

# **Cookbook for Junior High**

**Created by HPS Menu Planner**

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**Cheese Omelet**

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**Berry Delicious Chicken Salad w/ Croutons & Breadstick**

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**Breaded Chicken Drumstick**

**Ham & Cheese Fresh Bento Box**

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# Cheeseburger

<b>Servings:</b>	200.00	<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-7903

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	200 Each	203270
CHEESE AMER 160CT SLCD R/F 6-5 LOL	200 Slice	722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

## Preparation Instructions

BAKE

Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.

Place one hamburger on one bottom bun, top with one slice of cheese, top with top bun.

Wrap in foil wrapper #222224

Hold at 135F or higher.

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 145.70

**Fat** 7.01g

**SaturatedFat** 3.25g

**Trans Fat** 0.00g

**Cholesterol** 42.50mg

**Sodium** 480.75mg

**Carbohydrates** 2.13g

**Fiber** 1.02g

**Sugar** 0.52g

**Protein** 17.53g

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

**Calcium** 116.32mg **Iron** 1.81mg

# Beef Soft Taco

<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-7906

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Ounce	722330
TORTILLA FLOUR 6.25 PRSD 24-12CT	1 Each	331058
CHEESE CHED SHRD 6-5 COMM	1 Ounce	199720

## Preparation Instructions

TACO MEAT: KEEP FROZEN UNTIL COOKING. Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches 165F . CAUTION: Open bag carefully to avoid being burned.

EMPTY TACO MEAT INTO STEAM TABLE PAN. HOLD AT 135F UNTIL ASSEMBLY/SERVICE.

LINE TORTILLAS ON CLEAN SURFACE. ASSEMBLE TACOS:  
PLACE 1 OZ TACO MEAT, 1 OZ CHEESE ON EACH TORTILLA.  
ROLL TORTILLA IN FOIL WRAPPER FOR SERVICE.  
PLACE ALL FOILED TACOS IN PAN, HOLD AT 135F FOR SERVICE.  
SERVING SIZE K-4 IS ONE TACO.  
EACH BAG OF TACO MEAT SHOULD YIELD 76, 1 OZ SERVINGS.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 238.14

**Fat** 13.05g

**SaturatedFat** 7.32g

**Trans Fat** 0.09g

**Cholesterol** 41.04mg

**Sodium** 517.08mg

**Carbohydrates** 16.08g

**Fiber** 1.13g

**Sugar** 1.13g

**Protein** 12.04g

**Vitamin A** 203.47IU

**Vitamin C** 1.58mg

**Calcium** 36.43mg **Iron** 1.63mg

# Baked Beans

<b>Servings:</b>	29.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7937

## Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	116 Fluid Ounce	570710

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 29.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	130.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg



# Mac & Cheese

<b>Servings:</b>	13.00	<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-7939

## Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	5 Pound	609121

## Preparation Instructions

Mac & Cheese: Use 6oz. scoop to serve. Serve in 6 ounce foam bowl.

13 servings per 5# bag

80 servings per 1 case (6-5#bags in one case)

### Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	302.15		
<b>Fat</b>	15.08g		
<b>SaturatedFat</b>	8.31g		
<b>Trans Fat</b>	0.51g		
<b>Cholesterol</b>	48.21mg		
<b>Sodium</b>	777.95mg		
<b>Carbohydrates</b>	26.67g		
<b>Fiber</b>	2.05g		
<b>Sugar</b>	3.08g		
<b>Protein</b>	16.41g		
<b>Vitamin A</b>	670.77IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	372.31mg	<b>Iron</b>	1.03mg

# Cheesy Pull-Apart Breadsticks

<b>Servings:</b>	105.00	<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-7941

## Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS WGRAIN 105-4Z	105 Each	723880

## Preparation Instructions

PRODUCT SHOULD BE THOROUGHLY THAWED PRIOR TO COOKING. PLEASE LEAVE A SPACE BETWEEN EACH UNIT TO ENSURE PROPER BROWNING AND EVEN CHEESE MELT.

PRE-HEAT OVEN TO 325-350 DEGREES AND COOK FOR 9-12 MINUTES OR UNTIL THE CHEESE IS PROPERLY AND EVENLY MELTED.

THE PRODUCT HAS A 5 DAY SHELF LIFE AFTER THAWING.

HOLD PRODUCT AT 135F FOR SERVICE.

Item should be placed directly on student tray. May put spatula out for kids to self-serve.

### Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 260.00

**Fat** 11.00g

**SaturatedFat** 5.00g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 380.00mg

**Carbohydrates** 28.00g

**Fiber** 3.00g

**Sugar** 2.00g

**Protein** 15.00g

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

**Calcium** 313.00mg **Iron** 2.00mg

# Steamed Broccoli

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7944

## Ingredients

Description	Measurement	DistPart #
BROCCOLI FZ 30 COMM	12 1/2 Cup	549292
SEASONING GARDEN NO SALT 19Z TRDE	2 Tablespoon	565148
MARGARINE SLD 30-1 GCHC	1/2 Cup	733061

## Preparation Instructions

Directions:

Place frozen broccoli in 4 inch serving pan

Add seasoning and Margarine

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes: \* Do not cook vegetables too early in the day, holding for too longer will cause the vegetables to turn mushy.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

**Calories** 62.80

**Fat** 3.52g

**SaturatedFat** 1.44g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 57.20mg

**Carbohydrates** 5.96g

**Fiber** 3.00g

**Sugar** 1.00g

**Protein** 3.00g

**Vitamin A** 240.00IU **Vitamin C** 0.00mg

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

# Garden salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7950

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup	600504
TOMATO GRAPE SWT 10 MRKN	2 Each	129631
CARROT MATCHSTICK SHRED 2-3 RSS	1 Tablespoon	198161

## Preparation Instructions

Clean lettuce/tomatoes. Serve 1 c in bowl w 2 tomatoes and 1 Tbsp of shredded carrots. Serve and hold at 41F or below.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	56.51
<b>Fat</b>	0.07g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	48.17mg
<b>Carbohydrates</b>	11.83g
<b>Fiber</b>	3.92g
<b>Sugar</b>	4.83g
<b>Protein</b>	3.16g
<b>Vitamin A</b> 5005.46IU	<b>Vitamin C</b> 5.84mg
<b>Calcium</b> 71.00mg	<b>Iron</b> 2.83mg

# Refried Bean Dip

<b>Servings:</b>	25.00	<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-7954

## Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	1 #10 CAN	293962
SALSA 103Z 6-10 REDG	6 Cup	452841
CHEESE CHED SHRD 6-5 COMM	2 Cup	199720

## Preparation Instructions

1. Stir together the prepared beans and salsa in hotel pan until thoroughly combined.
2. Heat until 135F in steamer or oven.
3. Pull pan out of oven/steamer, then sprinkle shredded cheddar cheese on top.
4. Hold at 135F for service.
5. Serve with #8 disher- 4 oz or 1/2 cup in a 4 ounce foam bowl.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 225.93

**Fat** 7.68g

**SaturatedFat** 4.32g

**Trans Fat** 0.00g

**Cholesterol** 19.20mg

**Sodium** 763.54mg

**Carbohydrates** 25.92g

**Fiber** 5.76g

**Sugar** 2.24g

**Protein** 11.52g

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

**Calcium** 43.20mg **Iron** 3.20mg

# Homemade Meatsauce

<b>Servings:</b>	78.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7958

## Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	30 Pound	573201

## Preparation Instructions

COOK FROM FROZEN

Place frozen meatsauce in steamer or boiling kettle until internal temp reaches 165F> about 45 minutes.

CCP: Hold Hot at 135F or higher

Use #6 scoop to serve pasta sauce on top of 4 ounces of noodles.

Use a 8 ounce foam bowl for service.

### Nutrition Facts

Servings Per Recipe: 78.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

**Calories** 183.52

**Fat** 7.69g

**SaturatedFat** 3.08g

**Trans Fat** 0.00g

**Cholesterol** 60.44mg

**Sodium** 318.68mg

**Carbohydrates** 9.89g

**Fiber** 2.20g

**Sugar** 7.69g

**Protein** 16.48g

**Vitamin A** 710.99IU **Vitamin C** 20.88mg

**Calcium** 48.35mg **Iron** 2.20mg

# Garlic Breadstick

<b>Servings:</b>	168.00	<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-7959

## Ingredients

Description	Measurement	DistPart #
BREADSTICK GARLIC 168CT NY 10081	168 Each	616500

## Preparation Instructions

BAKING INSTRUCTIONS: REMOVE BREADSTICKS FROM BAG. PLACE FLAT ON COOKING SURFACE. ALWAYS SERVE WARM. CONVENTIONAL OR TOASTER OVEN: PREHEAT OVEN TO 375 DEGREES F. PLACE BREADSTICKS FLAT ON BAKING SHEET/ALUMINUM FOIL. BAKE FOUR MINUTES OR UNTIL GOLDEN BROWN.

HOLD AT 135F. SERVE WARM WITH TONGS.

### Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	110.00
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	0.50g
<b>Sugar</b>	1.00g
<b>Protein</b>	2.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 0.90mg

# California Blend

<b>Servings:</b>	25.00	<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-7961

## Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF 30 KE	12 1/2 Cup	283780
SEASONING GARDEN NO SALT 19Z TRDE	2 Tablespoon	565148
MARGARINE SLD 30-1 GCHC	1/2 Cup	733061

## Preparation Instructions

Directions:

Place frozen vegetables in 4 inch serving pan

Add seasoning and Margarine

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes: Do not cook too early in the day because the product will become mushy.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 53.47

**Fat** 3.52g

**SaturatedFat** 1.44g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 55.20mg

**Carbohydrates** 4.29g

**Fiber** 1.33g

**Sugar** 1.33g

**Protein** 0.67g

**Vitamin A** 240.00IU **Vitamin C** 0.00mg

**Calcium** 13.33mg **Iron** 0.00mg



# French Toast Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7963

## Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN MAPL 255CT	3 each	555012

## Preparation Instructions

French Toast Sticks:

Preheat oven to 325 degrees F. Place single layer of frozen sticks, glaze side up on baking sheet. Bake for 8 minutes or until product reaches an internal temperature of 165 degrees F.

Hold at 135F for service.

Omelet:

HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. Cook from FROZEN 29-33 MIN. do not over cook or cheese with seep from omelet.

Serve with 1 syrup on the side.

Serve 3 french toast sticks with 1 omelet in 1# boat. Syrup on side.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

#### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	110.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	6.00mg

# Hashbrown Potatoes

<b>Servings:</b>	31.00	<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-7970

## Ingredients

Description	Measurement	DistPart #
HASHBROWN STARZ .36Z 6-5 LAMB	5 Pound	233101

## Preparation Instructions

Preheat oven to 400F.

Arrange product in a single layer. Do not over crowd.

Bake 812 minutes or until light golden in color.

Perishable. Keep frozen DO NOT THAW. Store at 0°F (18°C) or colder.

PRODUCT MUST BE COOKED THOROUGHLY.

Product must reach a minimum of 165°F (74°C) internal

temperature as measured by a food thermometer in several spots.

### Nutrition Facts

Servings Per Recipe: 31.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 153.61

**Fat** 8.19g

**Saturated Fat** 1.02g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 286.74mg

**Carbohydrates** 17.41g

**Fiber** 2.05g

**Sugar** 0.00g

**Protein** 2.05g

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

**Calcium** 8.19mg **Iron** 1.02mg

# Carrot & Celery Cup

<b>Servings:</b>	50.00	<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-7971

## Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	12 1/2 Cup	510637
CELERY STIX 4-3 RSS	12 1/2 Cup	781592

## Preparation Instructions

Clean and cut all veggies and combine carrots and celery for service. Hold at 41F or lower.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	24.17
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	76.67mg
<b>Carbohydrates</b>	5.50g
<b>Fiber</b>	2.33g
<b>Sugar</b>	3.00g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 14266.67IU	<b>Vitamin C</b> 5.20mg
<b>Calcium</b> 38.15mg	<b>Iron</b> 0.24mg

# Peas & Carrots

<b>Servings:</b>	25.00	<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-7987

## Ingredients

Description	Measurement	DistPart #
PEAS & CARROT 12-2.5 GCHC	12 1/2 Cup	119458
MARGARINE SLD 30-1 GCHC	1/2 Cup	733061

## Preparation Instructions

Directions:

Place frozen vegetables in 4 inch serving pan

Add margarine by cutting in pieces.

Place in steam oven for 10 minutes, do not over cook.

CCP: Heat to 135° F or higher.

Notes: Do not cook too early in the day because the product will become mushy.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	69.31		
<b>Fat</b>	3.52g		
<b>SaturatedFat</b>	1.44g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	50.13mg		
<b>Carbohydrates</b>	7.46g		
<b>Fiber</b>	2.24g		
<b>Sugar</b>	2.99g		
<b>Protein</b>	1.49g		
<b>Vitamin A</b>	240.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.52mg

# Hearty Meatball Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7988
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
BUN SUB SLCD 6 12-6CT GCHC	1 Each	219670
MEATBALL CKD 6-5 JTM	5 Each	135071
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	592714
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce	645170

## Preparation Instructions

1. Heat meatballs & sauce according to directions. CCP: Hold Hot at 135F or higher
  2. Portion 5 meatballs w/ sauce glazed over. Top meatballs with #30 scoop (2 Tbsp) of mozzarella cheese.
  3. Wrap in foil wrapper.
- 1- 5# bag of meatballs makes 28 subs that have 5 meatballs each.  
1-30# case of meatballs makes 168 subs

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	368.43
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.55g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	45.50mg
<b>Sodium</b>	769.71mg
<b>Carbohydrates</b>	35.36g
<b>Fiber</b>	3.43g
<b>Sugar</b>	5.36g
<b>Protein</b>	21.93g
<b>Vitamin A</b> 7.00IU	<b>Vitamin C</b> 1.00mg

**Calcium** 223.94mg **Iron** 3.56mg

# Crispy Chicken Patty

<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-7989

## Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480

## Preparation Instructions

Bake chicken patty

16-18 min minutes at 375°F from frozen, internal temperature must reach 165F. Do not cook too high because the whole grain patty will dry out.

Place 1 patty on 1 bun and wrap in foil wrapper. Keep at 135F for service.

About 128 patty's per case.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 200.00

**Fat** 9.00g

**SaturatedFat** 1.50g

**Trans Fat** 0.00g

**Cholesterol** 45.00mg

**Sodium** 290.00mg

**Carbohydrates** 9.00g

**Fiber** 3.00g

**Sugar** 0.00g

**Protein** 19.00g

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

**Calcium** 0.00mg **Iron** 1.00mg

# Cucumbers & Dip

<b>Servings:</b>	1.00	<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-7990

## Ingredients

Description	Measurement	DistPart #
CUCUMBER SELECT SUPER 45 MRKN	1/2 Cup	198587
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each	182265

## Preparation Instructions

Wash cucumbers, slice in circles and store in 5 ounce souffle cups. Hold at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 113.90

**Fat** 11.05g

**SaturatedFat** 2.00g

**Trans Fat** 0.00g

**Cholesterol** 10.00mg

**Sodium** 250.50mg

**Carbohydrates** 3.00g

**Fiber** 0.15g

**Sugar** 1.50g

**Protein** 0.15g

**Vitamin A** 27.30IU **Vitamin C** 0.73mg

**Calcium** 4.16mg **Iron** 0.08mg



# Parmesan Dusted Bosco Sticks

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8002

## Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	144 Each	235411
PAN COAT/TPNG SPRY BTR 6-16.5Z GCHC	1 Each	758370
CHEESE BLND PARM GRTD 4-5 P/L	2 Cup	186891

## Preparation Instructions

1. Preheat oven to 400° F.
  2. Place Bosco Sticks in single layer on a baking sheet.
- Top Bosco Sticks breadsticks with butter spray and parmesan cheese after baking.  
Let sit for a couple minutes before bagging so cheese adheres to sticks.  
Use Bosco bags for service.  
Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 72.00  
Serving Size: 2.00 Each

Amount Per Serving			
<b>Calories</b>	315.03		
<b>Fat</b>	10.75g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.75mg		
<b>Sodium</b>	507.48mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	461.99mg	<b>Iron</b>	2.00mg

# Popcorn Chicken

<b>Servings:</b>	38.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	11.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8005

## Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	418 Each	327120

## Preparation Instructions

Bake chicken for 6-8 minutes at 375°F from frozen until internal temperature reaches 165F. Serve with dinner roll on side.

1-8# bag yields 38 servings

1 case will yield 152 servings

1 serving= 11 popcorn chicken balls

Serve in 4 ounce paper boat.

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 11.00 Each

#### Amount Per Serving

**Calories** 210.83

**Fat** 11.92g

**SaturatedFat** 2.29g

**Trans Fat** 0.00g

**Cholesterol** 18.33mg

**Sodium** 320.83mg

**Carbohydrates** 12.83g

**Fiber** 2.75g

**Sugar** 0.92g

**Protein** 12.83g

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

**Calcium** 30.25mg **Iron** 1.83mg

# Mashed Potatoes

<b>Servings:</b>	42.00	<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-8006

## Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Package	613738

## Preparation Instructions

- 1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN.
- 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION.
- 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE.
- 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

Serve 4 ounces per serving.

Side dish- put in 6 ounce squat #272248

### Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 66.67

**Fat** 0.95g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 323.85mg

**Carbohydrates** 13.33g

**Fiber** 0.95g

**Sugar** 0.00g

**Protein** 1.90g

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

**Calcium** 9.52mg **Iron** 0.29mg

# Chicken Gravy

<b>Servings:</b>	227.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8009

## Ingredients

Description	Measurement	DistPart #
GRAVY MIX CHIX LO SOD 6-32Z HHL	1 each	574732

## Preparation Instructions

In a large saucepan, combine gravy mix with warm tap water. Mix well with a wire whisk. Bring mixture to a boil, over medium heat, stirring constantly. Remove from heat.

1- 32 oz package will make 227 ounces prepared.

Each serving should be 1 oz.

### Nutrition Facts

Servings Per Recipe: 227.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

**Calories** 14.98

**Fat** 0.50g

**Saturated Fat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 79.91mg

**Carbohydrates** 2.00g

**Fiber** 0.00g

**Sugar** 0.00g

**Protein** 0.00g

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

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

# Sloppy Joe on Bun

<b>Servings:</b>	132.00	<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-8010

## Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	30 Pound	564790
4" WG WHITE HAMBURGER BUN	132 bun	1711

## Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Internal temperature should reach 165F.

Serve sloppy joe using #8 scoop, 4 oz. on 1 bun.

### Nutrition Facts

Servings Per Recipe: 132.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 285.25

**Fat** 7.51g

**SaturatedFat** 2.20g

**Trans Fat** 0.00g

**Cholesterol** 44.08mg

**Sodium** 697.73mg

**Carbohydrates** 36.02g

**Fiber** 4.00g

**Sugar** 12.01g

**Protein** 19.02g

**Vitamin A** 459.80IU **Vitamin C** 6.01mg

**Calcium** 44.06mg **Iron** 10.00mg

# Cooked Carrots

<b>Servings:</b>	25.00	<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-8011

## Ingredients

Description	Measurement	DistPart #
CARROT FZ 30 COMM	12 1/2 Cup	150390
MARGARINE SLD 30-1 GCHC	1/2 Cup	733061

## Preparation Instructions

FROZEN CARROTS CAN BE COOKED WITHOUT THAWING. STOCK POT , ADD FROZEN CARROTS TO BOILING WATER. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 10 TO 20 MIN. DRAIN.

STEAMER: PLACE FROZEN CARROTS IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED FOR 3 TO 5 MIN. DRAIN. DO NOT BOIL. COOK FROZEN VEGETABLES ONLY UNTIL TENDER BUT CRISP; THEY MAY CONTINUE TO COOK WHEN HELD ON A HOT STEAMTABLE OR IN A HOLDING CABINET.

SCHEDULE COOKING OF CARROTS SO THEY WILL BE SERVED SOON AFTER COOKING. CARROTS WILL BECOME OVERCOOKED IF HELD TOO LONG.

Hold at 135F.

Serve with 4 oz server.

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

### Amount Per Serving

**Calories** 59.00

**Fat** 4.52g

**SaturatedFat** 1.44g

**Trans Fat** 0.00g

**Cholesterol** 24.00mg

**Sodium** 78.20mg

**Carbohydrates** 6.00g

**Fiber** 2.00g

**Sugar** 3.00g

**Protein** 0.00g

**Vitamin A** 240.00IU **Vitamin C** 0.00mg

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

# Walking Taco w/ Doritos

<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-8012

## Ingredients

Description	Measurement	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Each	456090
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	722330
CHEESE CHED SHRD 6-5 COMM	1 Ounce	199720

## Preparation Instructions

KEEP MEAT FROZEN: Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Open bags of doritos as needed.

Scoop 2 oz of meat mixture and 1 oz of shredded cheese on top of Doritos---do this right before serving for each line so the chips do not get soggy.

Offer salsa on the side for students to add themselves.

EACH 5# BAG OF TACO MEAT SHOULD YIELD 38, 2 OZ SERVINGS.

1 CASE meat = 228 SERVINGS

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 354.40

**Fat** 18.90g

**SaturatedFat** 8.80g

**Trans Fat** 0.29g

**Cholesterol** 65.00mg

**Sodium** 681.90mg

**Carbohydrates** 25.00g

**Fiber** 4.00g

**Sugar** 3.00g

**Protein** 20.80g

**Vitamin A** 645.00IU **Vitamin C** 5.00mg

**Calcium** 81.00mg **Iron** 2.30mg



# Spanish Rice

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8049

## Ingredients

Description	Measurement	DistPart #
RICE SPANISH 6-36Z GCHC	3 3/4 Pound	834850
MARGARINE SLD 30-1 GCHC	5/6 Cup	733061
WATER DISTILLED 4-1GAL GCHC	18 1/3 Cup	711143

## Preparation Instructions

STOVE TOP METHOD: BRING TO BOIL IN COOKING PAN 2.75 QUARTS (11 CUPS) WATER AND 1/4 CUP (2 OUNCES) COOKING OIL, MARGARINE, OR BUTTER (OPTIONAL). STIR IN ENTIRE CONTENTS OF RICE AND SEASONING PACKET. COVER TIGHTLY AND TURN TO LOW HEAT. SIMMER OVER LOW HEAT (LOW BOIL) APPROXIMATELY 20-25 MINUTES, OR UNTIL MOST OF THE LIQUID IS ABSORBED. TURN OUT INTO SHALLOW STEAM TABLE PAN. FLUFF GENTLY WITH FORK TO DISTRIBUTE THE SEASONINGS. COVER AND KEEP WARM (140-160 DEGREES F) UNTIL SERVING.

