

# **Cookbook for CCHS**

**Created by HPS Menu Planner**

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**Baked Beans**

**Green Beans-half cup**

**Savory Carrots**

**Cinnamon Donut Holes**

**Powdered Donut Holes**

**Foil Wrapped Hamburgers**

**Queso Macaroni and Cheese**

**LUNCH 2 GO Turkey WRAP**

# Toasted Cheese Sandwich

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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

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

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



# SLIDER - SAUSAGE, EGG & CHEESE

<b>Servings:</b>	81.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 SLIDER	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 81.00

Serving Size: 1.00 SLIDER

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

# SLIDER - CHICKEN

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 SLIDER

#### Amount Per Serving

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

# CHICKEN BISCUIT

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	25 Each	<b>BAKE</b> 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. <b>CONVECTION</b> 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	<b>BAKE</b> 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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

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

# SAUSAGE EGG BISCUIT

<b>Servings:</b>	45.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-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	<b>BAKE</b> 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

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

### Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

**Calcium** 58.00mg **Iron** 1.80mg

# TOASTED CHEESE 800

<b>Servings:</b>	175.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 175.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

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

# 453 TURKEY CHEESE BUN

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Sandwich

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



# 1048 HAM CHEESE BUN

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

<b>Meat</b>	4.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

# 799 SNACK KIDS MIX WG LUNCH

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>READY_TO_EAT</b> 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	<b>READY_TO_EAT</b> Ready to eat single serving	551770

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
<b>Calories</b>	250.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	445.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	368.00mg	<b>Iron</b>	2.80mg

# 758 YOG CHEX LUNCH - HOT & SPICY

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Package

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

# 758 Lunchable

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>READY_TO_EAT</b> 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	<b>READY_TO_EAT</b> Ready to eat single serving	551770

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Package

Amount Per Serving			
<b>Calories</b>	250.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	445.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	368.00mg	<b>Iron</b>	2.80mg

# 804 LUNCH 2 GO HAM WRAP

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 BOX	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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><b>STEAM PREPARATION</b>Ambient: 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

<b>Meat</b>	3.00
<b>Grain</b>	3.25
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 BOX

<b>Amount Per Serving</b>			
<b>Calories</b>		506.00	
<b>Fat</b>		20.00g	
<b>SaturatedFat</b>		7.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		51.00mg	
<b>Sodium</b>		1439.01mg	
<b>Carbohydrates</b>		62.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		14.00g	
<b>Protein</b>		23.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	130.00mg	<b>Iron</b>	2.22mg

# 755 CHEESE SUB 2 GO

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sub	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Sub

<b>Amount Per Serving</b>	
<b>Calories</b>	412.00
<b>Fat</b>	16.75g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1195.01mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	14.00g

<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.60mg



# 704 TURKEY LUNCH TO GO

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 BOX	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	3.50
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 BOX

<b>Amount Per Serving</b>	
<b>Calories</b>	498.00
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.00mg
<b>Sodium</b>	1493.01mg
<b>Carbohydrates</b>	60.00g

<b>Fiber</b>	7.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	31.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.00mg	<b>Iron</b>	8.60mg

# 243 HAM WRAP

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>STEAM PREPARATION</b> Ambient: 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	2 Piece		15D44

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

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

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Wrap

Amount Per Serving

<b>Calories</b>	346.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.00mg
<b>Sodium</b>	938.00mg
<b>Carbohydrates</b>	33.00g

<b>Fiber</b>		3.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		27.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.62mg

# 703 LUNCH TO GO HAM

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 BOX	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	3.50
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.08
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 BOX

### Amount Per Serving

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



# 710 YOG PAR BLUE

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PARFAIT	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 PARFAIT

Amount Per Serving	
<b>Calories</b>	2151.04
<b>Fat</b>	11.94g
<b>SaturatedFat</b>	5.97g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	955.22mg
<b>Carbohydrates</b>	458.15g
<b>Fiber</b>	8.00g
<b>Sugar</b>	334.69g
<b>Protein</b>	63.70g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 2149.25mg	<b>Iron</b> 0.00mg

# 649 CHEF TURKEY SALAD

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 BOX	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	2.19
<b>RedVeg</b>	1.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 BOX

