		
Vitamin A	200.42IU	Vitamin C	11.45mg

Calcium

7.68mg

Iron

0.25mg

FISH TACOS - USDA

Servings:	30.00	Category:	Entree
Serving Size:	2.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12211
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM 4-5 GCHC	2 1/2 Cup		285218
MAYONNAISE OLIVE OIL R/F 4-1GAL KRFT	1 1/4 Cup		131001
CILANTRO CLEANED 4-1 RSS	2 1/2 Cup	CHOPPED	219550
SEASONING TACO MIX 2-5 GRSZ	1 1/4 Cup		427446
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	5 Tablespoon		645182
LEMON JUICE 100 12-32FLZ GCHC	5/8 Cup		311227
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	10 Cup		361300
TOMATO LARGE 1/10 LB CS	10 Cup	DICED	03413
TORTILLA FLOUR ULTRGR 6 30-12CT	60 Each	WARMED	882690
LIME WDG CUT 2-5	30 Each		200533
COD BATRD BRD WDG CRSPY 3Z O/R 10GFS	30 Each	CUT INTO 1 INCH PIECES	842672

Preparation Instructions

SIMPLE FISH TACOS - USDA/SNAP: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-fish-tacos>

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 1 cup seasoning mix.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.17
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 30.00
Serving Size: 2.00 TACO

Amount Per Serving

Calories	511.01
Fat	23.00g
SaturatedFat	6.33g
Trans Fat	0.00g
Cholesterol	36.67mg
Sodium	1165.31mg
Carbohydrates	61.76g
Fiber	5.19g
Sugar	5.38g
Protein	15.67g

Vitamin A	0.00IU	Vitamin C	1.21mg
Calcium	111.05mg	Iron	3.80mg

FISH TACOS

Servings:	30.00	Category:	Vegetable
Serving Size:	2.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12213
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	1 Package		361300
DRESSING COLE SLAW 4-1GAL GCHC	1/4 Gallon		106992
POLLOCK BAJA BRD STIX WGRAIN 10	120 Piece	BAKE CONVECTION OVEN : 400 DEGREES F. FOR 13 - 15 MINUTES.; CONVENTIONAL OVEN : 425 DEGREES F. FOR 16 - 18 MINUTES.; DEEP FRY : 350 DEGREES F. FOR 3 TO 3 AND A HALF MINUTES.; COOKING TIME AND TEMPERATURE MAY VARY WITH EQUIPMENT. ; FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER.	273482
TORTILLA FLOUR ULTRGR 6 30-12CT	60 Each	WARMED	882690
TOMATO LARGE 1/10 LB CS	10 Cup	DICED	03413

Preparation Instructions

SEE COLE SLAW RECIPE:

USE LARGE METAL BOWL AND MIX WELL.

USE A GREY SCOOP TO PLACE IN BOWLS.

YIELDS 55-65 1/2 CUP SERVINGS.

SERVING (TWO TACOS):

TWO BAJA FISH STICKS PER 6-INCH TORTILLA WITH 1/4 CUP COLE SLAW, TOP WITH DICED TOMATO = ONE TACO

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.33

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 30.00			
Serving Size: 2.00 TACO			
Amount Per Serving			
Calories	588.53		
Fat	25.59g		
SaturatedFat	4.60g		
Trans Fat	0.00g		
Cholesterol	55.66mg		
Sodium	937.66mg		
Carbohydrates	70.62g		
Fiber	7.52g		
Sugar	17.84g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	99.38mg	Iron	3.00mg

STRAWBERRY PARFAIT - ELEM

Servings:	6.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12215
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	24 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811490
STRAWBERRIES, DICED, CUPS, FROZEN	12 Ounce	THAW	100256
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	6 Package		770960

Preparation Instructions

LAYER YOGURT ON TOP OF FRUIT IN 8OZ SUNDAE CUP, GFS# 807441. SERVE GOLDFISH CRACKERS ALONGSIDE OF PARFAIT TO MEET 1OZ GRAIN REQUIREMENT.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	1.00
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	1195.52
Fat	9.97g
SaturatedFat	3.99g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	592.61mg
Carbohydrates	248.07g
Fiber	5.00g
Sugar	172.34g
Protein	32.85g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1294.63mg	Iron 4.40mg

COLE SLAW

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12232
School:	XRDS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	1 Package	*CAN USE 16P51 TO SUB* MARCA ADDS EXTRA RED CABBAGE AND SHREDDED CARROTS	361300
brown sugar	1/2 Cup	ROUGHLY 1/2 CUP	
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
SPICE CELERY SEED WHOLE 16Z TRDE	1 Teaspoon		224677
SPICE GARLIC GRANULATED 20 TRDE	1 Teaspoon		228435
SPICE ONION GRANULATED 20Z TRDE	1 Teaspoon		138300
PEPPERS GRN FR SWT BELL MED 5 LB BG	2 Cup	DICED	03438
MAYONNAISE OLIVE OIL R/F 200-12.4GM	2 Each		131011
Cole Slaw Mix	1 Package		16P51

Preparation Instructions

Mix dressing items together. Season with salt and pepper.

Mix in cole slaw and green peppers.

Tastes like summer!!!!

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.40
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 25.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		39.09	
Fat		0.28g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		57.28mg	
Carbohydrates		8.19g	
Fiber		1.96g	
Sugar		4.06g	
Protein		0.02g	
Vitamin A	0.05IU	Vitamin C	0.05mg
Calcium	29.84mg	Iron	0.06mg

FISH SANDWICH

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12235
School:	XRDS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun-CORRECT	1 bun	BAKE Toast if desired	3474
FISH BRD 3Z O/R WGRAIN 10 HILNR	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Placefrozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	310.00		
Fat	9.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	810.00mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	9.30mg

281831 Tyson Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14839
School:	GL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.56
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: 5.00

Amount Per Serving

Calories	262.50		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	400.00mg		
Carbohydrates	16.25g		
Fiber	2.50g		
Sugar	1.25g		
Protein	16.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.50mg	Iron	2.50mg

Whole Grain Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17388
School:	CCS ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Tablespoon		299405
24 oz. Whole Grain Rich Sandwich Bread	1 Slice		1292

Preparation Instructions

There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Slice

Amount Per Serving

Calories	170.00		
Fat	12.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	80.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	4.00mg