OVEN METHOD: COMBINE 2.75 QUARTS (11 CUPS) BOILING WATER, 4 OUNCES (1/2 CUP) MARGARINE OR BUTTER (OPTIONAL), RICE, AND CONTENTS OF SEASONING PACKET IN A LARGE SHALLOW BAKING PAN. COVER TIGHTLY AND BAKE IN A 350 DEGREE F OVEN UNTIL MOST OF THE LIQUID IS ABSORBED, APPROXIMATELY 30 MINUTES IN A CONVENTIONAL OVEN OR 25 MINUTES IN A CONVECTION OVEN. STIR TO DISTRIBUTE SEASONINGS. COVER AND KEEP WARM (140-160 DEGREES F) UNTIL SERVING.

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 291.76

**Fat** 6.41g

**SaturatedFat** 2.39g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 637.98mg

**Carbohydrates** 51.14g

**Fiber** 2.27g

**Sugar** 2.27g

**Protein** 4.55g

**Vitamin A** 1250.67IU **Vitamin C** 20.45mg

**Calcium** 22.73mg      **Iron** 2.05mg

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# Black Bean and Corn Relish

<b>Servings:</b>	50.00	<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-8059

## Ingredients

Description	Measurement	DistPart #
SALSA 103Z 6-10 REDG	1 Gallon	452841
SPICE CILANTRO 4Z TRDE	3/4 Cup	565903
BEANS BLACK LO SOD 6-10 BUSH	1 Gallon	231981
CORN 6-10 CMDTY	1 Gallon	120483

## Preparation Instructions

Mix all ingredients together and refrigerate overnight. Cup in individual 4 oz cups for service

Hold at 41F.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 118.60

**Fat** 0.96g

**Saturated Fat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 100.59mg

**Carbohydrates** 24.36g

**Fiber** 5.12g

**Sugar** 2.57g

**Protein** 5.76g

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

**Calcium** 38.40mg **Iron** 1.17mg

# Chicken Alfredo Pasta

<b>Servings:</b>	32.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8061

## Ingredients

Description	Measurement	DistPart #
WATER SPRNG 4-1GAL GCHC	72 Fluid Ounce	686860
PASTA ROTINI 2-10 KE	3 Pound	635511
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 1/2 Pound	570533
CHEESE MOZZ SHRD 4-5 LOL	10 Ounce	645170

## Preparation Instructions

Cook noodles, meat and sauce separately. After meat is finished cooking add it to sauce, add cheese and stir. DO NOT mix noodles with sauce mixture.

Hold noodles and sauce separately until ready to serve for each line. Do Not drain noodles until ready to serve.

To assemble:

1. Scoop 4 ounces of noodles into a 12 oz foam bowl.
2. Ladle 4 ounces of the sauce/meat mixture on top of noodles.
3. Sprinkle with dried parsley for color.
4. Make per line to avoid drying out.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Cup

#### Amount Per Serving

**Calories** 363.23

**Fat** 11.44g

**Saturated Fat** 5.52g

**Trans Fat** 0.00g

**Cholesterol** 60.41mg

**Sodium** 612.53mg

**Carbohydrates** 39.08g

**Fiber** 1.50g

**Sugar** 5.76g

<b>Protein</b>	25.05g		
<b>Vitamin A</b>	302.24IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	304.83mg	<b>Iron</b>	2.09mg

# Spinach Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8062

## Ingredients

Description	Measurement	DistPart #
SPINACH BABY CLND 2-2 RSS	13 Pound	560545
CUCUMBER SELECT 6CT MRKN	2 1/2 Pound	592323
TOMATO GRAPE SWT 10 MRKN	2 Each	129631

## Preparation Instructions

Portion 1/2 cup of spinach into individual salad bowls and top with 2 slices cucumber & 2 tomatoes.

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

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	4.99		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	13.32mg		
<b>Carbohydrates</b>	1.13g		
<b>Fiber</b>	0.61g		
<b>Sugar</b>	0.31g		
<b>Protein</b>	0.61g		
<b>Vitamin A</b>	18.88IU	<b>Vitamin C</b>	0.48mg
<b>Calcium</b>	18.13mg	<b>Iron</b>	0.57mg

# Pepperoni Calzone

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8063

## Ingredients

Description	Measurement	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	80 Each	135191

## Preparation Instructions

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES.

COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING 165 F .

THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

Batch cook for best results.

Hold at 135 F.

Place on student trays- may put spatula out for student self service.

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Seasoned Green Beans

<b>Servings:</b>	68.00	<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-8064

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	4 #10 CAN	100307
MARGARINE SLD 30-1 GCHC	1/2 Cup	733061
SPICE ONION POWDER 19Z TRDE	4 Teaspoon	126993
SPICE GARLIC POWDER 6 TRDE	4 Teaspoon	513857

## Preparation Instructions

Stir all ingredients together and heat until beans reach 135F.

Do not cook too early. Do not overcook. Product will continue to soften on steam table.

Stir after beans come out of oven to distribute butter.

Hold at 135F.

Serve with 4 oz slotted spoodle.

### Nutrition Facts

Servings Per Recipe: 68.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	36.72		
<b>Fat</b>	1.29g		
<b>SaturatedFat</b>	0.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	226.08mg		
<b>Carbohydrates</b>	5.04g		
<b>Fiber</b>	3.07g		
<b>Sugar</b>	1.52g		
<b>Protein</b>	1.55g		
<b>Vitamin A</b>	88.24IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.15mg	<b>Iron</b>	0.01mg



# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8065

## Ingredients

Description	Measurement	DistPart #
Hot Dog Bun Nickles	1 bun	
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each	154792

## Preparation Instructions

WASH HANDS.

Can be steamed or cooked in 350F oven. Do not over cook because hot dogs will split.

1. Place 1 hot dog in each bun. Serving Size= 2 hot dogs

Convection oven: 350°F

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

2. Serve within 3 hours.

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 290.00

**Fat** 32.00g

**SaturatedFat** 6.00g

**Trans Fat** 0.00g

**Cholesterol** 35.00mg

**Sodium** 760.00mg

**Carbohydrates** 21.00g

**Fiber** 0.00g

**Sugar** 1.00g

**Protein** 10.00g

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

**Calcium** 8.47mg **Iron** 0.59mg

# Cheese Quesadilla

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8068

## Ingredients

Description	Measurement	DistPart #
QUESADILLA CHS MINI WHL GR 288-1.34Z	288 Each	198961

## Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE ON PARCHMENT LINED PAN 15 TO 20 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

This item should be batch cooked for best quality.

Hold at 135F.

Place in 1# boat for service.

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 3.00 Each

#### Amount Per Serving

**Calories** 270.00

**Fat** 10.00g

**SaturatedFat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 10.00mg

**Sodium** 560.00mg

**Carbohydrates** 31.00g

**Fiber** 3.00g

**Sugar** 2.00g

**Protein** 13.00g

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

**Calcium** 150.00mg **Iron** 1.80mg

# Corn Nibblers

<b>Servings:</b>	19.00	<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-8069

## Ingredients

Description	Measurement	DistPart #
CORN 6-10 CMDTY	1 #10 CAN	120483
MARGARINE SLD 30-1 GCHC	1/4 Cup	733061

## Preparation Instructions

Directions:

In 4" steam table pan place 1 can of corn with 1/4 cup butter

CCP: Heat to 145° F or higher for at least 15 Seconds

Steam frozen corn for 12 minutes or till temp is reached

Cook to line as needed Place corn in serving line CCP: Hold at 135° F or higher.

CCP: Hold at 135° F or higher.

Notes: Serve with 4 oz slotted spoodle.

### Nutrition Facts

Servings Per Recipe: 19.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	109.54		
<b>Fat</b>	3.68g		
<b>SaturatedFat</b>	0.95g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	43.58mg		
<b>Carbohydrates</b>	20.42g		
<b>Fiber</b>	2.72g		
<b>Sugar</b>	4.08g		
<b>Protein</b>	2.72g		
<b>Vitamin A</b>	157.89IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Grilled Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8070

## Ingredients

Description	Measurement	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
4" Whole Grain White Hamburger Bun	1 Each	1711

## Preparation Instructions

Assemble chicken on sandwich bun. Wrap in foil wrapper.

Hold at 135F for service.

Serve lettuce and tomato on the side.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 240.00

**Fat** 5.50g

**SaturatedFat** 1.00g

**Trans Fat** 0.00g

**Cholesterol** 40.00mg

**Sodium** 590.00mg

**Carbohydrates** 27.00g

**Fiber** 2.00g

**Sugar** 4.00g

**Protein** 21.00g

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

**Calcium** 6.00mg **Iron** 1.00mg

# Sweet Potato Puffs

<b>Servings:</b>	71.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8071

## Ingredients

Description	Measurement	DistPart #
POTATO SWT MINI TATER PUFF 6-2.5 LAMB	15 Pound	872570

## Preparation Instructions

CONVECTION - 400°F - 9 - 12 MINUTES,

1- 2.5# bag= 11 servings

1- 15# case= 71 servings

\* Tip- Portion by gloved hand into 1/2 cup container. Scoops break down the tater tots and tear them.

If you are plating straight onto student tray- measure 1/2 cup portion with 4 oz cup. Count how many tots this is and keep near your station for visual reference, but use gloved hands to portion onto student trays.

### Nutrition Facts

Servings Per Recipe: 71.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

**Calories** 169.01

**Fat** 3.94g

**Saturated Fat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 225.35mg

**Carbohydrates** 33.80g

**Fiber** 3.38g

**Sugar** 15.77g

**Protein** 0.00g

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

**Calcium** 22.54mg **Iron** 0.41mg

# Pulled BBQ Pork on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8072

## Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	498702

## Preparation Instructions

Serve 4 oz scoop of pork onto 1 hamburger bun. Wrap in foil insulated wrapper.

Hold at 135F for service.

20 sandwiches per tub

80 per case

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	439.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	71.00mg		
<b>Sodium</b>	383.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	20.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.00mg	<b>Iron</b>	1.00mg

# Stuffed Crust Pepperoni Pizza

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8073

## Ingredients

Description	Measurement	DistPart #
PIZZA PEPP WDG WGRAIN STFD 72CT MAX	72 Each	198941

## Preparation Instructions

Do not over cook or cheese will seep from crust.

Hold at 135 F.

Serve on student tray- may put out spatula for student self service.

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 290.00

**Fat** 9.00g

**SaturatedFat** 3.00g

**Trans Fat** 0.00g

**Cholesterol** 15.00mg

**Sodium** 550.00mg

**Carbohydrates** 37.00g

**Fiber** 3.00g

**Sugar** 5.00g

**Protein** 17.00g

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

**Calcium** 340.00mg      **Iron** 2.60mg

# Taco Max Snacks

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8074

## Ingredients

Description	Measurement	DistPart #
TACO SNAX WGRAIN 288-1.36Z MAX	288 Piece	107201
SOUR CREAM CUP 100-1Z PAULY	96 Each	126400

## Preparation Instructions

Serve 3 piece in a 1/2#boat or on student tray.

Serve sour cream on the side.

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 3.00 Each

#### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	510.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 170.00mg	<b>Iron</b> 2.40mg



# Mini Corn Dogs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8076

## Ingredients

Description	Measurement	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each	722301

## Preparation Instructions

For best results: Prepare corn dogs from frozen

1. Pre-heat oven to 375F.
2. Place parchment pan liner on a full size sheet pan and spray lightly with pan coating.
3. Pour contents of bag of frozen corn dogs and spread evenly over the entire sheet pan leaving some space between each of them.
4. Bake at 375F for 15 - 17 minutes or until corn dogs reach 165F and batter is fully cooked and serve  
Serve in 4 ounce paper boat.  
Hold at 135F.

Note: For best results leave oven doors closed during the entirety of the cooking step in order to keep oven temperature at optimum level. Cooking times depend on load in the oven being heated.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

#### Amount Per Serving

<b>Calories</b>	267.00		
<b>Fat</b>	11.00g		
<b>Saturated Fat</b>	1.90g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	34.00mg		
<b>Sodium</b>	365.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	114.00IU	<b>Vitamin C</b>	51.00mg
<b>Calcium</b>	66.00mg	<b>Iron</b>	1.00mg

# Waffle Fries

<b>Servings:</b>	23.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8077

## Ingredients

Description	Measurement	DistPart #
FRIES WAFFLE 6-4.5 MCC	4 1/2 Pound	201081

## Preparation Instructions

Do not over crowd pan or potatoes will not crisp.

Batch cook, leaving in warming cabinet too long will cause sogginess.

Do not cover in pans because product will become soggy.

Serve with gloved hand.

### Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

**Calories** 145.12

**Fat** 5.18g

**SaturatedFat** 1.04g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 82.93mg

**Carbohydrates** 22.80g

**Fiber** 3.11g

**Sugar** 0.00g

**Protein** 2.07g

**Vitamin A** 0.00IU **Vitamin C** 3.73mg

**Calcium** 0.00mg **Iron** 0.75mg

# Sweet n' Sour Chicken

<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>	Breakfast	<b>Recipe ID:</b>	R-8078

## Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	600 Each	327120
SAUCE SWT & SOUR 12-52Z GFS	52 Fluid Ounce	219096

## Preparation Instructions

1. Cook chicken according to directions. CCP: Hold hot at 135 F or higher. Serve 12 chicken balls each.
  2. Heat sweet n' sour in separate steam table pan, heat until 135F. Serve with 2 oz ladel over the chicken.
- Serve chicken and sauce over top 1/2 cup fried rice.  
Do not mix the chicken and sauce or chicken too early or chicken will get soggy.

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	266.40		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	500.80mg		
<b>Carbohydrates</b>	22.84g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	8.28g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.60mg	<b>Iron</b>	2.00mg

# Fried Rice

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8080

## Ingredients

Description	Measurement	DistPart #
WATER SPRNG 4-1GAL GCHC	6 Cup	686860
MARGARINE SLD 30-1 GCHC	2 Ounce	733061
RICE BRN ASIAN 6-26.4Z UBEN	26 2/5 Ounce	244541

## Preparation Instructions

Oven: 1. Combine 1 1/2 quarts (6 cups) hot water (190 degrees F) and contents of seasoning packet in a deep half size steam table pan. Stir well to disperse seasoning in water. Add rice and 2 ounces butter (optional) and mix well. 2. Cover and bake at 400degrees F for 25 minutes or until most of the water is absorbed. 3. Stir well. Serve immediately or keep warm (160 degrees F). Fluff with fork before serving.

Stovetop: 1. Combine 1 1/2 quarts (6 cups) water and contents of seasoning packet in a stock pot. Stir well to disperse seasoning in water. Add rice and 2 ounces butter (optional) and mix well. 2. Bring to a vigorous boil. Remove from heat. Cover tightly until most of the water is absorbed (about 25 minutes). 3. Stir well. Serve immediately or transfer to serving pan and keep warm (160 degrees F). Fluff with fork before serving. For best results. For firmer rice, use less water and reduce cooking time. For softer rice, use more water and increase cooking time. To refrigerate cooked rice: cover tightly to keep grains from drying out and absorbing odors from other foods. To reheat cooked rice: add a small amount of water and cover. Heat in an oven, steamer or on a stove top. Fluff rice and serve.

Hold at 135F.

Serve 3 ounces per serving

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

**Calories** 111.63

**Fat** 3.58g

**SaturatedFat** 1.33g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 213.13mg

**Carbohydrates** 17.33g

**Fiber** 0.83g

**Sugar** 1.24g

<b>Protein</b>	2.06g		
<b>Vitamin A</b>	187.50IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.25mg	<b>Iron</b>	0.30mg

# Ham & Cheese Pocket

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8081

## Ingredients

Description	Measurement	DistPart #
POCKET TKY HAM & CHS 80-4.8Z S&F FDS	80 Each	549632

## Preparation Instructions

Thaw prior to cooking. Product should be slacked on a sheet pan leaving 1-2 inches of space between each unit. This will ensure that each unit is evenly cooked.

Heat product at 350F for 10-12 minutes or until it reached an internal temperature of 165F.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.00g
<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> 337.00mg	<b>Iron</b> 2.00mg

# Rectangle Cheese Pizza

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8082

## Ingredients

Description	Measurement	DistPart #
PIZZA CHS 4X6 WGRAIN 50/50 96CT MAX	96 Each	198931

## Preparation Instructions

BAKE AT 375F. BAKE ON PARCHMENT LINED PAN 12 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F.

Do not over cook.

This item should be batch cooked.

Hold at 135 F.

Serve on student tray- may put out spatula for student self service.

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 280.00

**Fat** 9.00g

**SaturatedFat** 3.00g

**Trans Fat** 0.00g

**Cholesterol** 10.00mg

**Sodium** 480.00mg

**Carbohydrates** 37.00g

**Fiber** 4.00g

**Sugar** 4.00g

**Protein** 15.00g

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

**Calcium** 270.00mg **Iron** 2.70mg

# Chicken Nuggets

<b>Servings:</b>	38.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8100
<b>School:</b>			

## Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	152 Each	281831

## Preparation Instructions

Bake at 375F for 6-8 minutes.

Place 5 nuggets in a 4 ounce paper boat for service.

Hold at 135F.

32# case= 152 servings

8# bag= 38 servings

1 serving= 5 nuggets

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 5.00 each

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg



# Crispy Chicken Tenders

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8102
<b>School:</b>			

## Ingredients

Description	Measurement	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	450 Piece	283951

## Preparation Instructions

32# case= 150 servings

8# bag= 37 servings

1 serving= 3 strips

Place strips in 8 ounce paper boat.

Hold at 135F for service.

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 3.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	2.00mg

# French Bread Pizza

<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>	Lunch	<b>Recipe ID:</b>	R-8105
<b>School:</b>			

## Ingredients

Description	Measurement	DistPart #
FRENCH BRD WGRAIN GARL CHS 60-4.55Z	60 Each	154371

## Preparation Instructions

CONVECTION OVEN: 375F FOR 10 TO 13 MINUTES.

Serve on student tray- may put out spatula for student self service.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 340.00mg	<b>Iron</b> 2.30mg

# Bacon Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8171

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BACON TKY CKD 12-50CT JENNO	1 Slice	834770

## Preparation Instructions

Assembly:

Place one hamburger on one bottom bun, top with one slice of cheese, tear 1 slice of bacon in half, cross bacon over cheese, top with top bun.

Wrap in pink foil wrapper.

Hold at 135F or higher.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 165.00

**Fat** 8.50g

**SaturatedFat** 3.25g

**Trans Fat** 0.00g

**Cholesterol** 47.50mg

**Sodium** 590.00mg

**Carbohydrates** 2.00g

**Fiber** 1.00g

**Sugar** 0.50g

**Protein** 19.50g

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

**Calcium** 116.00mg **Iron** 1.80mg

# Beef Soft Tacos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8172

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
TORTILLA FLOUR 6.25 PRSD 24-12CT	2 Each	331058
CHEESE CHED SHRD 6-5 COMM	2 Ounce	199720

## Preparation Instructions

TACO MEAT: KEEP FROZEN UNTIL COOKING. Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches 165F . CAUTION: Open bag carefully to avoid being burned.

EMPTY TACO MEAT INTO STEAM TABLE PAN. HOLD AT 135F UNTIL ASSEMBLY/SERVICE.

LINE TORTILLAS ON CLEAN SURFACE. ASSEMBLE TACOS:

PLACE 1 OZ TACO MEAT, 1 OZ CHEESE ON EACH TORTILLA.

ROLL TORTILLA IN FOIL WRAPPER FOR SERVICE.

PLACE ALL FOILED TACOS IN PAN, HOLD AT 135F FOR SERVICE.

SERVING SIZE 5-12 IS TWO TACOS.

EACH 5 lb. BAG OF TACO MEAT SHOULD YIELD 38, 2 OZ taco.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

#### Amount Per Serving

**Calories** 476.28

**Fat** 26.09g

**SaturatedFat** 14.64g

**Trans Fat** 0.18g

**Cholesterol** 82.08mg

**Sodium** 1034.16mg

**Carbohydrates** 32.15g

**Fiber** 2.26g

**Sugar** 2.26g

**Protein** 24.08g

**Vitamin A** 406.94IU

**Vitamin C** 3.15mg

**Calcium** 72.87mg **Iron** 3.26mg

# Boneless Chicken Chunks

<b>Servings:</b>	122.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8173

## Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	610 Each	561301

## Preparation Instructions

1 bag= 30 servings

1 case= 122 servings total

Serve 5 wings in 1# boat.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 122.00

Serving Size: 5.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	8.75g		
<b>SaturatedFat</b>	1.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	337.50mg		
<b>Carbohydrates</b>	12.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	17.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.25mg	<b>Iron</b>	1.25mg

# Corn Dog on Stick

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8174

## Ingredients

Description	Measurement	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	72 Each	620220

## Preparation Instructions

CONVECTION OVEN: 350F FOR 14-17 MINUTES.

Internal temperature needs to reach 165F.

Hold at 135F. Keep in warmer until students come to line.

Leave corn dogs on sheet tray, let students take by stick end. No paper product needed.

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	1.50mg

# Grilled Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8179

## Ingredients

Description	Measurement	DistPart #
SAND GRLLD CHS WGRAIN IW 72-4.19Z	1 Each	786360

## Preparation Instructions

Bake in oven at 350 degrees until cheese is melted. Do not over cook.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.30
<b>Fat</b>	9.90g
<b>SaturatedFat</b>	5.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.00mg
<b>Sodium</b>	580.80mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	18.50g
<b>Vitamin A</b> 523.96IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 465.89mg	<b>Iron</b> 1.64mg



# Ham & Cheese Wrap

<b>Servings:</b>	1.00	<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-8180

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 Slice	556121
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup	678791
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

## Preparation Instructions

1. Thaw ham according to directions. CCP: Keep cold 41F or below.
2. Place 1/4 c. lettuce across the length of the tortilla. Add 3 slices of ham across the center of the wrap from one end to the other then top with 2 slices of cheese.
3. Fold the sides of tortilla inward, then fold over the top.
4. Roll tortilla forward tight. Place rolled tortilla onto deli paper, shaped in a diamond.
5. Roll tortilla in paper tightly, fold in sides and then top. Serve chilled, hold at 41F.