Amount Per Serving			
<b>Calories</b>	274.33		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	56.00mg		
<b>Sodium</b>	783.00mg		
<b>Carbohydrates</b>	27.67g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.67mg	<b>Iron</b>	1.33mg

# 266 TURKEY BUN

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

<b>Meat</b>	4.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	312.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.00mg		
<b>Sodium</b>	1086.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	37.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	8.00mg

# 5 CHEF SALAD HAM

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 BOX	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	2.13
<b>RedVeg</b>	1.50
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 BOX

#### Amount Per Serving

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

**Calcium** 64.17mg **Iron** 2.03mg

# TACO LINE

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 TACO	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.06
<b>Grain</b>	0.01
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 TACO

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

# SUB LINE

<b>Servings:</b>	125.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sub	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.06
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Sub

### Amount Per Serving

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

# 530 YOG PAR STRAW

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PARFAIT	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 PARFAIT

Amount Per Serving	
<b>Calories</b>	2151.04
<b>Fat</b>	11.94g
<b>SaturatedFat</b>	5.97g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	955.22mg
<b>Carbohydrates</b>	458.15g
<b>Fiber</b>	8.00g
<b>Sugar</b>	334.69g
<b>Protein</b>	63.70g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 2149.25mg	<b>Iron</b> 0.00mg

# 406 TURKEY SUB

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

<b>Meat</b>	4.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	332.00		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.00mg		
<b>Sodium</b>	1116.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	38.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# BURRITO BAR

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

<b>Meat</b>	0.07
<b>Grain</b>	0.05
<b>Fruit</b>	0.06

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.01
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	23.63		
<b>Fat</b>	0.49g		
<b>SaturatedFat</b>	0.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.30mg		
<b>Sodium</b>	32.21mg		
<b>Carbohydrates</b>	4.05g		
<b>Fiber</b>	0.37g		
<b>Sugar</b>	2.55g		
<b>Protein</b>	0.84g		
<b>Vitamin A</b>	13.60IU	<b>Vitamin C</b>	0.68mg
<b>Calcium</b>	5.83mg	<b>Iron</b>	0.12mg

# CHICKEN PATTY ON BUN

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-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	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> 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

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

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

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

# SPICY CHICKEN PATTY ON BUN

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-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	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> 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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sandwich

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



# SALISBURY STEAK & GRAVY

<b>Servings:</b>	600.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PATTY	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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 ADD FULL 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

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

### Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 PATTY

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

# BBQ ON BUN

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

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

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Sandwich

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

# HOT DOG ON BUN

<b>Servings:</b>	196.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-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	<b>BOIL</b> Heat water to a rolling boil. <b>GRILL</b> Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. <b>MICROWAVE</b> Microwave heat for 30-60 seconds. <b>READY_TO_EAT</b> Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. <b>STEAM</b> 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

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

### Nutrition Facts

Servings Per Recipe: 196.00

Serving Size: 1.00 Each

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

# CHEESEBURGER on Bun

<b>Servings:</b>	175.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-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 in preheated 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

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

### Nutrition Facts

Servings Per Recipe: 175.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>	305.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.75g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	690.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	122.00mg	<b>Iron</b>	9.80mg

# HOT COCOA, NO SUGAR ADDED, 12OZ CUP

<b>Servings:</b>	60.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	12.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 12.00 Fluid Ounce

#### Amount Per Serving

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

# HOT LATTE, 12OZ CUP

<b>Servings:</b>	52.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	12.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 52.00

Serving Size: 12.00 Fluid Ounce

#### Amount Per Serving

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

# HOT COFFEE, 12OZ CUP

<b>Servings:</b>	12.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	12.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving

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



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

# CINNAMON TOAST

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-2691
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# BACON & TOAST

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-2764
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

# 771 EZ JAMMER

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3062
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# BACON, EGGS & TOAST

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

<b>Meat</b>	1.52
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# MEATBALL HOAGIE

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

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.40
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 550.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# BBQ PORK PATTY

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	250 Each	<b>GRILL</b> 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

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

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

# CHEESE CONEY OR HOT DOG

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

<b>Meat</b>	4.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 594.00

Serving Size: 1.00 Each

#### Amount Per Serving

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



# ASSORTED VEGGIES

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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.03
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

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

# BISCUIT & COUNTRY GRAVY

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3723
<b>School:</b>	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	<p><b>BAKE</b></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