Wrap in deli wrapper #

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	280.00
<b>Fat</b>	9.25g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.50mg
<b>Sodium</b>	871.25mg
<b>Carbohydrates</b>	33.50g
<b>Fiber</b>	1.25g
<b>Sugar</b>	2.75g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.90mg
<b>Calcium</b> 143.50mg	<b>Iron</b> 2.54mg

# Popcorn Chicken Salad w/ Croutons

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8181

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup	600504
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	11 Each	327120
CHEESE CHED SHRD 6-5 COMM	2 Tablespoon	199720
TOMATO GRAPE SWT 10 MRKN	3 Each	129631
Cucumber	3 Slice	
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400

## Preparation Instructions

Assemble lettuce in clamshell # 829701. Top lettuce with shredded cheese, cucumber, and tomato, then cooled chicken.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Serve croutons in a basket on the side. Do not put in with salad.

Hold for service at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

#### Amount Per Serving

**Calories** 399.91

**Fat** 21.99g

**SaturatedFat** 8.31g

**Trans Fat** 0.00g

**Cholesterol** 48.33mg

**Sodium** 634.19mg

**Carbohydrates** 27.15g

**Fiber** 5.83g

**Sugar** 5.52g

**Protein** 22.80g

**Vitamin A** 281.14IU

**Vitamin C** 4.62mg

**Calcium** 95.29mg **Iron** 4.59mg

# Spicy Chicken Tenders

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8182

## Ingredients

Description	Measurement	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	3 Each	281731

## Preparation Instructions

3 chicken tenders= 1 serving  
37 servings per 8lb. bag  
149 servings per 32lb. case  
Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 3.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.00mg	<b>Iron</b>	2.00mg

# Turkey & Cheese Wrap

<b>Servings:</b>	1.00	<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-8183

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	244190
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup	678791
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

## Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
2. Place 1/4 c. lettuce across the length of the tortilla. Add 3 slices of turkey across the center of the wrap from one end to the other then top with 2 slices of cheese.
3. Fold the sides of tortilla inward, then fold over the top.
4. Roll tortilla forward tight. Place rolled tortilla onto deli paper, shaped in a diamond.
5. Roll tortilla in paper tightly, fold in sides and then top. Serve chilled, hold at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	282.50
<b>Fat</b>	9.25g
<b>SaturatedFat</b>	4.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	786.25mg
<b>Carbohydrates</b>	33.50g
<b>Fiber</b>	1.25g
<b>Sugar</b>	2.75g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 143.50mg	<b>Iron</b> 2.18mg

# Yogurt Boat

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8184

## Ingredients

Description	Measurement	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

## Preparation Instructions

In a 1# food tray, place 1 muffin 1 string cheese and 1 yogurt.  
Place in 41F cooler until ready to serve.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	330.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	25.00g
<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> 0.72mg

# Grilled Chicken Salad w/ Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8185

## Ingredients

Description	Measurement	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CARROT MATCHSTICK SHRED 2-3 RSS	1 Ounce	198161
CUCUMBER SELECT 24CT MRKN	3 Each	418439
TOMATO GRAPE SWT 10 MRKN	3 Each	129631
CHEESE CHED SHRD 6-5 COMM	1 Ounce	199720
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400
BREADSTICK FB 8 125CT NY	1 Each	509167

## Preparation Instructions

Grilled chicken breasts should be cooked first and cooled completely before assembly.

Place lettuce in a clamshell #771981.

In each corner place the following separately: carrots, cucumber, tomatoes, and cheese.

Top with sliced chicken breast. DO NOT DICE.

Place breadstick in salad container on side.

Serve croutons on the side, not in container.

Hold at 41F or below.

May keep product for 1 day.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 471.89

**Fat** 15.73g

**SaturatedFat** 7.02g

**Trans Fat** 0.00g

**Cholesterol** 70.00mg

<b>Sodium</b>	911.52mg
<b>Carbohydrates</b>	49.98g
<b>Fiber</b>	7.08g
<b>Sugar</b>	11.10g
<b>Protein</b>	32.31g
<b>Vitamin A</b> 5118.59IU	<b>Vitamin C</b> 8.55mg
<b>Calcium</b> 151.52mg	<b>Iron</b> 8.03mg



# Fruit & Yogurt Parfait w/ Granola

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8191
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Fluid Ounce	811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	711664
STRAWBERRY IQF 30 COMM	1/4 Cup	150450
Wild Blueberries fzn	1/4 Cup	100243

## Preparation Instructions

Place 1 cup of yogurt in parfait cup. Top with strawberries and blueberries.

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.

Hold at 41F or less.

Serve UBR for 2 Grains

Cup- 672312

Insert- 656521

Lid- 792210

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 375.55

**Fat** 4.49g

**SaturatedFat** 1.08g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 183.74mg

**Carbohydrates** 75.77g

**Fiber** 4.00g

**Sugar** 48.84g

<b>Protein</b>		9.30g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	268.66mg	<b>Iron</b>	0.43mg

# Crispy Chicken Bacon Ranch Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8204

## Ingredients

Description	Measurement	DistPart #
4" WG WHITE HAMBURGER BUN	1 bun	1711
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
CHEESE CHED SHRD 6-5 COMM	1 Tablespoon	199720
DRESSING RNCH BTRMLK 4-1GAL LTHSE	1 Teaspoon	741461
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480

## Preparation Instructions

Do not assemble too early or buns will get soggy.

Place 1 patty on bottom bun, top patty with cheese, top with 1 piece of bacon, torn in half and criss crossed.

Squeeze 1 tsp ranch dressing on top bun.

Put sandwich together.

Wrap in foil.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 441.50

**Fat** 19.00g

**SaturatedFat** 4.92g

**Trans Fat** 0.00g

**Cholesterol** 66.67mg

**Sodium** 810.00mg

**Carbohydrates** 35.50g

**Fiber** 5.00g

**Sugar** 4.33g

**Protein** 30.00g

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

**Calcium** 11.17mg **Iron** 9.00mg

# Sloppy Joe Nachos

<b>Servings:</b>	44.00	<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-8232

## Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	10 Pound	564790
SAUCE CHS WHT BLND 6-106Z LOL	106 Fluid Ounce	235631
CHIP TORTL RND YEL 5-1.5 KE	7 Pound	163020

## Preparation Instructions

Place chips in 1# boat.

Using a 2 oz ladle or scoop, portion meat onto nacho chips.

Top with 2 oz ladle of warm cheese sauce.

Meat: 1 bag=5#, contains 22- 2 oz servings, therefore 10#= 44 servings

Cheese: 106 oz= 1 bag,

1 bag= 48 servings of a 2 oz scoop

Hold meat and cheese in separate containers at 135F.

### Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 3906.87

**Fat** 140.48g

**Saturated Fat** 21.63g

**Trans Fat** 0.00g

**Cholesterol** 68.17mg

**Sodium** 3712.49mg

**Carbohydrates** 572.61g

**Fiber** 58.02g

**Sugar** 8.01g

**Protein** 76.27g

**Vitamin A** 459.80IU **Vitamin C** 6.01mg

**Calcium** 1444.71mg **Iron** 12.09mg

# General Burger

<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-8302

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
White Wheat Hamburger Bun	1 Each	1793
ONION RING BRD WGRAIN 6-5#TASTY BRAND	2 Each	234061
SAUCE BBQ 6-80FLZ SWTBRAY	1 Tablespoon	212071

## Preparation Instructions

Place one hamburger on one bottom bun, top with one slice of cheese, circle of BBQ sauce, and 2 onion rings, top with top bun.

Wrap in foil wrapper.

Hold at 135F or higher.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	360.00		
<b>Fat</b>	11.70g		
<b>SaturatedFat</b>	3.85g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	917.00mg		
<b>Carbohydrates</b>	42.70g		
<b>Fiber</b>	5.20g		
<b>Sugar</b>	10.50g		
<b>Protein</b>	22.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.96mg
<b>Calcium</b>	156.00mg	<b>Iron</b>	2.41mg

# Tater Tots

<b>Servings:</b>	31.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8304

## Ingredients

Description	Measurement	DistPart #
POTATO TATER TOTS 6-5 OREI	5 Pound	141510

## Preparation Instructions

Make sure to cook from frozen.

Serve with utensil that won't tear product, using a gloved hand may be the best option. You can portion 1 serving of tater tots into a bowl and use that for a guide for about how many tots equal 4 ounces.

### Nutrition Facts

Servings Per Recipe: 31.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

**Calories** 133.13

**Fat** 6.14g

**SaturatedFat** 1.02g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 317.46mg

**Carbohydrates** 16.39g

**Fiber** 2.05g

**Sugar** 0.00g

**Protein** 2.05g

**Vitamin A** 0.00IU **Vitamin C** 3.69mg

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

# Beef & Cheese Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8305

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
SAUCE CHS WHT BLND 6-106Z LOL	2 Fluid Ounce	235631
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	163020

## Preparation Instructions

Place chips in 1# boat.

Using a 2 oz ladle or scoop, portion meat onto nacho chips.

Top with 2 oz ladle of warm cheese sauce.

Meat: 1 bag=5#, contains 38- 2 oz servings, therefore 10#= 76 servings

Cheese: 106 oz= 1 bag,

1 bag= 48 servings of a 2 oz scoop

Hold meat and cheese in separate containers at 135F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	430.28		
<b>Fat</b>	19.09g		
<b>Saturated Fat</b>	6.64g		
<b>Trans Fat</b>	0.18g		
<b>Cholesterol</b>	42.08mg		
<b>Sodium</b>	794.16mg		
<b>Carbohydrates</b>	45.15g		
<b>Fiber</b>	5.26g		
<b>Sugar</b>	1.26g		
<b>Protein</b>	18.08g		
<b>Vitamin A</b>	406.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	346.87mg	<b>Iron</b>	1.98mg



# Cheeseburger Mac

<b>Servings:</b>	13.00	<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-8307

## Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	5 Pound	609121
BEEF CRMBL CKD 6-5 COMM	1 Pound	785840

## Preparation Instructions

Mix beef into mac and cheese until evenly dispersed.

Mac & Cheese: Use 6oz. scooper to serve.

13 servings per 5# bag

80 servings per 1 case (6-5#bags in one case)

Hold at 135F per serving.

### Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 344.62

**Fat** 16.31g

**SaturatedFat** 8.80g

**Trans Fat** 0.51g

**Cholesterol** 64.82mg

**Sodium** 857.95mg

**Carbohydrates** 27.90g

**Fiber** 2.67g

**Sugar** 3.08g

**Protein** 23.79g

**Vitamin A** 670.77IU **Vitamin C** 0.00mg

**Calcium** 391.38mg **Iron** 2.26mg

# Chicken & Waffles

<b>Servings:</b>	38.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8310

## Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	152 Each	561301
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	38 Each	607351
SYRUP PANCK CUP 200-1.5Z GFS	1 Each	160090

## Preparation Instructions

1 bag (7.5lb) has 152 chicken chunks in it, each serving is 4 chicken chunks

1 bag= 38 servings

1 case= 152 servings total

Serve syrup on the side.

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 4.00 Each

#### Amount Per Serving

**Calories** 463.16

**Fat** 20.00g

**SaturatedFat** 4.50g

**Trans Fat** 0.00g

**Cholesterol** 40.00mg

**Sodium** 620.00mg

**Carbohydrates** 53.82g

**Fiber** 5.00g

**Sugar** 12.50g

**Protein** 18.00g

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

**Calcium** 49.00mg **Iron** 2.80mg

# Buffalo Chicken Dip w/ Chips

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8313

## Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	15 Pound	570533
CHEESE CREAM LOAF 10-3 GCHC	5 Pound	163562
CHEESE CHED SHRD 6-5 COMM	5 Pound	199720
SAUCE HOT 4-1GAL CRWNCOLL	4 1/2 Cup	264471
DRESSING RNCH BTRMLK 4-1GAL LTHSE	3 Cup	741461
CHIP TORTL RND YEL 5-1.5 KE	22 Each	163020

## Preparation Instructions

Place thawed diced chicken into full sized 6" hotel pan.

In separate bowl, cut up cream cheese in cubes.

Add shredded cheese, hot sauce, and ranch.

Pour mixture over chicken.

Cover with foil.

Bake at 350 F for 30 minutes and heat internally 165F.

Place dip in corner of nacho tray, chips in the bigger portion of tray. #220530

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

**Calories** 349.13

**Fat** 21.35g

**SaturatedFat** 9.15g

**Trans Fat** 0.00g

**Cholesterol** 94.70mg

**Sodium** 867.76mg

**Carbohydrates** 7.93g

**Fiber** 0.59g

**Sugar** 0.64g

<b>Protein</b>	26.25g
<b>Vitamin A</b> 10.00IU	<b>Vitamin C</b> 3.46mg
<b>Calcium</b> 22.11mg	<b>Iron</b> 1.18mg

# KFC Popcorn Chicken Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8328

## Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Each	327120
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	613738
CORN 6-10 CMDTY	1/4 Cup	120483
CHEESE CHED SHRD 6-5 COMM	1 Tablespoon	199720
GRAVY MIX CHIX LO SOD 6-32Z HHL	1 Fluid Ounce	574732

## Preparation Instructions

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 695.67

**Fat** 22.05g

**SaturatedFat** 5.08g

**Trans Fat** 0.00g

**Cholesterol** 31.67mg

**Sodium** 2417.02mg

**Carbohydrates** 101.17g

**Fiber** 9.21g

**Sugar** 2.33g

**Protein** 27.10g

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

**Calcium** 84.64mg **Iron** 3.38mg

# Double Dogs- You get Two!

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8331

## Ingredients

Description	Measurement	DistPart #
Hot Dog Bun Nickles	2 bun	
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	2 Each	154792

## Preparation Instructions

WASH HANDS.

Can be steamed or cooked in 350F oven. Do not over cook because hot dogs will split.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

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

2. Serve within 3 hours.

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	580.00		
<b>Fat</b>	64.00g		
<b>SaturatedFat</b>	12.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	1520.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.94mg	<b>Iron</b>	1.18mg

# Baked Potato Bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Ea	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8332

## Ingredients

Description	Measurement	DistPart #
POTATO BAKER IDAHO 6Z 50 MRKN	1 Each	328731
MARGARINE CUP CHURN SPRD 900-5GM P/L	1 Each	106490
CHEESE CHED SHRD 6-5 COMM	1 Tablespoon	199720
SOUR CREAM CUP 100-1Z PAULY	1 Each	126400
BACON TKY CKD 12-50CT JENNO	1 Tablespoon	834770

## Preparation Instructions

Poke each potato several times with a fork.

Mix together 1 tablespoon of butter and 1/4 teaspoon salt. Rub the mixture over each of the baking potatoes.

In a convection oven, bake the potatoes at 375 for 45 to 50 minutes and turn them halfway through the cooking.

Top with cheese.

Let students top their potato with the rest of the ingredients as wanted.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ea

#### Amount Per Serving

**Calories** 251.50

**Fat** 14.00g

**SaturatedFat** 7.00g

**Trans Fat** 0.00g

**Cholesterol** 40.00mg

**Sodium** 292.50mg

**Carbohydrates** 26.00g

**Fiber** 4.00g

**Sugar** 3.00g

**Protein** 8.00g

**Vitamin A** 400.00IU **Vitamin C** 0.00mg



**Calcium** 34.00mg **Iron** 1.00mg

# Beef & Cheese Burrito

<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>	Lunch	<b>Recipe ID:</b>	R-8474

## Ingredients

Description	Measurement	DistPart #
TACO BF/CHS SNAC WGRAIN 60-5Z	60 Each	674921
SAUCE ENCHILADA MILD 4-1GAL GRSZ	128 Fluid Ounce	598461
CHEESE CHED SHRD 6-5 COMM	3 Cup	199720

## Preparation Instructions

- 1) Line thawed burritos in 2" deep full size steam table pan, the burritos should be tight next to each other.
- 2) Spread enchilada sauce on top of burritos.
- 3) Sprinkle cheese on top of sauce.
- 4) Cover pan with foil.
- 5) Place in 275 degree oven for 16-22 minutes, until internal temp reaches 165F.
- 6) Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		356.98	
<b>Fat</b>		15.45g	
<b>SaturatedFat</b>		7.30g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		26.50mg	
<b>Sodium</b>		589.50mg	
<b>Carbohydrates</b>		38.27g	
<b>Fiber</b>		5.00g	
<b>Sugar</b>		3.13g	
<b>Protein</b>		16.30g	
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.44mg

# Bean & Cheese Burrito

<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>	Lunch	<b>Recipe ID:</b>	R-8475

## Ingredients

Description	Measurement	DistPart #
BURRITO CHS/BN RED CHILI WGRAIN 60-5Z	60 Each	497630
SAUCE ENCHILADA MILD 4-1GAL GRSZ	128 Fluid Ounce	598461
CHEESE CHED SHRD 6-5 COMM	3 Cup	199720

## Preparation Instructions

- 1) Line thawed burritos in 2" deep full size steam table pan, the burritos should be tight next to each other.
- 2) Spread enchilada sauce on top of burritos.
- 3) Sprinkle cheese on top of sauce.
- 4) Cover pan with foil.
- 5) Place in 275 degree oven for 16-22 minutes, until internal temp reaches 165F.
- 6) Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	346.98
<b>Fat</b>	13.45g
<b>Saturated Fat</b>	7.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.50mg
<b>Sodium</b>	559.50mg
<b>Carbohydrates</b>	42.27g
<b>Fiber</b>	5.00g
<b>Sugar</b>	2.13g
<b>Protein</b>	15.30g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.44mg

# Turkey & Gravy

<b>Servings:</b>	28.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8476

## Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY 4-7	7 Pound	722460

## Preparation Instructions

Place frozen or thawed bag of product into a steam pan and place in steamer.  
Heat according to chart time AND until internal temperature is 140°F. as measured by a meat thermometer.

Remove from steamer. Cut open bag and pour contents into desired Serving pan & serve.

Time: Frozen - 1 hr. 15 min.; Thawed - 40 min.

\* For preparation by a food preparation establishment

Serve with #10 scoop or 4 ounce spoodle.

Serve over mashed potatoes with roll on the side.

### Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

**Calories** 130.00

**Fat** 6.00g

**SaturatedFat** 2.00g

**Trans Fat** 0.00g

**Cholesterol** 55.00mg

**Sodium** 450.00mg

**Carbohydrates** 2.00g

**Fiber** 0.00g

**Sugar** 0.00g

**Protein** 16.00g

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

**Calcium** 0.00mg **Iron** 0.36mg

# Chocolate Chip Cookie

<b>Servings:</b>	120.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8477

## Ingredients

Description	Measurement	DistPart #
DOUGH CKY HS CHOC CHP 1Z 4-120 KE	120 Each	697840

## Preparation Instructions

Recommend: Cook first thing in the morning so that the cookies can set up.

- 1) Preheat oven to 325F.
- 2) Place cookies on baking tray 3" apart.
- 3) Bake for 9-12 minutes.
- 4) Recommend rotating tray half way for an even bake.
- 5) Remove from oven allow to cool.

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 120.00

**Fat** 6.00g

**SaturatedFat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 5.00mg

**Sodium** 120.00mg

**Carbohydrates** 17.00g

**Fiber** 1.00g

**Sugar** 10.00g

**Protein** 1.00g

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

**Calcium** 0.00mg **Iron** 0.36mg

# Beef & Cheese Lasagna

<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-8502

## Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 COMM	104 Ounce	785840
ONION DCD 1/4 2-5 RSS	6 Pound	198307
SPICE GARLIC POWDER 21Z TRDE	1/4 Cup	224839
SPICE PEPR BLK CRACKED 18Z TRDE	2 Teaspoon	516856
SPICE PARSLEY FLAKES 11Z TRDE	1/2 Cup	513989
SAUCE SPAGHETTI FCY 6-10 REDPK	2 #10 CAN	852759
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	5 1/2 Pound	108197
CHEESE MOZZ SHRD 4-5 LOL	8 Pound	645170

## Preparation Instructions

- 1) In large bowl add diced onions to thawed beef crumbles. Add garlic.
- 2) Add pepper, parsley to spaghetti sauce. Pour over beef mixture and mix.
- 3) Assemble as follows in 4" deep full size steam table pans, that are sprayed with pan release spray. For 100 servings use 4 pans.

For each pan:

1st layer: 1 qt 1/2 cup meat sauce

2nd layer: 14 uncooked noodles lengthwise

3rd layer: 1 qt 1/2 cup meat sauce

4th layer: 1 lb mozzarella cheese

5th layer: 14 uncooked noodles lengthwise

6th layer: 1 qt 1/2 cup meat sauce

7th layer: 1 lb mozzarella cheese

4. Tightly cover pans with foil.

5. Bake 325F for 45 minutes ie until internal temp reaches 165F.

6. Remove pans from oven. Uncover and let stand for 15 minutes before serving, or the lasagna will seep.

7. Hold for service at 135F.

Serve 1 breadstick on the side.

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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### Amount Per Serving

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**Calories** 274.67

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**Fat** 9.16g

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**SaturatedFat** 4.90g

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**Trans Fat** 0.00g

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**Cholesterol** 33.24mg

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**Sodium** 524.47mg

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**Carbohydrates** 29.46g

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**Fiber** 3.22g

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**Sugar** 6.65g

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**Protein** 20.10g

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

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**Calcium** 302.31mg      **Iron** 1.86mg

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# Crispy Chicken

<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-8641
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480

## Preparation Instructions

Cook chicken patty according to instructions.

Put chicken on bun.

Wrap in foil wrapper.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 200.00

**Fat** 9.00g

**SaturatedFat** 1.50g

**Trans Fat** 0.00g

**Cholesterol** 45.00mg

**Sodium** 290.00mg

**Carbohydrates** 9.00g

**Fiber** 3.00g

**Sugar** 0.00g

**Protein** 19.00g

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

**Calcium** 0.00mg **Iron** 1.00mg



# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8642
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	525490
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

## Preparation Instructions

Cook chicken patty according to instructions.

Put chicken on bun.

Wrap in foil wrapper.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 340.00

**Fat** 12.00g

**SaturatedFat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 45.00mg

**Sodium** 480.00mg

**Carbohydrates** 35.00g

**Fiber** 5.00g

**Sugar** 5.00g

**Protein** 24.00g

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

**Calcium** 63.00mg **Iron** 2.00mg

# Sausage & Cheese Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8825
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each	184970
DOUGH BISC CNTRY STYL 240-2.5Z RICH	1 Each	609293
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

## Preparation Instructions

Split thawed biscuit.

Add sausage patty and cheese.

Wrap in thin foil wrapper, NOT insulated wrapper.

Cook in 350F oven for about 12 minutes until internal temp is 165F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 315.00

**Fat** 17.00g

**SaturatedFat** 8.25g

**Trans Fat** 0.00g

**Cholesterol** 37.50mg

**Sodium** 1040.00mg

**Carbohydrates** 27.00g

**Fiber** 1.00g

**Sugar** 2.50g

**Protein** 13.50g

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

**Calcium** 136.00mg **Iron** 1.80mg

# Homemade Grilled 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-9490
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
MARGARINE SLD 30-1 GCHC	2 Teaspoon	733061
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice	722360
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	204822

## Preparation Instructions

Melt butter on pan. Place bread onto melted butter. Top each piece of bread with 4 slices of cheese. Top with second piece of bread. Brush more butter on top.

Toast at 350F until cheese is melted.

Hold at 135F.

Serve on student tray, may put on spatula for student self-service.

1 case of American Cheese makes 240 sandwiches

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	406.67
<b>Fat</b>	17.33g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1143.33mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 444.00mg	<b>Iron</b> 2.00mg

# Popcorn Chicken Salad w/ Croutons & Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9500
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	14 Each	327120
CHEESE CHED SHRD 6-5 COMM	1 Ounce	199720
TOMATO GRAPE SWT 10 MRKN	3 Each	129631
CUCUMBER SELECT 24CT MRKN	3 Each	418439
CARROT MATCHSTICK SHRED 2-3 RSS	1 Ounce	198161
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400
BREADSTICK FB 8 125CT NY	1 Each	509167

## Preparation Instructions

Assemble lettuce in clamshell # 771981. Separate into each corner: tomato, cheese, cucumber, and carrots. Then top with cooled chicken. Place breadstick in salad container.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Serve croutons in a basket on the side. Do not put in with salad.

Hold for service at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

#### Amount Per Serving

**Calories** 640.22

**Fat** 26.89g

**SaturatedFat** 8.94g

<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	53.33mg		
<b>Sodium</b>	1009.85mg		
<b>Carbohydrates</b>	65.31g		
<b>Fiber</b>	10.58g		
<b>Sugar</b>	12.27g		
<b>Protein</b>	33.64g		
<b>Vitamin A</b>	5118.59IU	<b>Vitamin C</b>	8.55mg
<b>Calcium</b>	184.02mg	<b>Iron</b>	9.36mg

# Pizza Hut Cheese Pizza Slice

<b>Servings:</b>	8.00	<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-9739
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
Pizza Hut Cheese Pizza Slice	8 Each	1

## Preparation Instructions

Hold at 135 F.

Serve on student tray- may put out spatula for student self service.

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 280.00

**Fat** 9.00g

**SaturatedFat** 3.90g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 530.00mg

**Carbohydrates** 30.00g

**Fiber** 4.00g

**Sugar** 2.00g

**Protein** 21.00g

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

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

# Pizza Hut Pepperoni Pizza Slice

<b>Servings:</b>	8.00	<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-9740
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
Pizza Hut Pepperoni Pizza Slice	8 Each	2

## Preparation Instructions

Hold at 135 F.

Serve on student tray- may put out spatula for student self service.

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 290.00

**Fat** 11.00g

**SaturatedFat** 4.50g

**Trans Fat** 0.00g

**Cholesterol** 25.00mg

**Sodium** 570.00mg

**Carbohydrates** 28.00g

**Fiber** 3.00g

**Sugar** 1.00g

**Protein** 21.00g

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

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

# Tomato Soup

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9769
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 HNZ	1/2 Cup	102008
1 % White Milk	51 Fluid Ounce	

## Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING UTENSIL. GRADUALLY STIR IN 1 CAN MILK. COVER; HEATSLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE @ 160-170\*. Hold at 135F. Serve 4 ounce portion

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Fluid Ounce

#### Amount Per Serving

**Calories** 207.60

**Fat** 5.10g

**SaturatedFat** 3.06g

**Trans Fat** 0.00g

**Cholesterol** 30.60mg

**Sodium** 263.20mg

**Carbohydrates** 23.24g

**Fiber** 0.00g

**Sugar** 22.92g

**Protein** 16.40g

**Vitamin A** 32.40IU **Vitamin C** 4.18mg

**Calcium** 62.00mg **Iron** 0.03mg



# Roasted Butternut Squash

<b>Servings:</b>	20.00	<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-9770
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
SQUASH BUTTERNUT 35AVG P/L	5 Pound	535117
cinnamon	2 Tablespoon	
MARGARINE SLD 30-1 GCHC	2 Tablespoon	733061

## Preparation Instructions

Mix squash cubes, cinnamon and melted butter in a bowl. Toss to evenly coat the cubes.

Baked at 400F for 2- 25 minutes until fragrant.

Hold at 135F.

Serve with 4 ounce. scoop.

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	25.75		
<b>Fat</b>	1.13g		
<b>SaturatedFat</b>	0.45g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.40mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.70g		
<b>Sugar</b>	0.75g		
<b>Protein</b>	0.35g		
<b>Vitamin A</b>	3795.50IU	<b>Vitamin C</b>	7.35mg
<b>Calcium</b>	16.80mg	<b>Iron</b>	0.25mg

# Warm Soft Pretzel

<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-9856
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
PRETZEL SFT PREBKD 2.5Z 4-25CT GCHC	100 Each	764362

## Preparation Instructions

1 pretzel = serving  
100 pretzels per case

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Hashbrown Patty

<b>Servings:</b>	240.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9868
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
HASHBROWN RND 6-5 MCCAIN	30 Pound	389003

## Preparation Instructions

Convection Oven: 425 degrees F - Place 6 lbs of frozen round on a shallow baking pan and spread evenly. - all 5 bakings to fill the oven - bake 24-30 minutes - turn once - cook from frozen.

One bag= 240 servings, 2 hashbrowns per serving

### Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 2.00 Each

#### Amount Per Serving

**Calories** 6.25

**Fat** 0.22g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 6.56mg

**Carbohydrates** 1.00g

**Fiber** 0.06g

**Sugar** 0.00g

**Protein** 0.06g

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

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

# Dirt Pudding Cup

<b>Servings:</b>	56.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10390
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
PUDDING RTS MILK CHOC 6-10 GCHC	2 #10 CAN	163554
TOPPING OREO PCS LRG 25 NAB	3 1/2 Cup	420719
CANDY GUMMY WORM 12-48Z GFS	2 Each	496401

## Preparation Instructions

Use a 6 ounce sqaut cup.

Scoop 4 ounce of pudding into each cup.

Top with 2 Tbsp/1 ounce of crushed oreos.

Top with 2 gummy worms each.

DO NOT lid. The kids will want to see the presentation.

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	146.57		
<b>Fat</b>	4.02g		
<b>SaturatedFat</b>	0.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	198.38mg		
<b>Carbohydrates</b>	27.92g		
<b>Fiber</b>	0.92g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	1.21g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.98mg	<b>Iron</b>	1.27mg

# Cranberry Relish

<b>Servings:</b>	46.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10393
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CRANBERRY SAUCE WHL 6-10 GCHC	1 #10 CAN	164730

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

**Calories** 123.71

**Fat** 0.00g

**Saturated Fat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 11.25mg

**Carbohydrates** 28.12g

**Fiber** 0.00g

**Sugar** 23.62g

**Protein** 0.00g

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

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

# Traditional Stuffing

<b>Servings:</b>	31.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10395
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
STUFFING MIX TRAD 12-31.13Z GCHC	124 Ounce	455770

## Preparation Instructions

1 CARTON MAKES 1/2 STEAM TABLE PAN. 2 CARTONS MAKE 1 STEAM TABLE PAN.

You should get around 31- 4 ounce servings per bag.

ADD SEASONING PACKET AND 8 OUNCES OF BUTTER TO 7 CUPS OF WATER.

BRING TO A BOIL.

REMOVE FROM HEAT, LET STAND 5 MINUTES.

GENTLY STIR IN CRUMBS.

COVER AND LET STAND 15 MINUTES.

FLUFF WITH A FORK AND SERVE.

Hold at 135F.

## Nutrition Facts

Servings Per Recipe: 31.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	620.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.44mg

# Roasted Turkey with Gravy

<b>Servings:</b>	152.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.47 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10420
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
TURKEY CKD BRST&THIGH 4-10.2AVG	40 4/5 Pound	652521
CHICKEN GRAVY	304 Ounce	12913

## Preparation Instructions

### Thawing Instructions

THAW BEFORE COOKING. THAW AT LEAST 48 - 72 HOURS IN REFRIGERATOR OR AT LEAST 10 - 12 HOURS IN COLD RUNNING WATER. DO NOT THAW AT ROOM TEMP. ALWAYS LEAVE IN SEALED PLASTIC DURING THAWING.

### Shelf Life

FROZEN - 365 DAYS

### Basic Preparation

FROM THAWED. REMOVE OUTER BAG. KEEPING INNER BAG SECURE. CONVECTION OVEN: PREHEAT OVEN TO 325°F. PLACE IN ROASTING PAN AND ADD 1/2 CUP OF WATER. BAKE FOR 3 - 3 1/2 HOURS OR UNTIL INTERNAL TEMP REACHES 140°F. CONVENTIONAL OVEN: PREHEAT OVEN TO 350°F. PLACE IN ROASTING PAN AND ADD 1/2 CP OF WATER. BAKE FOR 3 1/2 - 4 HOURS OR UNTIL TEMP REACHES 140°F.

## Nutrition Facts

Servings Per Recipe: 152.00

Serving Size: 2.47 Ounce

### Amount Per Serving

**Calories** 159.10

**Fat** 5.22g

**SaturatedFat** 1.74g

**Trans Fat** 0.00g

**Cholesterol** 69.55mg

**Sodium** 980.73mg

**Carbohydrates** 5.74g

**Fiber** 0.00g

**Sugar** 1.00g

**Protein** 23.60g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.05mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	0.83mg



# Topsy Turvy Mini Pumpkin Pie

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10421
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
PUDDING RTS VAN 6-10 GCHC	1 #10 CAN	106771
PUMPKIN FCY 6-10 GCHC	30 Ounce	186244
SPICE PUMPKIN PIE 16Z TRDE	2 Tablespoon	514195
CRUMB CRACKER GRAHAM 10 KEEB	1 Cup	109568
TOPPING WHIP I/BG 12-16Z ONTOP	16 Ounce	330442

## Preparation Instructions

1. Make in batches of 100. Multiplying recipe does not work well because of spices.
  2. In large mixing bowl combine pudding, pumpkin pie filling and spice. Mix well.
  3. Pour filling into gallon size zip lock bag. DO NOT fill to the top, maybe only fill half way.
  4. Line tray with cups first so you can easily pipe from cup to cup.
  5. Cut small hole in corner of ziplock bag. Squeeze pumpkin mixture filling the cup about 2/3 full.
  6. Using 1/2 tsp. top with graham cracker crumbs.  
\*\*\*\*\* At this step you can put in cooler over night, covered, if desired. Do not add whipped topping if holding over night because it will get gummy and stick to the cover.
  7. Top with a dollop of whipped topping.
- Use GFS cup #688930-400 cups in a case.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 64.43

**Fat** 1.06g

**SaturatedFat** 0.16g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 62.32mg

**Carbohydrates** 13.47g

<b>Fiber</b>	1.84g		
<b>Sugar</b>	6.68g		
<b>Protein</b>	0.68g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.17mg	<b>Iron</b>	1.24mg

# Caramel Apple Pie Parfait

<b>Servings:</b>	13.00	<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-10446

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	13 Cup	811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	13 Ounce	711664
TOPPING CRML SQZ BTL 12-24Z GCHC	13 Tablespoon	200582

## Preparation Instructions

Prepare apple filling the day before to chill down before assembly.

Using a 16 ounce parfait cup.

Squeeze in 4 ounce of yogurt.

Top with 4 ounce of apple mixture.

Top with 4 more ounces of yogurt.

Swirl caramel on top.

Fill insert with granola.

Top with lid.

Hold at 41F.

### Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 332.21

**Fat** 3.24g

**SaturatedFat** 0.91g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 186.07mg

**Carbohydrates** 67.77g

**Fiber** 0.50g

**Sugar** 46.34g

**Protein** 8.13g

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

**Calcium** 268.66mg **Iron** 0.22mg

# Hummus w/ Flatbread & String Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11056
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each	601133
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	1 Each	696831
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

## Preparation Instructions

Put 1 cup of hummus, 1 string cheese and flatbread cut into triangles into 1 # boat.

Serve at room temperature, not in hot or cold well.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	435.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	8.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 278.00mg	<b>Iron</b> 1.44mg

# Italian Bagel Sammy w/ Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11057
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	230264
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce	236012
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940

## Preparation Instructions

Thaw at room temperature a day ahead of time.

Top the bottom part of the bagel with 2 slices of ham, 2 slices of salami, 1 slice of bologna and 1 slice of cheese.

Top with second half of bagel.

Wrap in deli wrap.

\*Display one sandwich on top of counter in a clear container so kids can see it.

Hold at 41F or below.

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	329.86
<b>Fat</b>	14.07g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	77.16mg
<b>Sodium</b>	1061.57mg
<b>Carbohydrates</b>	31.13g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	20.98g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 160.37mg	<b>Iron</b> 2.89mg

# Hurry Up Summer! Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11059
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	8 Cup	811490
JUICE PINEAPPLE 100 12-46FLZ DOLE	4 Cup	566144
APPLESAUCE UNSWT 6-10 COMM	4 Cup	549280

## Preparation Instructions

TIP: Either chill all ingredients in cooler the night before or make the smoothie the night before and chill the entire mixture.

- 1) Combine 1 bag of yogurt (4lbs) with 4 cups of pineapple juice in mixing bucket. Stir until well mixed.
- 2) Add applesauce, 2 cups at a time. Stirring until smooth.
- 3) Verify mixture makes 4 quarts so each serving contains 1/2 cup fruit; add applesauce as needed to yield 4 quarts (16 cups).
- 4) Portion 8 ounces into 9 ounce cup. Place lids on cups and serve chilled. Refrigerate at 41F or below if not serving immediately.

Hold for service at 41F or lower.

Cup- 258880, Lid- 258990

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

### Amount Per Serving

**Calories** 950.90

**Fat** 5.98g

**SaturatedFat** 2.99g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 480.22mg

**Carbohydrates** 200.07g

**Fiber** 1.35g

**Sugar** 143.78g

<b>Protein</b>		30.05g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1075.25mg	<b>Iron</b>	0.02mg



# Beef & Cheese Ravioli

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11065
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
RAVIOLI FORT/ENRICHED 6-10 CHBOY	6 #10 CAN	496286

## Preparation Instructions

Serve in 12 ounce foam bowl. 1 serving = 8 ounce.

1 can = 12 servings

1 case= 72 servings

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 8.00 Ounce

#### Amount Per Serving

<b>Calories</b>	260.01		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	600.02mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	300.01IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.70mg

# Pepperoni Pizza Stuffed Breadsticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11072
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
BREADSTICK PIZZA STFD PEPP 105-4Z	3 Each	736652

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

#### Amount Per Serving

<b>Calories</b>	870.00
<b>Fat</b>	39.00g
<b>SaturatedFat</b>	15.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.00mg
<b>Sodium</b>	1650.00mg
<b>Carbohydrates</b>	81.00g
<b>Fiber</b>	9.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	48.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 627.00mg	<b>Iron</b> 6.00mg

# Hearty Beef Chili in a Bread Bowl

<b>Servings:</b>	82.00	<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-11075
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	30 Pound	344012
BREAD BOWL WHLWHE 90-2Z SUPBAK	82 Each	230273

## Preparation Instructions

Fill each bread bowl with 4 ounce of chili.

Fill as you go, if you fill too early the bowl will get soggy.

### Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	312.62
<b>Fat</b>	9.02g
<b>SaturatedFat</b>	2.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.13mg
<b>Sodium</b>	355.93mg
<b>Carbohydrates</b>	43.06g
<b>Fiber</b>	7.02g
<b>Sugar</b>	10.02g
<b>Protein</b>	18.05g
<b>Vitamin A</b> 1257.08IU	<b>Vitamin C</b> 19.08mg
<b>Calcium</b> 51.21mg	<b>Iron</b> 5.71mg

# Club Wrap (Turkey, Ham & Bacon w/ Cheese)

<b>Servings:</b>	1.00	<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-11080
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	713340
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 Ounce	244190
TURKEY HAM SLCD 12-1 JENNO	1 Ounce	556121
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup	678791

## Preparation Instructions

1. Thaw ham & turkey according to directions. CCP: Keep cold 41F or below.
2. Place 1/4 c. lettuce across the length of the tortilla. Add 2 slices of ham, 2 slices of turkey, 1 slice of cheese torn in half, and 2 strips of bacon across the center of the wrap from one end to the other.
3. Fold the sides of tortilla inward, then fold over the top.
4. Roll tortilla forward tight. Place rolled tortilla onto deli paper, shaped in a diamond.
5. Roll tortilla in paper tightly, fold in sides and then top. Serve chilled, hold at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

**Calories** 339.17

**Fat** 13.00g

**SaturatedFat** 4.58g

**Trans Fat** 0.00g

**Cholesterol** 52.50mg

**Sodium** 1124.58mg

**Carbohydrates** 33.50g

**Fiber** 1.25g

**Sugar** 2.75g

<b>Protein</b>	22.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.60mg
<b>Calcium</b>	143.50mg	<b>Iron</b>	2.48mg

# Italian Bagel Sammy w/ Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11086
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	230264
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce	236012
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940

## Preparation Instructions

Thaw at room temperature a day ahead of time.

Top the bottom part of the bagel with 2 slices of ham, 2 slices of salami, 2 slice of bologna and 1 slice of cheese.

Top with second half of bagel.

Wrap in deli wrap.

\*Display one sandwich on top of counter in a clear container so kids can see it.

Hold at 41F or below.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 328.94

**Fat** 14.01g

**SaturatedFat** 4.98g

**Trans Fat** 0.00g

**Cholesterol** 76.73mg

**Sodium** 1057.31mg

**Carbohydrates** 31.13g

**Fiber** 4.00g

**Sugar** 5.50g

**Protein** 20.90g

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

**Calcium** 160.07mg **Iron** 2.88mg

# Smoothie w/ Pretzels Meal

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11087
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	4 Pound	811490
JUICE PINEAPPLE 100 12-46FLZ DOLE	4 Cup	566144
APPLESAUCE UNSWT 6-10 COMM	4 Cup	549280
PRETZEL TWIST TINY 64-LSSV ROLD GOLD	16 Each	712600
CHEESE STRING MOZZ LT IW 168-1Z LOL	16 Each	786801
CRACKER GRHM HNY L/F 200-2CT NAB	2 Package	256137

## Preparation Instructions

TIP: Either chill all ingredients in cooler the night before or make the smoothie the night before and chill the entire mixture.

- 1) Combine 1 bag of yogurt (4lbs) with 4 cups of pineapple juice in mixing bucket. Stir until well mixed.
- 2) Add applesauce, 2 cups at a time. Stirring until smooth.
- 3) Verify mixture makes 4 quarts so each serving contains 1/2 cup fruit; add applesauce as needed to yield 4 quarts (16 cups).
- 4) Portion 8 ounces into 9 ounce cup. Place lids on cups and serve chilled. Refrigerate at 41F or below if not serving immediately.

Hold for service at 41F or lower.

Cup- 258880, Lid- 258990

Instruct kids that pretzels, string cheese, & graham crackers & smoothie come together.

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

#### Amount Per Serving

**Calories** 1128.40

**Fat** 10.17g

**SaturatedFat** 4.99g

**Trans Fat** 0.00g

<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	1138.97mg
<b>Carbohydrates</b>	225.45g
<b>Fiber</b>	2.35g
<b>Sugar</b>	146.28g
<b>Protein</b>	39.05g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1284.50mg	<b>Iron</b> 1.27mg



# Breaded Chicken Caesar Salad w/ Breadstick & Croutons

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11088
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHEESE PARM IMIT GRD 2-5 SCHRBR	2 Tablespoon	595101
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	14 Each	327120
BREADSTICK GARLIC 168CT NY 10081	1 Each	616500
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400

## Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with popcorn chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

**Calories** 528.33

**Fat** 23.17g

**SaturatedFat** 3.92g

**Trans Fat** 0.00g

**Cholesterol** 23.33mg

**Sodium** 956.67mg

**Carbohydrates** 56.33g

<b>Fiber</b>	9.33g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	25.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	178.83mg	<b>Iron</b>	8.57mg

# Breaded Chicken Caesar Salad w/ Breadstick & Croutons

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11089
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHEESE PARM IMIT GRTD 2-5 SCHRBR	2 Tablespoon	595101
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	14 Each	327120
BREADSTICK GARLIC 168CT NY 10081	1 Each	616500
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400

## Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with popcorn chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

#### Amount Per Serving

**Calories** 528.33

**Fat** 23.17g

**SaturatedFat** 3.92g

**Trans Fat** 0.00g

**Cholesterol** 23.33mg

**Sodium** 956.67mg

<b>Carbohydrates</b>	56.33g
<b>Fiber</b>	9.33g
<b>Sugar</b>	8.50g
<b>Protein</b>	25.17g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 178.83mg	<b>Iron</b> 8.57mg

# Grilled Chicken Caesar Salad w/ Breadstick & Croutons

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11090
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHEESE PARM IMIT GRTD 2-5 SCHRBR	2 Tablespoon	595101
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
BREADSTICK GARLIC 168CT NY 10081	1 Each	616500
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400

## Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with sliced chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

#### Amount Per Serving

**Calories** 360.00

**Fat** 12.00g

**SaturatedFat** 2.00g

**Trans Fat** 0.00g

**Cholesterol** 40.00mg

**Sodium** 858.33mg

<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	5.83g
<b>Sugar</b>	7.33g
<b>Protein</b>	23.83g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 146.33mg	<b>Iron</b> 7.23mg

# Grilled Chicken Caesar Salad w/ Breadstick & Croutons

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11091
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHEESE PARM IMIT GRD 2-5 SCHRBR	2 Tablespoon	595101
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
BREADSTICK GARLIC 168CT NY 10081	1 Each	616500
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400

## Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with sliced chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

#### Amount Per Serving

**Calories** 360.00

**Fat** 12.00g

**SaturatedFat** 2.00g

**Trans Fat** 0.00g

**Cholesterol** 40.00mg

**Sodium** 858.33mg

**Carbohydrates** 41.00g

<b>Fiber</b>		5.83g	
<b>Sugar</b>		7.33g	
<b>Protein</b>		23.83g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	146.33mg	<b>Iron</b>	7.23mg



# Honey Apple Crisp

<b>Servings:</b>	96.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11138

## Ingredients

Description	Measurement	DistPart #
FLOUR H&R A/P 2-25 GCHC	30 Ounce	227528
OATS QUICK HOT CEREAL 12-42Z GCHC	18 Ounce	240869
SUGAR BROWN MED 25 GCHC	30 Ounce	108626
SPICE CINNAMON GRND 15Z TRDE	4 Tablespoon	224723
MARGARINE SLD 30-1 GCHC	24 Ounce	733061
APPLE SLCD 6-10 COMM	2 #10 CAN	120500
Tap Water for Recipes	0 Cup	000001WTR
SUGAR BEET GRANUL 25 GCHC	30 Ounce	108588
LEMON JUICE 100 12-32FLZ GCHC	1/2 Cup	311227

## Preparation Instructions

- 1) For topping: Combine flour, rolled oats, brown sugar, 3 Tbsp of cinnamon, and cut up margarine. Mix until crumbly. Set aside for step 6.
- 2) For Filling: Drain apples, save juice. For 96 servings add enough water to juice to make 3 cups liquid. Set liquid aside for Step 5.
- 3) Pour two #10 can of apples into two 2" shallow steam table pans. (One can per pan)
- 4) Spread 15 ounce sugar, 1/2 Tbsp cinnamon, 1/4 c. lemon juice over each pan. Stir mixture into apples.
- 5) Pour 1.5 cups liquid over apples in each pan.
- 6) Divide toppings among pans. Sprinkle approximately 9 cups topping, evenly, over apples in each steam table pan.
- 7) Bake until topping is browned and crisp. 350 degrees F. for 25-35 minutes.
- 8) Cut each pan into 6x8= 48 pieces.