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

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

**Calcium** 40.00mg **Iron** 1.08mg

# BISCUIT & SAUSAGE GRAVY

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3724
<b>School:</b>	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><b>BAKE</b></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

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

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

**Calcium** 40.00mg **Iron** 1.08mg

# SCRAMBLED EGGS & TOAST

<b>Servings:</b>	56.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3728
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# YOGURT & MUFFIN

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3729
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Serving

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

# YOGURT & MUFFIN

<b>Servings:</b>	32.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3730
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Serving

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



# YOGURT & MUFFIN

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3731
<b>School:</b>	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

<b>Meat</b>	0.04
<b>Grain</b>	0.04
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

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

# COOKED CARROTS

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

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

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	60.33
<b>Fat</b>	4.67g
<b>SaturatedFat</b>	2.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	34.00mg
<b>Sodium</b>	30.00mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

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

# BISCUIT W/SAUSAGE GRAVY & EGGS

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3883
<b>School:</b>	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><b>BAKE</b></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

<b>Meat</b>	1.52
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Serving

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

<b>Protein</b>	15.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	97.58mg	<b>Iron</b>	2.60mg

# COLE SLAW

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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.33
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

# STEAK HOAGIE

<b>Servings:</b>	550.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4567
<b>School:</b>	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	<b>BAKE</b> 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

<b>Meat</b>	0.01
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 550.00

Serving Size: 1.00 Each

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

# COLD LATTE, 12OZ CUP

<b>Servings:</b>	35.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	12.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 12.00 Fluid Ounce

#### Amount Per Serving

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



**Calcium** 15.00mg **Iron** 0.00mg

# COLD LATTE, 20OZ CUP

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	20.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 20.00 Fluid Ounce

#### Amount Per Serving

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

**Calcium** 26.25mg **Iron** 0.00mg

# LEMONADE, 20OZ CUP

<b>Servings:</b>	75.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	20.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 20.00 Fluid Ounce

#### Amount Per Serving

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

# ICED TEA, 20OZ CUP

<b>Servings:</b>	75.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	20.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 20.00 Fluid Ounce

#### Amount Per Serving

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

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

# LUNCH TO GO HAM PRETZEL BUN

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

<b>Meat</b>	3.00
<b>Grain</b>	3.25
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.08
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 BOX

### Amount Per Serving

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



# LUNCH TO GO TURKEY PRETZEL BUN

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

<b>Meat</b>	3.00
<b>Grain</b>	3.25
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	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

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

<b>Meat</b>	0.00
<b>Grain</b>	1.20
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 6.00 Each

#### Amount Per Serving

<b>Calories</b>	295.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	11.48IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.78mg	<b>Iron</b>	0.80mg

# DONUT HOLES - POWDERED SUGAR

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

<b>Meat</b>	0.00
<b>Grain</b>	1.20
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 6.00 Each

Amount Per Serving			
<b>Calories</b>	388.90		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.60mg		
<b>Carbohydrates</b>	58.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	33.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	11.48IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.06mg	<b>Iron</b>	0.82mg

# GRILLED CHICKEN SANDWICH

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	760.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 6.00mg **Iron** 8.00mg

# HAMBURGER on Bun

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

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	9.80mg

# 758 YOG CHEX LUNCH - CHEDDAR

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

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Package

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



# CHICKEN ALFREDO

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	700 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. <b>MICROWAVE</b> 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

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

### Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 4.63 Ounce

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

**Calcium** 199.40mg **Iron** 0.00mg

# BURRITO BAR - BEEF

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

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

### Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# BURRITO BAR - CHICKEN FAJITA

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8133
<b>School:</b>	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                      CONVECTION OVEN 400 DEGREES F                      CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER                      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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

# WALKING TACOS - BEEF

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

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

### Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# WALKING TACOS - CHICKEN FAJITA

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	170 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 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

# GRILLED CHEESE W/CHILI

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

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

### Nutrition Facts

Servings Per Recipe: 175.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	920.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	388.00mg	<b>Iron</b>	4.00mg

# TURKEY SLICE + TURKEY GRAVY

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

<b>Meat</b>	0.04
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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



# SOFT PRETZELS & CHEESE

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

<b>Meat</b>	1.00
<b>Grain</b>	4.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

# FRUIT DELIGHT

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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.51
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 66.00