This does count as the fruit serving for the day. K-8 gets one portion of fruit, HS- two portions of fruit  
Hold at 135F or higher for service.

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

**Amount Per Serving**

<b>Calories</b>	138.33
<b>Fat</b>	5.65g
<b>SaturatedFat</b>	2.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	60.39mg
<b>Carbohydrates</b>	21.29g
<b>Fiber</b>	1.39g
<b>Sugar</b>	14.97g
<b>Protein</b>	0.78g
<b>Vitamin A</b> 375.00IU	<b>Vitamin C</b> 0.30mg
<b>Calcium</b> 0.70mg	<b>Iron</b> 0.28mg

# Breaded Mozzarella Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11813
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	143261

## Preparation Instructions

About 10 servings per bag,  
About 80 servings per case.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

#### Amount Per Serving

<b>Calories</b>	310.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 578.00IU	<b>Vitamin C</b> 0.93mg
<b>Calcium</b> 516.00mg	<b>Iron</b> 1.77mg

# Pepperoni Pizza Pasta Bake

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12144
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR 2-10 KE	1 1/2 Pound	654550
OIL SALAD CLR 35 KE	1/4 Cup	578509
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon	224839
SALT IODIZED 25 CARG	1 1/2 Teaspoon	108286
EGG LIQ SUB FF CHOLEST FR 12-2	1 3/4 Cup	121216
SAUCE SPAGHETTI FCY 6-10 REDPK	1/2 #10 CAN	852759
CHEESE MOZZ SHRD 4-5 LOL	32 Ounce	645170
PEPPERONI SLCD 14-16/Z 2-5 GCHC	4 Ounce	729981

## Preparation Instructions

Make sure egg product is thawed.

Once you prepare the pasta, pour into a greased, shallow, full-sized pan. You do not want to use a deep pan because the toppings won't be enough.

Mix with egg, oil, and spices. Bake at 350 for ten minutes.

Remove from oven.

Top with sauce, cheese, and pepperoni.

Bake at 350 degrees for another 15- 20 minutes or until cheese is melty and bubbly.

Cut 4x6 for 24 servings.

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 239.26

**Fat** 9.00g

**SaturatedFat** 3.33g

<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	616.65mg
<b>Carbohydrates</b>	27.36g
<b>Fiber</b>	2.86g
<b>Sugar</b>	5.35g
<b>Protein</b>	12.97g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 189.59mg	<b>Iron</b> 1.34mg

# Broccoli-Potato Cheese Soup

<b>Servings:</b>	90.00	<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-12152
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
POTATO CUBES NAT 6-6 GCHC	5 Pound	412060
SAUCE CHS WHT BLND 6-106Z LOL	106 Ounce	235631
Skim Milk -Gallon	1 Gallon	139
CHEESE CHED SHRD 6-5 COMM	10 Ounce	199720
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon	224839
BROCCOLI FZ 30 COMM	5 Pound	549292

## Preparation Instructions

Recipe yields- 90- 4.75 ounce servings

Step 1: In a deep full steam table pan combine thawed potatoes, white cheese sauce, milk, cheese, and garlic powder.

Step 2: Cover and heat on full steam about 45 minutes until potatoes are tender.

Step 3: Add thawed broccoli.

Step 4: Cover, continue cooking about 15 minutes, until soup reaches 165F.

Step 5: Serve about 4 ounces with crackers on the side.

### Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 507.47

**Fat** 34.23g

**SaturatedFat** 21.95g

**Trans Fat** 0.00g

**Cholesterol** 97.56mg

**Sodium** 1988.31mg

**Carbohydrates** 13.84g

<b>Fiber</b>		1.84g	
<b>Sugar</b>		0.66g	
<b>Protein</b>		30.78g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1136.32mg	<b>Iron</b>	0.06mg

# Red Jello Treat

<b>Servings:</b>	24.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12155
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	2 Quart	000001WTR
GELATIN MIX ASST RED 12-24Z GCHC	24 Ounce	500135
100% Apple Juice	2 Quart	
TOPPING WHIP I/BG 12-16Z ONTOP	1 Tablespoon	330442

## Preparation Instructions

DISSOLVE CONTENTS OF 24OZ PKG IN 2 QUARTS OF VERY HOT WATER (160-180 BEST).

ADD 2 QUARTS OF COLD JUICE AND STIR AGAIN.

POUR INTO INDIVIDUAL DISHES, MOLDS OR A SHALLOW PAN.

CHILL UNTIL FIRM, 4 HOURS OR OVER NIGHT.

Top with a dollop of On Top whipped cream.

This counts as their fruit serving for the day.

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 4.00 Ounce

### Amount Per Serving

**Calories** 36.77

**Fat** 0.04g

**SaturatedFat** 0.04g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 42.71mg

**Carbohydrates** 8.83g

**Fiber** 0.00g

**Sugar** 8.83g

**Protein** 0.50g

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



**Calcium** 0.71mg **Iron** 0.04mg

# Zesty Breaded Orange Chicken

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12192
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CHIX CHNK BRD W/ORNG SCE CKD 5-5.4	5 2/5 Pound	746931

## Preparation Instructions

Cook chicken, hold at 135F or higher. Do not mix chicken with sauce until right before service to avoid the chicken getting soggy. Batch cook.

One bag of chicken to one bag of sauce.

One 5.4 lb. bag of chicken should yield 20- 4 ounce servings. This is 4 ounce by WEIGHT. Please weigh 4 ounce of chicken to determine what size scoop to use.

About 100 servings per case.

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

**Calories** 241.92

**Fat** 12.96g

**SaturatedFat** 2.59g

**Trans Fat** 0.00g

**Cholesterol** 95.04mg

**Sodium** 311.04mg

**Carbohydrates** 10.37g

**Fiber** 0.00g

**Sugar** 6.91g

**Protein** 19.87g

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

**Calcium** 19.87mg **Iron** 0.86mg

# Breaded Mozzarella Sticks

<b>Servings:</b>	84.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12193
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	504 Each	143261

## Preparation Instructions

About 10.5 servings per bag

About 84 servings per case

Serve in 8 oz paper boat.

### Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 6.00 Each

#### Amount Per Serving

<b>Calories</b>	310.00
<b>Fat</b>	11.00g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 578.00IU	<b>Vitamin C</b> 0.93mg
<b>Calcium</b> 516.00mg	<b>Iron</b> 1.77mg

# Orange Dreamsicle Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12194
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Pound	811500
JUICE ORNG 100 4-1GAL HV	4 Cup	693671
APPLESAUCE UNSWT 6-10 COMM	4 Cup	549280

## Preparation Instructions

Refrigerate until serving at 41F or lower.

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Fluid Ounce

#### Amount Per Serving

**Calories** 134.47

**Fat** 0.38g

**SaturatedFat** 0.19g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 36.05mg

**Carbohydrates** 32.32g

**Fiber** 1.35g

**Sugar** 24.96g

**Protein** 2.57g

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

**Calcium** 72.16mg **Iron** 0.00mg

# Ham & Cheese Sammy on Bagel

<b>Servings:</b>	1.00	<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-12196
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 Slice	556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BAGEL PLAIN SLCD 2.8Z 15-6CT GCHC	1 Each	175600

## Preparation Instructions

1. Thaw ham according to directions. CCP: Keep cold 41F or below.
2. Place 3 slices of ham and 1 slice of cheese between the two bagel halves.
3. Wrap in seran wrap or deli paper.
- 4.. Serve chilled, hold at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	287.50		
<b>Fat</b>	5.75g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.50mg		
<b>Sodium</b>	900.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.90mg
<b>Calcium</b>	156.00mg	<b>Iron</b>	2.54mg

# Zesty Breaded Orange Chicken

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12208
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
CHIX CHNK BRD W/ORNG SCE CKD 5-5.4	5 2/5 Pound	746931

## Preparation Instructions

Cook chicken, hold at 135F or higher. Do not mix chicken with sauce until right before service to avoid the chicken getting soggy. Batch cook.

One bag of chicken to one bag of sauce.

One 5.4 lb. bag of chicken should yield 20- 4 ounce servings. This is 4 ounce by WEIGHT. Please weigh 4 ounce of chicken to determine what size scoop to use.

About 100 servings per case.

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	241.92		
<b>Fat</b>	12.96g		
<b>SaturatedFat</b>	2.59g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.04mg		
<b>Sodium</b>	311.04mg		
<b>Carbohydrates</b>	10.37g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	6.91g		
<b>Protein</b>	19.87g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	19.87mg	<b>Iron</b>	0.86mg

# Spicy Cajun Chicken Pasta w/ Cheese Sauce

<b>Servings:</b>	16.00	<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-12209
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 1/2 Pound	570533
SEASONING CAJUN 22Z TRDE	3 Tablespoon	514012
ONION RED JUMBO 10 MRKN	1 1/4 Pound	596973
SAUCE CHS WHT BLND 6-106Z LOL	30 Ounce	235631
PEPPERS RED & GREEN STRIPS 6-10 P/L	1 Ounce	182550
PEAS & CARROT 12-2.5 GCHC	1 1/2 Pound	119458
PASTA ROTINI 2-10 KE	25 Ounce	635511

## Preparation Instructions

- 1- Season diced chicken with half the cajun seasoning and set aside.
- 2- Sautee onions in pan until soft.
- 3- Add white cheese sauce to pan, add pureed peppers, and remaining cajun seasoning.
- 4- Add pre-seasoned chicken and heat over medium heat until flavors mix and sauce reaches 165 F>
- 5- Cook pasta according to package directions.
- 6- One serving is 4 ounces noodles with 4 ounce of sauce on top. Do not serve too early or pasta will get soggy. Hold at 135 F.

### Nutrition Facts

Servings Per Recipe: 16.00  
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	992.90
<b>Fat</b>	55.78g
<b>SaturatedFat</b>	34.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	177.50mg
<b>Sodium</b>	3276.67mg

<b>Carbohydrates</b>	53.53g
<b>Fiber</b>	2.61g
<b>Sugar</b>	3.43g
<b>Protein</b>	60.12g
<b>Vitamin A</b> 6.96IU	<b>Vitamin C</b> 3.38mg
<b>Calcium</b> 1826.96mg	<b>Iron</b> 2.26mg



# Philly Cheesesteak Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12212
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	2 3/4 Ounce	593591
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940
BUN SUB SLCD 6 12-6CT GCHC	1 Each	219670

## Preparation Instructions

Preparation Method:

Convection Oven: Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen.

Steamer: If frozen, heat for 40 - 50 minutes. If thawed, heat for 15- 20 minutes.

Open hoagie, line with 2.75 ounce meat. Top with 1 slice of cheese split in half.

Wrap in foil wrapper.

Keep at 135F for holding for service.

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	336.67		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.46g		
<b>Cholesterol</b>	30.83mg		
<b>Sodium</b>	961.67mg		
<b>Carbohydrates</b>	33.50g		
<b>Fiber</b>	1.92g		
<b>Sugar</b>	5.17g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	91.67IU	<b>Vitamin C</b>	8.25mg
<b>Calcium</b>	165.34mg	<b>Iron</b>	2.22mg

# KFC Popcorn Chicken Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12218
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Each	327120
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup	613738
CORN 6-10 CMDTY	1/4 Cup	120483
CHEESE CHED SHRD 6-5 COMM	1 Tablespoon	199720
GRAVY MIX CHIX LO SOD 6-32Z HHL	1 Fluid Ounce	574732

## Preparation Instructions

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	695.67
<b>Fat</b>	22.05g
<b>SaturatedFat</b>	5.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.67mg
<b>Sodium</b>	2417.02mg
<b>Carbohydrates</b>	101.17g
<b>Fiber</b>	9.21g
<b>Sugar</b>	2.33g
<b>Protein</b>	27.10g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	84.64mg	<b>Iron</b>	3.38mg

# Seasoned Black Beans

<b>Servings:</b>	50.00	<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-12221
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	1 Gallon	231981
SALT IODIZED 12-26Z DIAC	2 Tablespoon	392473
SPICE CILANTRO 4Z TRDE	3/4 Cup	565903

## Preparation Instructions

Drain beans, mix with salt. Heat to internal temp of 135F. Hold at 135F. Sprinkle with cilantro when finished. Serve with 4 oz spoodle.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 76.80

**Fat** 0.32g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 89.60mg

**Carbohydrates** 14.72g

**Fiber** 3.84g

**Sugar** 0.64g

**Protein** 4.48g

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

**Calcium** 38.40mg **Iron** 1.15mg

# Southern Style Chicken Chunks

<b>Servings:</b>	137.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12229
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK BRD WGRAIN .66Z 4-7	685 Each	558040

## Preparation Instructions

1 cs has about 685 nuggets= 137 servings per case

Cook as directed.

Boat in 1# paper boat with IW mini waffles #284811

Serve syrup on side.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 137.00

Serving Size: 5.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	470.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.00mg	<b>Iron</b>	2.00mg

# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12231
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
Hot Dog Bun Nickles	1 bun	
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each	154792

## Preparation Instructions

WASH HANDS.

Can be steamed or cooked in 350F oven. Do not over cook because hot dogs will split.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

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

2. Serve within 3 hours.

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 290.00

**Fat** 32.00g

**SaturatedFat** 6.00g

**Trans Fat** 0.00g

**Cholesterol** 35.00mg

**Sodium** 760.00mg

**Carbohydrates** 21.00g

**Fiber** 0.00g

**Sugar** 1.00g

**Protein** 10.00g

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

**Calcium** 8.47mg **Iron** 0.59mg

# Asian Mashed Potato Bowl

<b>Servings:</b>	80.00	<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-12278
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	56 Ounce	613738
BEEF DIPPERS WONDER BITE 400-.7Z PIER	320 Each	770817
PEPPERS RED & GREEN STRIPS 6-10 P/L	1 1/4 Gallon	182550

## Preparation Instructions

- 1) Make potatoes according to package directions.
  - 2) Bake beef at 350F until temp reaches 165F for 15 seconds.
  - 3) Drain and rinse peppers. Steam just until hot.
  - 4) Place 1 cup of potatoes in a 12 ounce container. Place 4 pieces of beef over potatoes. Top with 1/4 cup peppers.
- \* May serve beef gravy on the side if kids would like that.

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 239.98

**Fat** 9.00g

**SaturatedFat** 3.50g

**Trans Fat** 0.00g

**Cholesterol** 35.00mg

**Sodium** 760.00mg

**Carbohydrates** 24.00g

**Fiber** 2.00g

**Sugar** 8.00g

**Protein** 14.00g

**Vitamin A** 499.62IU **Vitamin C** 47.95mg

**Calcium** 30.00mg **Iron** 3.54mg



# Ultimate Turkey Pot Pie w/ Biscuit Topper

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12279
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY 4-7	28 Pound	722460
VEGETABLES MXD 6-10 GFS	2 #10 CAN	119059
Black Pepper	2 Tablespoon	24108
SEASONING ITAL HRB 6Z TRDE	1 Tablespoon	428574
DOUGH BISC CNTRY STYL 240-2.5Z RICH	100 Each	609293

## Preparation Instructions

Use 4 shallow, full sized pans. One bag of gravy per pan.

Bake at 350 F until internal temp reaches 165F.

Serve 8 ounce of mixture with 1 biscuit on top.

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	381.12		
<b>Fat</b>	17.72g		
<b>SaturatedFat</b>	8.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	61.60mg		
<b>Sodium</b>	1316.43mg		
<b>Carbohydrates</b>	31.86g		
<b>Fiber</b>	1.52g		
<b>Sugar</b>	3.55g		
<b>Protein</b>	22.44g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	55.52mg	<b>Iron</b>	2.15mg

# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12301
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
Hot Dog Bun Nickles	1 bun	
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each	154792

## Preparation Instructions

WASH HANDS.

Can be steamed or cooked in 350F oven. Do not over cook because hot dogs will split.

1. Place 1 hot dog in each bun.

Convection oven: 350°F

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

2. Serve within 3 hours.

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 290.00

**Fat** 32.00g

**SaturatedFat** 6.00g

**Trans Fat** 0.00g

**Cholesterol** 35.00mg

**Sodium** 760.00mg

**Carbohydrates** 21.00g

**Fiber** 0.00g

**Sugar** 1.00g

**Protein** 10.00g

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

**Calcium** 8.47mg **Iron** 0.59mg

# Baja Fish Sticks- Nacho Flavored

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12388
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	4 Each	715051

## Preparation Instructions

80 servings per case

place 4 sticks in 8 ounce boat for service

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

#### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	400.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

# Crispy Chicken Fries

<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	7.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12393

## Ingredients

Description	Measurement	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	30 Pound	283562

## Preparation Instructions

Lay sticks in even layer on pan. Do not pile on top of each other or product will not crisp.

Serve in 4 oz paper boat. 7 sticks to an order.

Keep warm at 135 F or higher.

About 24 servings per bag. 144 servings per case.

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 7.00 Each

#### Amount Per Serving

**Calories** 227.51

**Fat** 13.13g

**Saturated Fat** 2.19g

**Trans Fat** 0.00g

**Cholesterol** 21.88mg

**Sodium** 297.52mg

**Carbohydrates** 14.00g

**Fiber** 2.63g

**Sugar** 0.88g

**Protein** 13.13g

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

**Calcium** 1.75mg **Iron** 8.75mg

# Cheeseburger Mini Sliders

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12407
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CHEESEBURGER MINI TWIN 80-5.5Z COMM	160 Each	641270

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Package

#### Amount Per Serving

**Calories** 360.00

**Fat** 15.00g

**Saturated Fat** 7.00g

**Trans Fat** 1.00g

**Cholesterol** 50.00mg

**Sodium** 710.00mg

**Carbohydrates** 39.00g

**Fiber** 4.00g

**Sugar** 8.00g

**Protein** 19.00g

**Vitamin A** 500.00IU **Vitamin C** 18.00mg

**Calcium** 150.00mg **Iron** 3.60mg

# Fish & Chips Basket

<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-12692
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z 10	1 Each	519420
FRIES WEDGE SEAS 6-5 LAMB	1/2 Cup	457558
SAUCE TARTAR DIPN CUP 100-1Z PPI	1 Each	316687
DOUGH BISC CNTRY STYL 240-2.5Z RICH	1 Each	609293

## Preparation Instructions

Place one fish filets and wedges in a 2# boat. Serve tartar on side. Hold at 135F or higher.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	610.00		
<b>Fat</b>	32.00g		
<b>SaturatedFat</b>	9.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	1459.99mg		
<b>Carbohydrates</b>	63.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	3.34mg

# Fish & Chips

<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-12696
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	327162
FRIES WEDGE SEAS 6-5 LAMB	1/2 Cup	457558
SAUCE TARTAR DIPN CUP 100-1Z PPI	1 Each	316687

## Preparation Instructions

Place two fish filets and wedges in a 2# boat. Serve tartar on side. Hold at 135F or higher.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	420.00		
<b>Fat</b>	23.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	789.99mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	2.08mg



# Hummus w/ Flatbread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12835
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
HUMMUS CUP RSTD RED PEPPER 120-3Z	1 Each	601133
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	1 Each	696831
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

## Preparation Instructions

Put 1 cup of hummus, 1 cheese stick and 1 flat bread (cut into triangles) in a 8 ounce boat for service.  
Serve at room temperature, not in hot or cold well.

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	435.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	278.00mg	<b>Iron</b>	1.44mg

# Soft Pretzels Filled w/ Cheese

<b>Servings:</b>	66.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12844
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
PRETZEL SFTSTIX CHS 200-.75Z J&J	198 Each	555347

## Preparation Instructions

BAKE FROM FROZEN STATE: BAKE FOR 10 12 MINUTES AT 350 DEGREES

Serve 3 pretzles in a 6 ounce paper boat.

### Nutrition Facts

Servings Per Recipe: 66.00

Serving Size: 3.00 Each

#### Amount Per Serving

**Calories** 195.00

**Fat** 4.50g

**Saturated Fat** 2.25g

**Trans Fat** 0.00g

**Cholesterol** 15.00mg

**Sodium** 405.00mg

**Carbohydrates** 33.00g

**Fiber** 1.50g

**Sugar** 1.50g

**Protein** 6.00g

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

**Calcium** 60.00mg **Iron** 1.62mg

# Maple Cinnamon French Toast Bites

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14878

## Ingredients

Description	Measurement	DistPart #
FRENCH TST BITES WGRAIN 384-.51Z	384 Each	391073
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Cup	565911

## Preparation Instructions

Basic Preparation

Heat in oven at 375 degrees F for 2-3 minutes.

Finish: Roll in granulated sugar/cinnamon mix immediately.

4 balls= 2 grains

96 servings/case

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 4.00 Each

#### Amount Per Serving

**Calories** 253.33

**Fat** 16.00g

**Saturated Fat** 6.67g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 360.00mg

**Carbohydrates** 27.33g

**Fiber** 1.33g

**Sugar** 11.33g

**Protein** 2.00g

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

**Calcium** 0.00mg **Iron** 0.48mg

# Pork Sausage 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-14879

## Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	250 Each	109000

## Preparation Instructions

250 servings per case

### Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 70.00

**Fat** 5.00g

**SaturatedFat** 1.50g

**Trans Fat** 0.00g

**Cholesterol** 25.00mg

**Sodium** 260.00mg

**Carbohydrates** 0.00g

**Fiber** 0.00g

**Sugar** 0.00g

**Protein** 7.00g

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

**Calcium** 20.00mg **Iron** 0.36mg

# Oven Roasted Hot Dog

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14880
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	80 Each	154792
BUN HOT DOG WHEAT WHL 12-12CT GCHC	80 Each	517830

## Preparation Instructions

### Thawing Instructions

FROZEN PRODUCT, THAW UNDER REFRIGERATION AT 40 DEGREE F OF LESS.

### Shelf Life

FROZEN= 210 DAYS

### Basic Preparation

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F. CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS

80 servings per case

Bun- GFS#517830 144 ct in case

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 290.00

**Fat** 18.50g

**SaturatedFat** 6.00g

**Trans Fat** 0.00g

**Cholesterol** 35.00mg

**Sodium** 685.00mg

**Carbohydrates** 22.00g

**Fiber** 3.00g

**Sugar** 4.00g

**Protein** 10.00g

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

**Calcium** 53.47mg **Iron** 1.59mg

# Blue Raspberry Shiver Shock Smoothie w/ UBR

<b>Servings:</b>	53.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14887
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CONC BLUE RASP 100% 4+1 6-64FLZ	64 Fluid Ounce	194313
Tap Water for Recipes	256 Fluid Ounce	000001WTR
YOGURT VAN L/F PARFPR 6-4 YOPL	40 Cup	811500
ROUND BKFST UBR IW 126-2.2Z RICH	1 Each	129001

## Preparation Instructions

Mix smoothie together according to directions.

Should yield 53- 12 ounce smoothies.

Concentrate is shelf stable, until mixed with water. Then, good for 2 weeks.

Once mixed with yogurt good for 3 days in 41F refrigeration or less.

Pour 12 ounces into 16 ounce cup- 672312 ,lid- 792201,

Smoothie accounts for 2 MA, 1 Fruit , UBR= 2G

## Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 12.00 Ounce

### Amount Per Serving

**Calories** 192.21

**Fat** 1.28g

**SaturatedFat** 0.62g

**Trans Fat** 0.00g

**Cholesterol** 0.09mg

**Sodium** 96.40mg

**Carbohydrates** 40.28g

**Fiber** 0.32g

**Sugar** 29.37g

**Protein** 5.73g

**Vitamin A** 0.15IU **Vitamin C** 9.06mg

**Calcium** 204.68mg **Iron** 0.09mg



# Jumbo Chicken Drumstick

<b>Servings:</b>	168.00	<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-14888
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	168 Piece	603391

## Preparation Instructions

Serve with tongs on student tray.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	220.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	19.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	1.00mg

# Flaky Homestyle Biscuit

<b>Servings:</b>	240.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14889
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
DOUGH BISC CNTRY STYL 240-2.5Z RICH	240 Each	609293

## Preparation Instructions

1. PAN FROZEN DOUGH ON PAPER LINED OR GREASED PAN WITH POINTS TOUCHING WIDTH- WISE OF PAN WITH SIDES TOUCHING LENGTH-WISE ON PAN.

DO NOT PAN IN HONEY-COMB OR NESTED CONFIGURATION. ,

BAKE UNTIL GOLDEN BROWN. CONVECTION OVEN: 325 F FOR APPROXIMATELY 15 - 20 MINUTES

Hold at 135F for service. Put in hot well.

Do not serve room temperature.

Serve with tongs.

## Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	740.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.44mg

# Chili Mac

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14890
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	5 Pound	344012
Tap Water for Recipes	4 Cup	000001WTR
PASTA ELBOW MACAR 2-10 KE	1 1/4 Pound	654550
CHEESE CHED SHRD 6-5 COMM	17 Ounce	199720

## Preparation Instructions

Hold at 135F.

Serve 1 cup portion into 10 oz. foam bowl #184802.

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

#### Amount Per Serving

**Calories** 300.34

**Fat** 11.58g

**SaturatedFat** 6.27g

**Trans Fat** 0.00g

**Cholesterol** 46.77mg

**Sodium** 319.30mg

**Carbohydrates** 31.29g

**Fiber** 3.74g

**Sugar** 4.43g

**Protein** 17.52g

**Vitamin A** 859.01IU **Vitamin C** 13.04mg

**Calcium** 39.99mg **Iron** 3.06mg

# Honey Corn Bread

<b>Servings:</b>	48.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14891
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	6 Cup	000001WTR
CORNBREAD MIX HONEY 6-5 GENM	5 Pound	518921

## Preparation Instructions

Spray a full sized sheet pan with non-stick spray. Pour 1 box of mixture into a sheet pan.

Cook.

Cut into 48 squares.

8 rows long x 6 squares wide

1 square per serving

Easiest to cut long ways first. Start by cutting the pan in half, then half again to make 4 rows, then half of each of the remaining rows.

Serve warm at 135F. Serve with tongs.

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 58.33

**Fat** 1.46g

**SaturatedFat** 0.63g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 129.17mg

**Carbohydrates** 10.42g

**Fiber** 0.42g

**Sugar** 3.33g

**Protein** 0.83g

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

**Calcium** 12.50mg **Iron** 0.46mg

# Steak Strips

<b>Servings:</b>	142.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14892
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
BEEF TERIYAKI DIPPERS .7Z 5-5 COMM	570 Each	136591

## Preparation Instructions

Serve with 4 ounce mashed potatoes & 1 ounce gravy in 10 ounce boat #184802.

### Nutrition Facts

Servings Per Recipe: 142.00

Serving Size: 4.00 Each

#### Amount Per Serving

<b>Calories</b>	160.56
<b>Fat</b>	8.03g
<b>SaturatedFat</b>	3.51g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	40.14mg
<b>Sodium</b>	441.55mg
<b>Carbohydrates</b>	6.02g
<b>Fiber</b>	1.00g
<b>Sugar</b>	4.01g
<b>Protein</b>	14.05g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.07mg	<b>Iron</b> 1.45mg

# Beef Gravy

<b>Servings:</b>	71.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14895
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	1 Gallon	000001WTR
GRAVY MIX BROWN 8-14Z FTHLL	14 Ounce	425915

## Preparation Instructions

Serving size 2 ounces.

1 bag of gravy +1 gal of water yields 71- 2 ounce servings

1 case of gravy yields 568- 2 ounce servings

### Nutrition Facts

Servings Per Recipe: 71.00

Serving Size: 2.00 Fluid Ounce

#### Amount Per Serving

**Calories** 15.77

**Fat** 0.00g

**Saturated Fat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 252.39mg

**Carbohydrates** 3.15g

**Fiber** 0.00g

**Sugar** 0.00g

**Protein** 0.00g

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

**Calcium** 31.55mg **Iron** 0.00mg

# Bean & Cheese Burrito

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14897
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
BURRITO BEAN/CHS WGRAIN 96-4.5Z	96 Each	150852
CHEESE CHED SHRD 6-5 COMM	4 Cup	199720

## Preparation Instructions

For best results, thaw product prior to baking.

Spray full sized sheet pan with non-stick spray. Line pan with single layer of burritos.

Cook for 15 minutes at 300F.

Take out of oven, top with cheese, place back in oven for 5 minutes or until cheese is melted.

Serve in 1# boat.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	347.67		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	643.33mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	9.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	2.70mg



# Cheddar Cheese Sauce

<b>Servings:</b>	35.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14901
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	106 Fluid Ounce	135261

## Preparation Instructions

Cup up 3 ounce of cheese in corner of the plastic tray #220530.

Place nachos or pretzel in larger portion of tray.

Portion cheese right before service to keep hot at 135F.

35 servings per bag

210 servings per case

### Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 3.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	151.43
<b>Fat</b>	10.60g
<b>SaturatedFat</b>	6.81g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.29mg
<b>Sodium</b>	605.71mg
<b>Carbohydrates</b>	4.54g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	7.57g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 316.49mg	<b>Iron</b> 0.00mg

# Broccoli Cheddar Soup

<b>Servings:</b>	32.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14902
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
SOUP CHS BROCCOLI FRSH 2-8 GCHC	256 Fluid Ounce	173030

## Preparation Instructions

Serve in 10 ounce foam bowl.

Hold at 135F.

32 servings/ case

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 8.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	170.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	1120.00mg
<b>Carbohydrates</b>	13.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 240.00mg	<b>Iron</b> 0.30mg

# Chicken Fries

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	14.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14903
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	1116 Each	283562

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 14.00 Each

#### Amount Per Serving

**Calories** 453.38

**Fat** 26.16g

**Saturated Fat** 4.36g

**Trans Fat** 0.00g

**Cholesterol** 43.59mg

**Sodium** 592.88mg

**Carbohydrates** 27.90g

**Fiber** 5.23g

**Sugar** 1.74g

**Protein** 26.16g

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

**Calcium** 3.49mg **Iron** 17.44mg

# Tostito Round Chips

<b>Servings:</b>	104.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14904
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CHIP TORTL RND R/F 104-.88Z TOSTIT	104 Package	284751

## Preparation Instructions

Serve with nacho cheese sauce in tray #220530.

### Nutrition Facts

Servings Per Recipe: 104.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	100.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.00mg	<b>Iron</b>	0.00mg

# Dinner Roll

<b>Servings:</b>	288.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18222
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
DOUGH ROLL WGRAIN 288-1.25Z RICH	288 Each	237702

## Preparation Instructions

### Basic Preparation

PAN IN 48 CLUSTERS OR 24 (4X6) SINGLES ON A LINED SHEET PAN. ONCE THAWED, PROOF FOR 50 MINUTES IN warming oven/Crescor.

BAKE AT 375°F IN CONVECTION OVEN FOR 10-12 MINUTES.

Keep on warm serving line at 135F.

Serve with tongs.

## Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 80.00

**Fat** 1.50g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 70.00mg

**Carbohydrates** 14.00g

**Fiber** 2.00g

**Sugar** 2.00g

**Protein** 3.00g

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

**Calcium** 0.00mg **Iron** 0.36mg

# Hamburger Bun WG

<b>Servings:</b>	120.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18223
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	120 Each	517810

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 140.00

**Fat** 2.00g

**Saturated Fat** 0.50g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 150.00mg

**Carbohydrates** 26.00g

**Fiber** 4.00g

**Sugar** 4.00g

**Protein** 5.00g

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

**Calcium** 63.00mg **Iron** 1.00mg

# Penne Pasta

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18234
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
PASTA PENNE RIGATE 2-10 FAMOSO	5 Pound	418121

## Preparation Instructions

On Stove Top Boiling Water:

For each pound of pasta bring 1 gallon of water to a full rolling boil.

Gradually add pasta to boiling water, stir gently and return to a full boil.

Leave the pot uncovered and keep water at a constant boil. Stir occasionally to prevent pasta from sticking.

Taste the pasta two minutes before the recommended cook time elapses to check for preferred tenderness.

Pasta should be firm to the bite or "al dente" because it will soften on steam table. Drain pasta immediately, pour into hotel pan and add a little oil to avoid sticking.

Serve with 4 ounce slotted spoodle.

Cook times 9-12 minutes.

In Steamer:

Steaming is the best way to batch-cook pasta in a cafeteria kitchen. To steam pasta, first place a 4 inch full size perforated pan inside a 4 inch full size solid pan. Fill the perforated pan with 2-3 pounds of pasta. Cover pasta completely with warm water to speed the cooking process. Cook according to the recipe or pasta manufacturers directions in the steamer. Pasta should be cooked to al dente, meaning to the tooth. Pasta should still have a bite, and not be mushy. Drain the cooking water as quickly as possible by rolling a cart near the steamer to transport pasta pan to the sink. Pull the perforated pan out of the solid pan to drain. Discard water. If pasta will be served or held separately from the sauce, toss with a little oil or pan release spray. This will help prevent the pasta from sticking. Never rinse pasta that is meant to be served hot. If needed, hold pasta in a cabinet no longer than 1 hour. Otherwise, transfer immediately to the serving line. You should have hot water in your serving well with the pan sunk down into the well to keep the pasta steamed.

Pasta should be held separately from the sauce.

Pasta should be served with a 4 ounce spoodle.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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#### Amount Per Serving

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**Calories** 160.00

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<b>Fat</b>	0.80g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	1.60g		
<b>Protein</b>	5.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.20mg	<b>Iron</b>	0.80mg



# Hoagie Bun

<b>Servings:</b>	96.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18235
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	96 Each	276142

## Preparation Instructions

Thaw and serve.

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 160.00

**Fat** 2.00g

**Saturated Fat** 0.50g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 190.00mg

**Carbohydrates** 29.00g

**Fiber** 2.00g

**Sugar** 4.00g

**Protein** 5.00g

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

**Calcium** 56.00mg **Iron** 2.00mg

# Ham & Cheese Hoagie

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18245
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 Slice	556121
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup	678791
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## Preparation Instructions

1. Thaw ham according to directions. CCP: Keep cold 41F or below.
  2. Place 1/4 c. lettuce across the length of the hoagie. Add 3 slices of ham across the center of the hoagie from one end to the other then top with 1 slice of cheese that is cut in half.
  3. Wrap in deli paper.
- Hold at 41F or less.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 250.00

**Fat** 6.25g

**Saturated Fat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 37.50mg

**Sodium** 671.25mg

**Carbohydrates** 30.50g

**Fiber** 2.25g

**Sugar** 4.75g

**Protein** 16.00g

**Vitamin A** 0.00IU **Vitamin C** 0.90mg

**Calcium** 154.50mg **Iron** 2.54mg

# Cheese Omelet

<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18249
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	144 Each	240080

## Preparation Instructions

### Thawing Instructions

THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE.

### Basic Preparation

CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

## Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	165.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	83.00mg	<b>Iron</b>	1.00mg

# Cheese Omelet

<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18250
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	144 Each	240080

## Preparation Instructions

### Thawing Instructions

THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE.

### Basic Preparation

CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

## Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	165.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	83.00mg	<b>Iron</b>	1.00mg

# Pepperoni Stromboli

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18251
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
STROMBOLI MT & CHS 72-4.2Z S&F	72 Each	474964

## Preparation Instructions

For best results, allow to thaw prior to cooking.

Do not refreeze.

Cook for 8-10 minutes in a 380 degree F Convection oven.

Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer.

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 260.00

**Fat** 10.00g

**SaturatedFat** 4.00g

**Trans Fat** 0.00g

**Cholesterol** 30.00mg

**Sodium** 640.00mg

**Carbohydrates** 29.00g

**Fiber** 3.00g

**Sugar** 4.00g

**Protein** 16.00g

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

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

# Nacho's with Dippy 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-18613
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	1 Ounce	163020
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup	135261

## Preparation Instructions

Use #220530 nacho tray for service

Place 1 ounce of chips in larger compartment= 10 chips

Scoop or ladle 1/4 cup of warm cheese into smaller compartment

Cheese should be scooped right before each line to avoid film resting on top of cheese.

Hold product at 135F or higher.

About 120 servings of chips per case.

180 servings of cheese per case

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 230.00

**Fat** 11.50g

**Saturated Fat** 5.00g

**Trans Fat** 0.00g

**Cholesterol** 20.00mg

**Sodium** 500.00mg

**Carbohydrates** 23.00g

**Fiber** 2.00g

**Sugar** 0.00g

**Protein** 7.00g

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

**Calcium** 249.00mg **Iron** 0.36mg

# Generals Chili Mac

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18664
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CHILI CINCINNATI STYLE 6-5 COMM	5 Pound	343990
PASTA ELBOW MACAR 2-10 KE	1 1/4 Pound	654550
CHEESE CHED SHRD 6-5 COMM	20 Ounce	199720

## Preparation Instructions

Hold sauce and noodles separately.

Cup right before service.

Cup up 4 ounce of noodles, top with 4 ounce of sauce.

Place 1 ounce cups of cheddar cheese on side for students to top themselves.

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	372.14		
<b>Fat</b>	20.97g		
<b>SaturatedFat</b>	10.23g		
<b>Trans Fat</b>	0.72g		
<b>Cholesterol</b>	68.71mg		
<b>Sodium</b>	438.03mg		
<b>Carbohydrates</b>	25.30g		
<b>Fiber</b>	1.72g		
<b>Sugar</b>	1.72g		
<b>Protein</b>	19.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.94mg	<b>Iron</b>	2.43mg

# Honey Corn Bread Biscuit

<b>Servings:</b>	168.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18665
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
DOUGH BISC HNY CORN WGRAIN 168-2.75Z	168 Each	576272

## Preparation Instructions

Serve 1 per student

### Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 230.00

**Fat** 10.00g

**SaturatedFat** 6.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 500.00mg

**Carbohydrates** 32.00g

**Fiber** 2.00g

**Sugar** 5.00g

**Protein** 4.00g

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

**Calcium** 0.00mg **Iron** 1.44mg



# Farm-Stand Blueberry French Toast Bake

<b>Servings:</b>	16.00	<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-19108
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
Pillsbury Whole Grain French Bread	16 Piece	93974
EGG LIQ SUB FF CHOLEST FR 12-2	32 Fluid Ounce	121216
YOGURT VAN L/F PARFPR 6-4 YOPL	64 Fluid Ounce	811500
cinnamon	2 Tablespoon	
BLUEBERRIES FZ WILD IQF 30 COMM	8 Cup	764740
SUGAR POWDERED 10X 12-2 PION	1/2 Cup	859740

## Preparation Instructions

### DIRECTIONS

1. Spray a 2-inch steam table pan (shallow pan) with release spray.
  2. Place eggs, yogurt and cinnamon In a medium mixing bowl. Mix thoroughly. Set aside.
  3. Slice French Bread lengthwise and place all halves in sprayed pan. Scatter 7 cups of blueberries evenly into the open French Bread.
  4. Pour the yogurt mixture evenly over the French Bread. Scatter remaining 1 cup of blueberries across the top.
  5. Cover well and refrigerate overnight.
  6. Bake in a 300° Convection oven for 1 hour or until knife slipped into the center comes out clean. The internal temperature will be about 190°.
  8. Let cool slightly then top with powdered sugar.
- Serve 2 halves (the entire french bread baguette) for one serving.  
Do not cook too far in advance or product will become mushy.  
Serve in 1# boat.

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

**Amount Per Serving**

<b>Calories</b>	372.50
<b>Fat</b>	4.75g
<b>SaturatedFat</b>	0.87g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	428.52mg
<b>Carbohydrates</b>	67.13g
<b>Fiber</b>	5.00g
<b>Sugar</b>	29.17g
<b>Protein</b>	16.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 253.07mg	<b>Iron</b> 6.94mg

# Homemade Blueberry Sauce

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19111
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
BLUEBERRIES FZ WILD IQF 30 COMM	2 Cup	764740
APPLESAUCE UNSWT 6-10 COMM	2 Cup	549280
cinnamon	1 Tablespoon	
SUGAR BEET GRANUL 25 GCHC	1/2 Cup	108588
Tap Water for Recipes	3 Cup	000001WTR
EXTRACT VANILLA PURE 1 PT MCORM	1/2 Teaspoon	150223

## Preparation Instructions

You will also need cornstarch for this recipe. 1/4 cup per 25 servings

### DIRECTIONS

1. Puree blueberries and apple sauce together.
2. Stir cinnamon, sugar and cornstarch together in a large saucepan. Gradually stir in water.
3. Add pureed fruit and stir to mix.
4. Bring mixture to a boil, reduce heat and simmer while stirring until mixture thickens.
5. Remove from heat and stir in vanilla extract.
6. Hold warm and ladle 2 oz portion over with Baked French Toast Bake

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

**Calories** 37.12

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.10mg		
<b>Carbohydrates</b>	9.92g		
<b>Fiber</b>	0.91g		
<b>Sugar</b>	8.32g		
<b>Protein</b>	0.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Marinated Steak Strips

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19113
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
BEEF DIPPERS WONDER BITE 400-.7Z PIER	4 Each	770817

## Preparation Instructions

Do not over cook.

Serve 4 strips to an order in 4 ounce boat.

17.5 # = 1 case, 1 case = 100 servings

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

#### Amount Per Serving

<b>Calories</b>	150.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	420.00mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 1.80mg

# Oven Roasted Chicken Wings

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19164
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	30 Pound	159883

## Preparation Instructions

Pre-heat oven to 350 degrees F, place frozen chicken pieces in a single layer on an ungreased baking pan, baked uncovered for 10 minutes (convection).

Serve 5 wings to an order in a 8 ounce paper boat.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 5.00 Each

#### Amount Per Serving

**Calories** 640.00

**Fat** 44.72g

**SaturatedFat** 10.40g

**Trans Fat** 0.00g

**Cholesterol** 280.00mg

**Sodium** 800.00mg

**Carbohydrates** 8.00g

**Fiber** 0.00g

**Sugar** 0.00g

**Protein** 42.40g

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

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

# Homemade Blueberry Muffin Bar

<b>Servings:</b>	32.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19173
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	5 1/2 Cup	000001WTR
MUFFIN MIX WGRAIN 6-4.5# GLDM	5 Pound	152191
BLUEBERRIES FZ WILD IQF 30 COMM	4 1/3 Cup	764740

## Preparation Instructions

Pour amount of water into mixing bowl. Add muffin mix.

Mix using a rubber spatula until blended. Fold in blueberries.

Deposit batter into a sprayed full sheet pan.

Bake at 350 for 15-20 minutes directed below, allow to cool and cut each pan into 32, 3x4-inch servings.