Serving Size: 0.50 Cup

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

**Calcium**

7.68mg

**Iron**

0.25mg

# FISH TACOS - USDA

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 TACO	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12211
<b>School:</b>	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

<b>Meat</b>	0.00
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<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.17
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 30.00  
Serving Size: 2.00 TACO

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**Amount Per Serving**

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

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.21mg
<b>Calcium</b>	111.05mg	<b>Iron</b>	3.80mg

# FISH TACOS

<b>Servings:</b>	30.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 TACO	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12213
<b>School:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	3.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.04
<b>OtherVeg</b>	0.33

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

### Nutrition Facts

Servings Per Recipe: 30.00  
Serving Size: 2.00 TACO

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**Amount Per Serving**

<b>Calories</b>	588.53		
<b>Fat</b>	25.59g		
<b>SaturatedFat</b>	4.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.66mg		
<b>Sodium</b>	937.66mg		
<b>Carbohydrates</b>	70.62g		
<b>Fiber</b>	7.52g		
<b>Sugar</b>	17.84g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	99.38mg	<b>Iron</b>	3.00mg

# STRAWBERRY PARFAIT - ELEM

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PARFAIT	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12215
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 PARFAIT

Amount Per Serving	
<b>Calories</b>	1195.52
<b>Fat</b>	9.97g
<b>SaturatedFat</b>	3.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	592.61mg
<b>Carbohydrates</b>	248.07g
<b>Fiber</b>	5.00g
<b>Sugar</b>	172.34g
<b>Protein</b>	32.85g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1294.63mg	<b>Iron</b> 4.40mg



# COLE SLAW

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

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

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.40
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

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

# FISH SANDWICH

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

<b>Meat</b>	1.50
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

# 281831 Tyson Chicken Nuggets

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

## Ingredients

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

<b>Meat</b>	0.00
<b>Grain</b>	1.56
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00

#### Amount Per Serving

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

# Chicken Wrap

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16324
<b>School:</b>	CCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	10 Wrap	<b>STEAM</b> 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 ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	2 Cup		150250
CHIX TNDR WGRAIN FC 4-8 TYS	30 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

## Preparation Instructions

Place tortilla shells on sheet tray in single layer.

Place 1 oz. lettuce, 1 oz. shredded cheese, and 3 prepared chicken strips in a line in the center of the tortilla.

Wrapping instructions: fold one side of wrap over chicken strips, fold bottom of wrap up, fold in other side or wrap (top stays unfolded). Wrap in paper.

Same day service. Serve warm. Hold wraps at 145 degrees F or higher.

OR COLD

Using fully cooked cold Chicken Strips that have been cooked and then chilled to 41 degrees or below and held at 41 degrees or below.

Prepare the same as the WARM VERSION JUST KEEP COLD AT 41 DEGREES OR COOLER AND SERVE.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.80
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.10
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	530.00		
<b>Fat</b>	27.20g		
<b>SaturatedFat</b>	9.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	49.00mg		
<b>Sodium</b>	752.00mg		
<b>Carbohydrates</b>	46.20g		
<b>Fiber</b>	6.20g		
<b>Sugar</b>	3.20g		
<b>Protein</b>	25.80g		
<b>Vitamin A</b>	240.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	318.40mg	<b>Iron</b>	3.62mg

# Steamed Broccoli

<b>Servings:</b>	164.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17385
<b>School:</b>	CCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	164 1/2 Cup	Place (41) 1/2 cup servings of broccoli in steam pan.	610902
BUTTER PRINT SLTD GRD AA 36-1 GFS	4 Cup		191205

## Preparation Instructions

Cover frozen broccoli in full size 4in steam table pan with plastic wrap

Steam broccoli at 135 degrees and then remove from steamer, remove plastic wrap

NOTE: 1 cup of butter per pan (1 cup butter for 41.5 cup servings)

Toss butter and broccoli until broccoli is coated

Cover pan with plastic wrap and place in warmer until servings

One bag of frozen broccoli yields 21 servings

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	2.01
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	72.46		
<b>Fat</b>	4.29g		
<b>SaturatedFat</b>	2.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	11.71mg		
<b>Sodium</b>	55.18mg		
<b>Carbohydrates</b>	6.69g		
<b>Fiber</b>	4.01g		
<b>Sugar</b>	1.34g		
<b>Protein</b>	4.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.81mg	<b>Iron</b>	1.34mg

# French Fries

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17386
<b>School:</b>	CCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 R/C CLR COAT 6-4.5 CAVFM	24 Cup		199910

## Preparation Instructions

Bake in oven per instruction on the box using the appropriate oven at your facility

Be sure to spread fries evenly in a single later with lots of room for airflow and even baking on oven pan.