1 square= 1 serving

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 123.33

**Fat** 3.13g

**SaturatedFat** 1.56g

**Trans Fat** 0.00g

**Cholesterol** 1.56mg

**Sodium** 175.54mg

**Carbohydrates** 22.71g

**Fiber** 2.06g

**Sugar** 10.10g

**Protein** 1.25g

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

**Calcium** 9.38mg **Iron** 0.38mg

# Deli Ham & Cheese on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19175
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD .51Z 4-5.25 JENNO	3 Each	656891
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

## Preparation Instructions

1. Thaw ham according to directions. CCP: Keep cold 41F or below.
  2. Add 3 slices of ham folded on bottom bun. Top with Cheese. Top with top bun.
  3. Wrap in deli paper.
- Serve chilled, hold at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	3.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	900.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	23.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.80mg
<b>Calcium</b>	159.00mg	<b>Iron</b>	2.08mg



# Protein Pack: Hard Boiled Egg, String Cheese, Crackers & Grapes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19177
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	853800
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup	197831
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	194510

## Preparation Instructions

Assemble and then chill at 41F.

Container- #775530

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 306.27

**Fat** 12.27g

**SaturatedFat** 4.57g

**Trans Fat** 0.00g

**Cholesterol** 180.00mg

**Sodium** 396.67mg

**Carbohydrates** 35.67g

**Fiber** 1.73g

**Sugar** 22.33g

**Protein** 14.53g

**Vitamin A** 84.00IU **Vitamin C** 3.36mg

**Calcium** 312.76mg **Iron** 3.05mg

# American All-Star Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19178
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
BLUEBERRY 12-1PT P/L	1/4 Cup	451690
STRAWBERRY IQF 6-5 COMM	1/4 Cup	128272
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	811500

## Preparation Instructions

Layer 1/4 cup each of blueberries and strawberries in 9 oz plastic cup. #792220, lid #792201

Pipe 1/2 cup (4 oz) yogurt over berries.

Serve with 2 G Team Cheerios Cereal Bar on top of lid, or to side.

Keep at 41F or lower.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	153.04		
<b>Fat</b>	0.87g		
<b>SaturatedFat</b>	0.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	61.08mg		
<b>Carbohydrates</b>	33.38g		
<b>Fiber</b>	1.90g		
<b>Sugar</b>	22.67g		
<b>Protein</b>	4.01g		
<b>Vitamin A</b>	19.98IU	<b>Vitamin C</b>	3.59mg
<b>Calcium</b>	136.55mg	<b>Iron</b>	0.10mg

# Berry Delicious Chicken Salad w/ Croutons & Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19202
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	14 Each	327120
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170
CUCUMBER SELECT 24CT MRKN	3 Each	418439
BLUEBERRY 12-1PT P/L	1/4 Cup	451690
STRAWBERRY 8 MRKN	1/4 Cup	212768
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400
BREADSTICK FB 8 125CT NY	1 Each	509167

## Preparation Instructions

Assemble lettuce in clamshell #809401. Separate into each corner: cheese, cucumber, blueberries and strawberries. Then top with cooled chicken. Place breadstick in salad container.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Serve croutons in a basket on the side. Do not put in with salad.

Hold for service at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

#### Amount Per Serving

**Calories** 594.49

**Fat** 21.12g

**SaturatedFat** 4.67g

<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.83mg
<b>Sodium</b>	889.13mg
<b>Carbohydrates</b>	71.58g
<b>Fiber</b>	11.35g
<b>Sugar</b>	16.95g
<b>Protein</b>	31.30g
<b>Vitamin A</b> 108.77IU	<b>Vitamin C</b> 39.53mg
<b>Calcium</b> 285.22mg	<b>Iron</b> 9.53mg

# Berry Delicious Chicken Salad w/ Croutons & Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19204
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170
CUCUMBER SELECT 24CT MRKN	3 Each	418439
BLUEBERRY 12-1PT P/L	1/4 Cup	451690
STRAWBERRY 8 MRKN	1/4 Cup	212768
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	1 Package	175400
BREADSTICK FB 8 125CT NY	1 Each	509167

## Preparation Instructions

Assemble lettuce in clamshell #809401. Separate into each corner: cheese, cucumber, blueberries and strawberries. Then top with cooled chicken. Place breadstick in salad container.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Serve croutons in a basket on the side. Do not put in with salad.

Hold for service at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

#### Amount Per Serving

**Calories** 426.16

**Fat** 9.95g

**SaturatedFat** 2.75g

<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	790.79mg		
<b>Carbohydrates</b>	56.25g		
<b>Fiber</b>	7.85g		
<b>Sugar</b>	15.78g		
<b>Protein</b>	29.96g		
<b>Vitamin A</b>	108.77IU	<b>Vitamin C</b>	39.53mg
<b>Calcium</b>	252.72mg	<b>Iron</b>	8.19mg

# Beef Honey BBQ Rib Hoagie

<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-19319

## Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
BUN SUB SLCD 6 12-6CT GCHC	1 Each	219670

## Preparation Instructions

Place baked rib onto hoagie. Wrap in foil.

Hold at 135F or higher.

Ribs- 100 per case

Buns- 72 case

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	340.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	920.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	11.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 112.01mg	<b>Iron</b> 3.36mg

# Steak & Mashed Potato Bowl

<b>Servings:</b>	80.00	<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-19320

## Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	56 Ounce	613738
BEEF DIPPERS WONDER BITE 400-.7Z PIER	320 Each	770817

## Preparation Instructions

- 1) Make potatoes according to package directions.
- 2) Bake beef at 350F until temp reaches 165F for 15 seconds.
- 4) Place 1 cup of potatoes in a 12 ounce container. Place 4 pieces of beef over potatoes.  
Top with 1/4 cup gravy. See separate recipe for gravy.

Beef- 100 servings /case

### Nutrition Facts

Servings Per Recipe: 80.00  
Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	220.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	760.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.10mg



# Oven Roasted Chicken Wings

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19335

## Ingredients

Description	Measurement	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	30 Pound	159883
SAUCE BBQ 6-80FLZ SWTBRAY	1 Tablespoon	212071
SAUCE HOT 4-1GAL CRWNCOLL	1 Teaspoon	264471

## Preparation Instructions

Pre-heat oven to 350 degrees F, place frozen chicken pieces in a single layer on an ungreased baking pan, baked uncovered for 10 minutes (convection).

After baking toss in sauce. Using tongs, boat 5 wing into 1# paper boat.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 5.00 Each

#### Amount Per Serving

**Calories** 640.58

**Fat** 44.72g

**SaturatedFat** 10.40g

**Trans Fat** 0.00g

**Cholesterol** 280.00mg

**Sodium** 804.92mg

**Carbohydrates** 8.14g

**Fiber** 0.00g

**Sugar** 0.13g

**Protein** 42.40g

**Vitamin A** 0.00IU **Vitamin C** 0.02mg

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

# Fruit & Yogurt Parfait w/ Granola & Cereal Bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19343

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Fluid Ounce	811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	711664
STRAWBERRY IQF 30 COMM	1/4 Cup	150450
Wild Blueberries fzn	1/4 Cup	100243
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	265931

## Preparation Instructions

Place strawberries and blueberries in cup, top with 8 ounces of yogurt. \* Fruit on bottom so it doesn't weigh down the yogurt and look empty.

Place 2 Tablespoons of granola in insert cup.

Cover with lid and refrigerate.

Hold at 41F or less.

Serve Cereal Bar with for 2 Grains

Cup- 672312

Insert- 656521

Lid- 792210

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 525.55

**Fat** 7.99g

**SaturatedFat** 1.58g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 268.74mg

**Carbohydrates** 105.77g

**Fiber** 7.00g

**Sugar** 57.84g

<b>Protein</b>	11.30g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 468.66mg	<b>Iron</b> 4.93mg

# Ham & Cheese Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19345

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	3 Slice	690041
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup	678791
BUN SUB SLCD 6 12-6CT GCHC	1 Each	219670

## Preparation Instructions

1. Thaw ham according to directions. CCP: Keep cold 41F or below.
  2. Place 1/4 c. lettuce across the length of the hoagie. Add 3 slices of ham across the center of the hoagie from one end to the other then top with 1 slice of cheese that is cut in half.
  3. Wrap in deli paper.
- Hold at 41F or less.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 267.50

**Fat** 7.50g

**SaturatedFat** 2.75g

**Trans Fat** 0.00g

**Cholesterol** 52.50mg

**Sodium** 731.25mg

**Carbohydrates** 30.75g

**Fiber** 1.25g

**Sugar** 3.25g

**Protein** 17.25g

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

**Calcium** 170.51mg **Iron** 2.10mg

# Granny's Apple Pie Parfait

<b>Servings:</b>	26.00	<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-19666
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
APPLE SLCD 6-10 COMM	1 #10 CAN	120500
brown sugar	1 Cup	
cinnamon	1 Tablespoon	
YOGURT VAN L/F PARFPR 6-4 YOPL	13 Cup	811500
CRACKER GRHM HNY L/F 200-2CT NAB	2 Package	256137

## Preparation Instructions

The day before:

DO NOT DRAIN APPLES.

Stir cinnamon and brown sugar into apples with juice.

Add cornstarch. Stir

Heat in oven for 15 minutes until bubbly and thick.

Then chill sauce over night in fridge.

Assemble Parfait:

Squeeze 2 oz of yogurt in cup.

With slotted spoon. Top with 4 oz apples.

Top with 2 oz yogurt.

Drizzle sauce from apple mixture on top.

Serve with 2 packets of graham crackers on the side.

Keep at 41F or lower.

### Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 166.30

**Fat** 0.86g

<b>SaturatedFat</b>	0.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	75.03mg
<b>Carbohydrates</b>	36.07g
<b>Fiber</b>	1.99g
<b>Sugar</b>	25.83g
<b>Protein</b>	3.73g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 135.10mg	<b>Iron</b> 0.03mg

# Harvest Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19724

## Ingredients

Description	Measurement	DistPart #
Pepper Green	4 Slice	2162
Carrots Shredded 5#	2 Tablespoon	2767
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	2 Tablespoon	147270
Lettuce 70/30 Iceberg/Romaine 4/5#	1 Cup	2780
Baby Spinach	1 Cup	15R76
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
CRANBERRY DRIED 300-1.16Z COMM	1/2 Each	765981
Apple	1/3 Each	
BREADSTICK GARLIC 168CT NY 10081	1 Each	616500

## Preparation Instructions

1. Mix lettuces together in large bowl.
2. Place 2 cups of lettuce/spinach mixture into salad container.
3. Assemble individual salads by fanning grilled chicken strips in the middle of the lettuce.
4. On either side of the chicken, In neat rows, line the remaining ingredients.

From left to right as follows:

Dried Cranberries (1 Tbsp) Edamame (2 Tbsp) Shredded Carrots (1 Tbsp) Sliced Grilled Chicken (1 breast) Shredded Carrots (1 Tbsp), Green Peppers (4 strips) Sliced Apples (3 Strips) For Red, Green, Orange effect

5. Place breadstick inside salad container.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 313.33

**Fat** 9.33g

**SaturatedFat** 2.17g

**Trans Fat** 0.00g

<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	546.67mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	3.33g		
<b>Sugar</b>	13.67g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.67mg	<b>Iron</b>	2.50mg



# Apple Filling

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19747

## Ingredients

Description	Measurement	DistPart #
APPLE SLCD 6-10 COMM	1 #10 CAN	120500
Tap Water for Recipes	2 Quart	000001WTR
JUICE LEMON 8-48FLZ RLLEM	1/4 Cup	864061
SUGAR BEET GRANUL 25 GCHC	5 Cup	108588
STARCH CORN 24-1 ARGO	1/2 Cup	108413
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon	224723
SALT IODIZED 12-26Z DIAC	1 Teaspoon	392473
SPICE NUTMEG GRND 16Z TRDE	1 Teaspoon	224944

## Preparation Instructions

Prepare apple filling the day before for parfaits to chill down before assembly. For French toast this recipe can be made the day of and kept hot.

1. Drain apples, then in a bowl, toss with lemon juice.
2. Place water, sugar, cornstarch, cinnamon, salt, and nutmeg into a sauce pan. Stir to combine, then bring to a boil over medium heat, stirring often.

Boil for two minutes.

3. Add apples, turn down to simmer, and cover. Cook, stirring often, until apples soften. About 5-8 minutes.
4. Pour into 1/2 pan to cool. May put inside another half pan lined with ice sheets to cool faster. Cover and chill over night.

DO NOT put hot filling into parfaits as it will curdle the yogurt.

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	55.41
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g

<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.40mg		
<b>Carbohydrates</b>	14.24g		
<b>Fiber</b>	0.68g		
<b>Sugar</b>	12.66g		
<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

# Maple Glazed French Toast Sticks w/ Apple Topping

<b>Servings:</b>	42.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19762

## Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN MAPL 255CT	255 Each	555012
SUGAR POWDERED 10X 12-2 PION	0 Ounce	859740

## Preparation Instructions

Bake French toast sticks, then place 6 sticks in a 1# boat.  
Top with 2 ounces of warm apple filling. See additional recipe.  
Dust lightly with powdered sugar.

### Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 6.00 Each

#### Amount Per Serving

**Calories** 445.24

**Fat** 18.21g

**SaturatedFat** 4.05g

**Trans Fat** 0.00g

**Cholesterol** 222.62mg

**Sodium** 566.67mg

**Carbohydrates** 54.64g

**Fiber** 4.05g

**Sugar** 24.29g

**Protein** 16.19g

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

**Calcium** 12.14mg **Iron** 12.14mg

# Maple Glazed French Toast Sticks w/ Apple Topping

<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-19779

## Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN MAPL 255CT	3 Each	555012
SUGAR POWDERED 10X 12-2 PION	0 Ounce	859740
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	109000

## Preparation Instructions

84 servings per case of FT

250 servings per case of sausage pattys

Bake French toast sticks, then place 3 sticks in a 1# boat with a sausage patty.

Top FT with 2 ounces of warm apple filling. See additional recipe.

Dust lightly with powdered sugar.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	135.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	6.36mg

# Mighty Meatball Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19807
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
MEATBALL CKD 6-5 JTM	4 Each	135071
SAUCE MARINARA A/P 6-10 REDPK	2 Ounce	592714
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce	645170
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## Preparation Instructions

1. Heat meatballs & sauce according to directions. CCP: Hold Hot at 135F or higher
2. Portion 4 meatballs w/ sauce glazed over. Top meatballs with #30 scoop (2 Tbsp) of mozzarella cheese.
3. Wrap in foil wrapper.

1- 5# bag of meatballs makes 35 subs that have 4 meatballs each.

1-30# case of meatballs makes 210 subs

Bread =72 per case

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

**Calories** 356.03

**Fat** 13.00g

**Saturated Fat** 5.29g

**Trans Fat** 0.48g

**Cholesterol** 37.90mg

**Sodium** 662.91mg

**Carbohydrates** 36.36g

**Fiber** 4.23g

**Sugar** 8.16g

**Protein** 20.33g

**Vitamin A** 5.60IU **Vitamin C** 0.80mg

**Calcium** 200.33mg **Iron** 3.60mg

# Fall Iced Sugar Cookie

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19885
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
DOUGH CKY HARV 1.33Z 4-72CT GFS	1 Each	350491
ICING RTS VANILLA 2-11 GLDM	1 Tablespoon	696600

## Preparation Instructions

BAKE AT 300 degrees. NOT 350 or they will burn.

Ice when cool.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 75.00

**Fat** 2.50g

**Saturated Fat** 1.50g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 37.50mg

**Carbohydrates** 12.50g

**Fiber** 0.00g

**Sugar** 11.50g

**Protein** 0.00g

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

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

# Apple Slices

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19929

## Ingredients

Description	Measurement	DistPart #
Apple slices - 2 oz	1 1 pkg	04134

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	30.00		
<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>	7.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	35.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	0.00mg



# Generals Club Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20085

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	3 Slice	690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Slice	689541
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940
BACON CKD MED SLCD 3-100CT GFS	2 Slice	314196

## Preparation Instructions

1. Cook bacon separately to heat.

Then, Thaw ham/turkey a few days ahead in perforated pan to let the water run out of meat. CCP: Keep cold 41F or below.

2. Shingle meat on bottom bun. Top with 1 slice of cheese that's cut in half. Top with bacon.

3. Lay bun with meat on pan. Lay top bun, top down onto sheet tray in order to brown the top bun.

4. Heat in 400 degree oven for 5 minutes to melt cheese and brown bun.

5. Wrap in foil.

Hold at 135F or higher.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 263.42

**Fat** 14.14g

**SaturatedFat** 5.98g

**Trans Fat** 0.02g

**Cholesterol** 95.91mg

**Sodium** 1044.02mg

**Carbohydrates** 3.25g

**Fiber** 0.00g

**Sugar** 2.00g

**Protein** 29.33g

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

**Calcium** 75.00mg **Iron** 0.72mg

# Italiano Sub Sammy

<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-20086

## Ingredients

Description	Measurement	DistPart #
ROLL HOAGIE SLCD 872-4.95Z JTM VITOS	1 Each	104420
TURKEY ITAL COMBO SLCD 12-1 JENNO	2 Ounce	199721
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940
DRESSING ITAL 4-1GAL KE	1 Tablespoon	631420

## Preparation Instructions

1. Thaw deli meat a few days ahead in perforated pan to let the water run out of meat. CCP: Keep cold 41F or below.
  2. Shingle meat on bottom bun. Top with 1 slice of cheese that's cut in half.
  3. Lay bun with meat on pan. Lay top bun, top down onto sheet tray in order to brown the top bun.
  4. Heat in 400 degree oven for 5 minutes to melt cheese and brown bun.
  5. Wrap in foil.
- Hold at 135F or higher.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	524.20		
<b>Fat</b>	15.03g		
<b>SaturatedFat</b>	6.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.17mg		
<b>Sodium</b>	1583.00mg		
<b>Carbohydrates</b>	71.33g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	24.83g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.13mg
<b>Calcium</b>	194.67mg	<b>Iron</b>	5.88mg

# Sliced Holiday Turkey

<b>Servings:</b>	140.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20489
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	280 Each	563652

## Preparation Instructions

Re-heat from Thawed.

1. Place thawed product IN PACKAGING into steam table pan and place in steamer for 35-45 minutes. Do not cook too early or the product will dry out. Heat until internal temp is 140F.

2. Remove from steamer and serve hot at 135F or higher, hold in warming cabinet at 135F.

Oven method-

Cook at 325F. from thawed for 50min to 1:15 hr. until internal temp is 140F.

Each serving gets 2 slices of turkey

### Nutrition Facts

Servings Per Recipe: 140.00

Serving Size: 2.00 Each

#### Amount Per Serving

**Calories** 80.00

**Fat** 1.50g

**SaturatedFat** 0.50g

**Trans Fat** 0.00g

**Cholesterol** 35.00mg

**Sodium** 400.00mg

**Carbohydrates** 0.00g

**Fiber** 0.00g

**Sugar** 0.00g

**Protein** 17.00g

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

**Calcium** 0.00mg **Iron** 0.36mg

# Turkey Gravy

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20506

## Ingredients

Description	Measurement	DistPart #
GRAVY TKY RSTD 12-50Z HRTHTSTN	100 Fluid Ounce	673595

## Preparation Instructions

Serve warm with 2 ounce ladle.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Fluid Ounce

#### Amount Per Serving

**Calories** 45.00

**Fat** 2.00g

**Saturated Fat** 0.50g

**Trans Fat** 0.00g

**Cholesterol** 5.00mg

**Sodium** 360.00mg

**Carbohydrates** 5.00g

**Fiber** 0.00g

**Sugar** 0.00g

**Protein** 1.00g

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

**Calcium** 10.00mg **Iron** 0.00mg

# Pumpkin Pie

<b>Servings:</b>	16.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20507

## Ingredients

Description	Measurement	DistPart #
PIE PUMPKIN PRE SLICED 6-10 CP	16 Slice	711770

## Preparation Instructions

Pies come frozen. Thaw and serve. Do not bake.

Pies come 8 slices to a box. Cut each slice in half and place on white plate for service.

Top some with whipped cream, some without to give the students a choice.

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Slice

#### Amount Per Serving

**Calories** 380.00

**Fat** 13.00g

**SaturatedFat** 6.00g

**Trans Fat** 0.00g

**Cholesterol** 60.00mg

**Sodium** 460.00mg

**Carbohydrates** 58.00g

**Fiber** 1.00g

**Sugar** 25.00g

**Protein** 6.00g

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

**Calcium** 100.00mg **Iron** 1.80mg

# Homemade Pumpkin Bar

<b>Servings:</b>	64.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20536

## Ingredients

Description	Measurement	DistPart #
Cold Water	4 Cup	0000
PUMPKIN FCY 6-10 GCHC	3 Cup	186244
MOLASSES 4-1GAL P/L	3 Cup	234303
MUFFIN MIX WGRAIN 6-4.5# GLDM	5 Pound	152191
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	224723
SPICE GINGER GRND 16Z TRDE	1 Tablespoon	513695
SPICE NUTMEG GRND 16Z TRDE	2 Teaspoon	224944
RAISIN 144-1.33Z COMM	2 Cup	110910

## Preparation Instructions

1. Stir cold water, pumpkin and molasses in mixing bowl with whisk until well blended, add muffin mix slowly. Add spices.
  2. Mix until batter is smooth; fold in raisins.
  3. Spray a full sheet pan with pan release spray.
  4. Baked for 18-22 minutes in 350 F oven. Rotate half way through baking.
  5. Let cool, then cut into 64 pieces. 8x8
- 1 piece = 1 grain equivalent  
Hold at room temperature

### Nutrition Facts

Servings Per Recipe: 64.00  
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	249.19
<b>Fat</b>	5.47g
<b>SaturatedFat</b>	2.73g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.73mg

<b>Sodium</b>	310.60mg		
<b>Carbohydrates</b>	48.13g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	27.66g		
<b>Protein</b>	2.31g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	49.31mg	<b>Iron</b>	1.65mg



# Pilgrim's Parfait

<b>Servings:</b>	16.00	<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-20538

## Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 COMM	16 Tablespoon	549280
PUMPKIN FCY 6-10 GCHC	16 Tablespoon	186244
brown sugar	16 Teaspoon	
APPLE SLCD 6-10 COMM	8 Cup	120500
YOGURT VAN L/F PARFPR 6-4 YOPL	16 Cup	811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	2 Ounce	711664

## Preparation Instructions

1. Mix applesauce, pumpkin and brown sugar; fold in apples.
2. Scoop 1/2 cup fruit mixture into 16 ounce cup
3. Top with 8 ounce vanilla yogurt.
4. Put granola in insert.

Hold at 41F.