Batch cook for best product

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		279.99	
<b>Fat</b>		12.00g	
<b>SaturatedFat</b>		1.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		859.98mg	
<b>Carbohydrates</b>		42.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		4.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	9.60mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.44mg



# Whole Grain Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-17388
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Slice

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**Amount Per Serving**

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

# Baked Beans

<b>Servings:</b>	110.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17636
<b>School:</b>	CCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	82 1/2 Cup		822477
ONION DEHY CHPD 15 P/L	3 Cup	Add 1/2 cup of onions for every 2 cans of beans.	263036

## Preparation Instructions

- There are approx. (18.33) 6oz servings per can.
- Open cans of beans and pour two cans into each long shallow pan.
- Mix in a half cup of onion per 2 cans of beans.
- Cover pans with foil and bake at 350 degrees for approx. 30 minutes.
- Remove foil and bake an additional 15 minutes.
- Check that internal temperature is 140-150 degrees.
- Place in warmers in serving area.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>	200.15		
<b>Fat</b>	0.76g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	466.73mg		
<b>Carbohydrates</b>	40.31g		
<b>Fiber</b>	7.66g		
<b>Sugar</b>	9.11g		
<b>Protein</b>	10.64g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.06mg	<b>Iron</b>	3.03mg

# Green Beans-half cup

<b>Servings:</b>	362.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17900
<b>School:</b>	CCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	362 Serving	HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
ONION DEHY CHPD 15 P/L	2 Cup		263036

## Preparation Instructions

### COOKING IN THE STEAM JACKETED KETTLE:

Make sure steamer unit is up and running

Turn on (there is only one setting)

Open 16 cans of green beans

Empty 8 cans of green beans into kettle

Note: be sure pour in all beans and juice because it is the only liquid used for cooking the beans

Add 2 cups of dehydrated onions to the kettle

Add the remaining 8 cans of green beans into the kettle

Stir

Close lid on kettle and cook for 1.5 hours, stirring as needed

Check that temperature has reached 135 degrees or higher

Using a saucepan, dip out green beans and juice into a 4 inch pan

Cover with plastic wrap and place in a warming cabinet or well on serving line

### COOKING IN THE STEAMER:

Empty 2 cans of green beans and juice into the steam table pan

Add 1/4 cup of dehydrated onions per pan

Stir onions and ham until mixed

Cover pan with plastic wrap and heat until 135 degrees

## Meal Components (SLE)

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 362.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	21.04		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	110.35mg		
<b>Carbohydrates</b>	4.27g		
<b>Fiber</b>	2.03g		
<b>Sugar</b>	2.02g		
<b>Protein</b>	1.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.42mg	<b>Iron</b>	0.41mg

# Savory Carrots

<b>Servings:</b>	131.25	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17901
<b>School:</b>	CCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT DCD 6-10 GCHC	131 1/4 Serving	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
SUGAR BROWN MED 25 GCHC	27 Ounce		108626

## Preparation Instructions

YIELD- 131.25 half cup servings

Open 5 cans of carrots.

Reserve 4 cups of liquid from cans.

Drain the rest.

STOVE:

In a saucepan melt 1 cup of margarine

Add 1#11oz of brown sugar and 4 cups liquid from carrots.

Stir well.

Use 3 long shallow pans

Distribute approx. 5#8oz scoops of carrots in each pan

Place 1 cup + 4oz of sauce in each pan

Mix sauce and carrots well

Cover in plastic wrap and place in steamer for approx. 20-30 minutes or until temperature reaches 135 degrees

## Meal Components (SLE)

Amount Per Serving

**Meat** 0.00

**Grain** 0.00

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

### Nutrition Facts

Servings Per Recipe: 131.25  
Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	42.28
<b>Fat</b>	2.34g
<b>SaturatedFat</b>	0.85g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	27.66mg
<b>Sodium</b>	10.97mg
<b>Carbohydrates</b>	6.82g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.82g
<b>Protein</b>	0.00g

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

# Cinnamon Donut Holes

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-17902
<b>School:</b>	CCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	300 Each		839520
SUGAR BEET GRANUL 50 GCHC	5 Pound		224413
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup		224723

## Preparation Instructions

Mix 5# sugar with 1/2 cup cinnamon in a long 4 inch deep pan

Preheat oven to 350 degrees

Place donut holes on a sheet pan in a single layer

Bake for 4-6 minutes

Remove from oven and while still hot roll donut holes in cinnamon sugar mixture until covered

Place 6 holes in 2# food tray for serving

Over wrap cinnamon sugar mixture and save for use the next day

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Each

#### Amount Per Serving

<b>Calories</b>	449.88		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	75.30g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	51.30g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	11.48IU	<b>Vitamin C</b>	0.00mg



**Calcium** 13.78mg **Iron** 0.80mg

# Powdered Donut Holes

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-17903
<b>School:</b>	CCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	300 Each		839520
SUGAR POWDERED 10X 12-2 PION	4 Pound		859740

## Preparation Instructions

- Open 2 bags of powdered sugar and pour into a long 4 inch deep pan
- Preheat oven to 350 degrees
- Place donut holes on a sheet pan in a single layer
- Bake for 4-6 minutes
- Remove from oven and let donut holes cool
- Roll in powdered sugar until completely covered
- Shake off excess powdered sugar and place 6 holes in 2# food tray for serving
- Over wrap leftover powdered sugar and save for use the next day

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Each

Amount Per Serving			
<b>Calories</b>	419.39		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.77mg		
<b>Carbohydrates</b>	65.84g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	40.56g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	11.48IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.14mg	<b>Iron</b>	0.83mg

# Foil Wrapped Hamburgers

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17948
<b>School:</b>	CCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	60 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3474 WGR HAMBURGER BUN (76) 60g 12ct	60 1 bun	READY_TO_EAT	

## Preparation Instructions

\*\*\*Hamburgers should be pulled the day before needed.

They are placed in a long 2 inch deep pan (3 rows of 15), then over wrapped and placed in the walk-in for the next day.

ON DAY OF SERVICE

Place the pans of hamburgers in the steamer for 45-50 minutes or until the hamburgers reach 165 degrees.

Place the burgers in the warmer until they are ready to be wrapped.

Place 1 hamburger bun on red colored foil, then add hamburger patty to the bun.

Wrap securely in the foil and place the wrapped burger in a long 4 inch deep pan.

Once the pan has 25-30 wrapped burgers place the pan in the warmer until serving time.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	350.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	340.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	2.00g

<b>Sugar</b>	4.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 71.00mg	<b>Iron</b> 3.80mg

# Queso Macaroni and Cheese

<b>Servings:</b>	18.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18594
<b>School:</b>	CCHS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 4-5 GCHC	2 Pound		413320
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Pound		722110

## Preparation Instructions

2# dry macaroni

1 bag of queso cheese sauce

Put one bag of queso cheese into a long shallow 2" pan and heat in steamer: 15-20 minutes if thawed, 30 minutes if still partially frozen

Mix dry macaroni with 1/2 gallon of water in long 4" deep pan and place in oven at 350 degrees for 30 minutes.

Add heated queso cheese and mix well.

overwrap and place in warmer until serving.

Hold at 135 degrees or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.44
<b>Grain</b>	1.78
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

<b>Calories</b>	230.22		
<b>Fat</b>	4.89g		
<b>SaturatedFat</b>	2.36g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.33mg		
<b>Sodium</b>	192.44mg		
<b>Carbohydrates</b>	38.22g		
<b>Fiber</b>	1.78g		
<b>Sugar</b>	1.78g		
<b>Protein</b>	9.33g		
<b>Vitamin A</b>	177.78IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	98.67mg	<b>Iron</b>	1.60mg

# LUNCH 2 GO Turkey WRAP

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE, FUJI, FRESH	2 Each	READY_TO_EAT	100522
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice	READY_TO_EAT	100036
TORTILLA FLOUR 10 ULTRGR 12-12CT	2 Each	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	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	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260
TURKEY BRST SLCD RED SOD 6-2 JENNO	4 Slice	READY_TO_EAT	183161

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	3.25
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 BOX

### Amount Per Serving

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