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 297.05

**Fat** 1.68g

**SaturatedFat** 0.77g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 134.60mg

**Carbohydrates** 64.50g

**Fiber** 2.78g

**Sugar** 46.19g

**Protein** 7.72g

**Vitamin A** 0.00IU

**Vitamin C** 0.00mg

**Calcium** 272.53mg **Iron** 0.28mg

# The Great Pumpkin Parfait

<b>Servings:</b>	32.00	<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-20541

## Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 COMM	2 Cup	549280
PUMPKIN FCY 6-10 GCHC	2 Cup	186244
brown sugar	3/4 Cup	
APPLE SLCD 6-10 COMM	16 Cup	120500
YOGURT VAN L/F PARFPR 6-4 YOPL	16 Cup	811500
BAR CEREAL CINN TST WGRAIN 96-1.42Z	16 Each	265891

## Preparation Instructions

1. Mix applesauce, pumpkin and brown sugar; fold in apples.
  2. Scoop 1/2 cup fruit mixture into 9 ounce cup
  3. Top with 4 ounce vanilla yogurt.
  4. Serve cereal bar with parfait.
- Hold at 41F.

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 259.69

**Fat** 2.50g

**SaturatedFat** 0.37g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 130.94mg

**Carbohydrates** 54.98g

**Fiber** 4.21g

**Sugar** 32.89g

**Protein** 4.91g

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

**Calcium** 253.20mg **Iron** 1.10mg

# Pumpkin Pie Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20550
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
PEACH DCD 6-10 COMM	4 Cup	110700
PUMPKIN FCY 6-10 GCHC	3 2/3 Cup	186244
YOGURT VAN L/F PARFPR 6-4 YOPL	16 Cup	811500
cinnamon	1 2/7 Tablespoon	

## Preparation Instructions

1. Add Chilled peaches, chilled pumpkin, yogurt and cinnamon into bowl. Use immersion blender to thicken and puree peaches.
  2. Blend for 1 minute high speed.
  3. Blend until smooth.
  4. Portion 8 ounces into 9 ounce cup.
  5. Sprinkle cinnamon on top and then lid.
- Hold at 41F or lower.  
Serve w/ UBR on side.

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

#### Amount Per Serving

**Calories** 272.18

**Fat** 1.49g

**SaturatedFat** 0.75g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 124.19mg

**Carbohydrates** 57.84g

**Fiber** 1.87g

**Sugar** 41.17g

<b>Protein</b>	7.92g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	282.84mg	<b>Iron</b>	0.92mg

# Taco Salad Beef & Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20576

## Ingredients

Description	Measurement	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	20 Each	163020
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
CHEESE CHED SHRD 6-5 COMM	1 Ounce	199720
SALSA 103Z 6-10 REDG	1 Ounce	452841
SOUR CREAM CUP 100-1Z PAULY	1 Each	126400

## Preparation Instructions

Line chips along the sides of the container.

Assemble lettuce in clamshell #809401.

Top with chilled taco meat. Hot meat should never be put onto a salad.

Use the cook/chill method for meat: warm meat to at least 165F, cool down by separating into smaller, non-hot, containers to chill faster and sit on top of ice sheets. The Ohio Department of Public Health requires that hot foods be cooled from 135°F to 70°F within 2 hours and cooled from 70°F to 41°F within an additional 4 hours.

Top meat with cheese.

Add a cup of salsa and sour cream.

Hold for service at 41F.

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 salad

#### Amount Per Serving

<b>Calories</b>	583.28
<b>Fat</b>	26.09g
<b>SaturatedFat</b>	11.14g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	72.08mg

<b>Sodium</b>	726.83mg		
<b>Carbohydrates</b>	63.15g		
<b>Fiber</b>	10.60g		
<b>Sugar</b>	8.26g		
<b>Protein</b>	23.41g		
<b>Vitamin A</b>	606.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	243.20mg	<b>Iron</b>	7.98mg



# Baked Peaches & Sweet Potato Casserole

<b>Servings:</b>	35.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20581
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
POTATO SWT CUT 40-55CT L/S 6-10 GCHC	40 Ounce	118605
PEACH DCD 6-10 COMM	13 1/4 Cup	110700
SPICE PUMPKIN PIE 16Z TRDE	1 Tablespoon	514195
MUFFIN MIX WGRAIN 6-4.5# GLDM	40 Ounce	152191
brown sugar	1 Cup	
MARGARINE SLD 30-1 GCHC	1 Cup	733061

## Preparation Instructions

1. Drain sweet potatoes and place in a shallow, full steam table pan.
  2. Add peaches and the liquid and 1/2 pumpkin pie spice. Stir
  3. Sprinkle 1/2 muffin mix box and rest of pumpkin pie spice over fruit. Fold but DO NOT mix completely.
  4. Sprinkle brown sugar on top.
  5. Cut butter into small pieces and scatter on top evenly over the mix.
  6. Bake at 300 degrees for 45-50 minutes until bubbly.
- Hold at 135F.
- Scoop with 4 ounce scoop.
- Can use cinnamon instead of pumpkin pie spice.

### Nutrition Facts

Servings Per Recipe: 35.00  
Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	941.72
<b>Fat</b>	27.89g
<b>SaturatedFat</b>	13.49g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	11.43mg

<b>Sodium</b>	1335.14mg		
<b>Carbohydrates</b>	164.25g		
<b>Fiber</b>	10.75g		
<b>Sugar</b>	78.65g		
<b>Protein</b>	9.14g		
<b>Vitamin A</b>	342.86IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	71.98mg	<b>Iron</b>	2.74mg

# Peary Berry Parfait

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21013
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Pound	811500
PEAR DCD 6-10 COMM	4 Cup	110690
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1 Cup	711664
10# CRAISINS DRIED CRANBERRIES- 3477.	1/2 Cup	991265
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	1 Tablespoon	217523

## Preparation Instructions

Make parfait in a 9 oz plastic cup. #792220, lid #792201

Pipe 1/2 cup (4 oz) yogurt into bottom.

Top with 1/4 cup pears.

Top with 1 Tbsp granola and 1 Tbsp cranberries.

Drizzle with honey.

Serve with 2G UBR on top or side.

Keep at 41F or lower.

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

**Calories** 167.36

**Fat** 1.50g

**Saturated Fat** 0.46g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 78.03mg

**Carbohydrates** 35.45g

**Fiber** 1.25g

**Sugar** 24.67g

<b>Protein</b>	4.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	134.33mg	<b>Iron</b>	0.11mg

# Pear Berry Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	16.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21024
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce	811500
PEAR DCD 6-10 COMM	1/4 Cup	110690
10# CRAISINS DRIED CRANBERRIES- 3477.	2 Tablespoon	991265
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	711664
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	1 Tablespoon	217523

## Preparation Instructions

Make parfait in a 16 oz plastic cup.

Pipe 1/2 cup (4 oz) yogurt into bottom.

Top with pear/cranberry mixture.

Top with 1/2 cup Yogurt for layering effect.

Drizzle with honey.

Place granola in inset.

Serve with 2G UBR on top or side.

Keep at 41F or lower.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 Ounce

#### Amount Per Serving

**Calories** 400.55

**Fat** 4.49g

**SaturatedFat** 1.08g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 185.24mg

**Carbohydrates** 84.27g

**Fiber** 2.00g

<b>Sugar</b>	59.84g
<b>Protein</b>	8.80g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 268.66mg	<b>Iron</b> 0.43mg

# Cinnamon Swirl Holiday Cooler

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	13.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21025
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	12 Pound	811500
FAT FREE SKIM MILK	1 Gallon	
SYRUP CRML SGR FR 4-1LTR MONIN	16 Fluid Ounce	608962
cinnamon	1 1/3 Tablespoon	

## Preparation Instructions

In 16 ounce cup.

Mix all ingredients.

Sprinkle extra cinnamon on top before putting on lid.

Hold at 41F.

Serve with UBR on side.

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 13.00 Ounce

#### Amount Per Serving

**Calories** 425.97

**Fat** 2.24g

**SaturatedFat** 1.12g

**Trans Fat** 0.00g

**Cholesterol** 5.01mg

**Sodium** 284.27mg

**Carbohydrates** 86.42g

**Fiber** 0.00g

**Sugar** 61.27g

**Protein** 19.21g

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

**Calcium** 716.49mg **Iron** 0.00mg



# Winter Chicken Salad w/ Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21031
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
Lettuce 70/30 Iceberg/Romaine 4/5#	1 Cup	2780
Baby Spinach	1 Cup	15R76
80ct Pear	4 Slice	693704
Carrots Shredded 5#	2 Tablespoon	2767
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each	561331
CRANBERRY DRIED 300-1.16Z COMM	1/2 Each	765981
Cucumber	4 Slice	
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170
BREADSTICK GARLIC 168CT NY 10081	1 Each	616500

## Preparation Instructions

1. Mix lettuces together in large bowl.
2. Place 4 cups of lettuce/spinach mixture into salad container.
3. Assemble individual salads by fanning grilled chicken strips in the middle of the lettuce.
4. On either side of the chicken, in neat rows, line the remaining ingredients.

From left to right as follows:

Pear, Carrot, Chicken, Craisin, Cucumber, Mozzarella

5. Place breadstick inside salad container.
6. Serve croutons on side.

Hold at 41F or lower.

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	325.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	3.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	635.00mg		
<b>Carbohydrates</b>	32.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	13.50g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	128.50mg	<b>Iron</b>	1.90mg

# Green Grinch Fluffy Who-Hash

<b>Servings:</b>	60.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21430

## Ingredients

Description	Measurement	DistPart #
CHEESE CREAM LOAF 10-3 GCHC	3 Pound	163562
PINEAPPLE CRUSHED IN JCE 6-10 GCHC	1 #10 CAN	272078
PEAR DCD 6-10 COMM	2 #10 CAN	110690
Hot Water	2 Quart	
GELATIN MIX LIME 12-24Z GCHC	12 Ounce	524654
TOPPING WHIP W/CRM 12-16Z ONTOP	64 Ounce	881450
CRANBERRY DRIED 300-1.16Z COMM	16 Each	765981

## Preparation Instructions

FIRST, SET OUT CREAM CHEESE TO SOFTEN. ALSO, SET OUT WHIPPED TOPPING IF FROZEN.

- 1) Drain 1 can of crushed pineapple and 2 cans of diced pears well. Put pan under strainer to catch liquid. You will need to make jello. Squeeze as much liquid as you can from pineapple.
- 2) The pear and pineapple juice should yield about 2 qts cold liquid for jello. If you have juice out at room temp. for awhile, you will need to chill before mixing jello.

To Make Jello

- 3) Boil 2 quarts of water.
- 4) in large hotel pan, pour boiling water. Add 1 bag lime gelatin and whisk until completely dissolved.
- 5) Immediately add 2 qts cold juice mixture. Whisk.
- 6) Cut softened cream cheese into cubes. Add to jello. With gloved hands, smush cream cheese to dispense in jello.
- 7) Cover with seran wrap and refrigerate for at least 1.5 hours until partially set, but not completely.

To Make Filling

- 8) Take drained fruit and mix with 4 bags of On Top Whipped Topping. Fold with spatula.
- 9) Add 16 packets of dried cranberries and stir.
- 10) Cover with seran wrap and refrigerate.

\*\* May want to separate the whipped topping and fruit mix into two pans, then add half of the jello/cream cheese mixture to each pan. If you only use one pan, it slops everywhere. :)

After 2.0 hours of setting, test to see if jello is firmed up enough to mix fruit mixture with it. If so, mix fruit mixture.

Cup into 4 ounce portions. Counts as 1 fruit.

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Cup

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### Amount Per Serving

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**Calories** 232.58

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**Fat** 8.27g

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**SaturatedFat** 5.87g

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**Trans Fat** 0.00g

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**Cholesterol** 20.00mg

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**Sodium** 122.31mg

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**Carbohydrates** 37.69g

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**Fiber** 2.96g

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**Sugar** 30.55g

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**Protein** 2.00g

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**Vitamin A** 240.00IU    **Vitamin C** 9.88mg

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**Calcium** 16.00mg    **Iron** 0.16mg

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# French Toasty Bites

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21601
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
FRENCH TST BITES WGRAIN 384-.51Z	6 Each	391073
cinnamon	1 Teaspoon	
SUGAR BEET GRANUL 50 GCHC	1 Tablespoon	224413

## Preparation Instructions

Make and cinnamon and sugar mixture (the amounts above are estimates)

Roll warm FT bites in mixture and shake excess off.

6 bites to an order- Serve in 8 oz paper boat

Hold at 135F

64 servings per case

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

#### Amount Per Serving

**Calories** 425.00

**Fat** 24.00g

**SaturatedFat** 10.00g

**Trans Fat** 0.00g

**Cholesterol** 30.00mg

**Sodium** 540.00mg

**Carbohydrates** 50.00g

**Fiber** 2.00g

**Sugar** 26.00g

**Protein** 3.00g

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

**Calcium** 0.00mg **Iron** 0.72mg

# General's Breaded Cheese Poppers

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21602
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
APTZR BITE PIZZA CHS WGRAIN 240-1Z	4 Each	116933

## Preparation Instructions

Bake at 350 F for 6-8 minutes.

Place 4 poppers into 8 oz boat.

Serve marinara on side. .

Hold at 135F.

60 servings per case

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	8.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.00mg	<b>Iron</b>	8.00mg

# Flaky Brunch Biscuit w Sausage Patty & 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-21603
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
DOUGH BISC CNTRY STYL 240-2.5Z RICH	1 Each	609293
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	109000
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

## Preparation Instructions

Let biscuits sit at room temperature during breakfast in order to thaw out enough to break apart.  
Assemble the breakfast sandwich with sausage and cheese in the middle of the two biscuit halves.  
Wrap in pop-up foil wrapper. GFS #222224 (not the insulated foil sandwich wraps).  
Heat in oven until the internal temperature of meat is 165F.  
Serve in foil wrapper.  
\*\*Put an example out so the students can visually see the wrapped item.  
Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	325.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	8.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	1210.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	14.50g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	156.00mg	<b>Iron</b>	1.80mg



# Chicken Noodle Soup

<b>Servings:</b>	15.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21604
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
SOUP CHIX NOODL 12-5 CAMP	90 Fluid Ounce	101176
Cold Water	90 Fluid Ounce	0000

## Preparation Instructions

STOVE: STIR SOUP IN PAN. SLOWLY STIR IN 1 CAN WATER. HEAT TO SIMMER,STIRRING OCCASIONALLY.

Can also make in steamer.

Heat to 135F.

Hold at 135F.

Cup 6 ounces into GFS # 256145

Lid #159107

## Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	45.00
<b>Fat</b>	1.50g
<b>SaturatedFat</b>	0.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	637.50mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	0.75g
<b>Sugar</b>	0.75g
<b>Protein</b>	2.25g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 225.00mg	<b>Iron</b> 0.27mg

# Breaded Chicken Drumstick

<b>Servings:</b>	118.00	<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-21605
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	118 Piece	603391

## Preparation Instructions

Bake in 350 Degree oven for 25-30 minutes on paper lined pan to avoid sticking.

For best performance hold on sheet pan, uncovered, or else the breading will get soggy.

Batch cook.

Hold at 140F.

Serve 1 drumstick in 8 ounce boat.

### Nutrition Facts

Servings Per Recipe: 118.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.00mg	<b>Iron</b>	1.00mg

# Ham & Cheese Fresh Bento Box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21607
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	680130
FLATBREAD W/GRAIN 4 192-1Z RICH	1	959048
CARROT BABY WHL PETITE 4-5 RSS	1 Ounce	768146
APPLESAUCE UNSWT 96-4.5Z COMM	1 Each	527682

## Preparation Instructions

In the #220530 container assemble the products in the following manner:

In the smaller cup portion, place 2 tbsp of ham cubes, and empty out cheese cube packet. Mix up.

In the larger portion place 1- unsweetened applesauce cup, 1/2 cup carrots, and 1 flatbread cut into 4 wedges.

Hold at 41F.

This is an entire meal. Students can add 1 more veggie and a milk if desired.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 262.56

**Fat** 10.25g

**Saturated Fat** 4.75g

**Trans Fat** 0.00g

**Cholesterol** 40.00mg

**Sodium** 521.56mg

**Carbohydrates** 30.17g

**Fiber** 1.89g

**Sugar** 13.33g

**Protein** 14.22g

**Vitamin A** 300.00IU      **Vitamin C** 0.60mg

**Calcium** 208.89mg **Iron** 0.36mg

# Strawberry Banana Smoothie

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21608
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
CONC STRAW BAN JCE 100% 6-64FLZ	64 Fluid Ounce	201223
Tap Water for Recipes	256 Fluid Ounce	000001WTR
YOGURT VAN L/F PARFPR 6-4 YOPL	40 Cup	811500

## Preparation Instructions

Mix smoothie together according to directions.

Should yield 80- 8 ounce smoothies.

Concentrate is shelf stable, until mixed with water. Then, good for 2 weeks.

Once mixed with yogurt good for 3 days in 41F refrigeration or less.

Pour 8 ounces into 9 ounce cup- 792220, lid-792201

Smoothie accounts for 1MA, 1 Fruit

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 8.00 Ounce

### Amount Per Serving

<b>Calories</b>	123.84		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	61.49mg		
<b>Carbohydrates</b>	26.13g		
<b>Fiber</b>	0.13g		
<b>Sugar</b>	19.22g		
<b>Protein</b>	3.73g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	135.23mg	<b>Iron</b>	0.05mg

# Turkey Pot Pie

<b>Servings:</b>	28.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21614

## Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY 4-7	7 Pound	722460
VEG MIXED 12-2.5 GCHC	7 Cup	119393

## Preparation Instructions

Place frozen or thawed bag of product into a steam pan and place in steamer.

Heat according to chart time AND until internal temperature is 165°F. as measured by a meat thermometer.

Remove from steamer. Cut open bag and pour contents into desired Serving pan & mix with partially cooked veggies. Stir to distribute the veggies throughout.

Time: Frozen - 1 hr. 15 min.; Thawed - 40 min.

\* For preparation by a food preparation establishment

Serve with #10 scoop or 4 ounce spoodle into 6 ounce foam bowl.

Hold at 135F.

## Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 4.00 Ounce

### Amount Per Serving

**Calories** 152.39

**Fat** 6.00g

**Saturated Fat** 2.00g

**Trans Fat** 0.00g

**Cholesterol** 55.00mg

**Sodium** 457.46mg

**Carbohydrates** 6.48g

**Fiber** 1.12g

**Sugar** 1.49g

**Protein** 16.75g

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

**Calcium** 0.00mg **Iron** 0.58mg

# Square Pepperoni Pizza

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Eac	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21615
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
PIZZA PEPP 4X6 WGRAIN 50/50 96-4.48Z	96 Each	585940

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Eac

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	550.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 242.00mg	<b>Iron</b> 2.80mg

# Biscuit Stick

<b>Servings:</b>	250.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21634
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	250 Each	149070

## Preparation Instructions

Serve warm.

Hold at 135F

### Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 110.00

**Fat** 5.00g

**SaturatedFat** 3.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 370.00mg

**Carbohydrates** 13.00g

**Fiber** 0.00g

**Sugar** 1.00g

**Protein** 2.00g

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

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



# Chicken Bacon Ranch Grinder

<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-21645
<b>School:</b>	Fallen Timbers Middle School 5-6		

## Ingredients

Description	Measurement	DistPart #
BUN SUB SLCD 6 12-6CT GCHC	1 Each	219670
CHIX PULLED WHT & DRK BLND 2-5 TYS	2 Ounce	467802
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
CHEESE CHED SHRD 6-5 COMM	2 Tablespoon	199720
DRESSING RNCH BTRMLK 4-1GAL LTHSE	1 Tablespoon	741461

## Preparation Instructions

Do not assemble too early or buns will get soggy.

Place cooked chicken on bun, top with bacon, cheese, and dressing. Wrap in foil wrapper.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 428.00

**Fat** 22.33g

**SaturatedFat** 8.25g

**Trans Fat** 0.00g

**Cholesterol** 83.33mg

**Sodium** 735.00mg

**Carbohydrates** 29.17g

**Fiber** 1.00g

**Sugar** 2.00g

**Protein** 22.67g

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

**Calcium** 78.84mg **Iron** 2.23mg

# Deep Dish Cheese Personal Pan Pizza

<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>	Lunch	<b>Recipe ID:</b>	R-21708

## Ingredients

Description	Measurement	DistPart #
PIZZA CHS 5 WGRAIN 4.98Z 6-10CT TONY	60 Each	605922

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	440.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	280.00mg	<b>Iron</b>	2.10mg

# Creamy Beef Stroganoff w/ Noodles

<b>Servings:</b>	68.00	<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-21740
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
Olive Oil Pure 12/16.9oz	4 Tablespoon	131231
MUSHROOM SLCD 1/8 10 MRKN	64 Ounce	285196
PASTA NOODL EGG 1/4 MED 2-5 KE	34 Cup	654541
SAUCE ALFREDO FZ 6-5 JTM	5 Pound	155661
BEEF DCD SOUS VIDE CKD 6-5 JTM	10 Pound	964512
Black Pepper	2 Tablespoon	24108

## Preparation Instructions

Remove beef from oven and add heated alfredo sauce, roasted mushrooms, and black pepper.

Blend ingredients and place in holding cabinet until service at 135F or higher.

Do not mix with noodles until right before service.

Serve in 8 oz foam bowl.

Cup 1/2 cup noodles, top with #6 scoop of meat mixture.

### Nutrition Facts

Servings Per Recipe: 68.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 254.23

**Fat** 7.40g

**SaturatedFat** 3.33g

**Trans Fat** 0.00g

**Cholesterol** 79.20mg

**Sodium** 276.65mg

**Carbohydrates** 23.81g

**Fiber** 1.24g

**Sugar** 3.22g

**Protein** 22.86g

<b>Vitamin A</b>	147.25IU	<b>Vitamin C</b>	0.49mg
<b>Calcium</b>	140.72mg	<b>Iron</b>	2.54mg

# General Tso Chicken

<b>Servings:</b>	115.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21742
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
CHIX CHNK DK BRD WGRAIN W/SCE 5-5.4	572 Ounce	567271

## Preparation Instructions

Sauce: Thaw sauce overnight. Reheat in steam cabinet or sauce can be boiled in bag.

CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES. CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES.

CONVECTION

PREPARATION: Appliances vary, adjust accordingly.

Convection Oven

Heat product at 350°F from frozen for 9-11 minutes.

After product is heated thoroughly, apply one (1) sauce pack per bag of portions. Coat portions thoroughly.

For best results, heat sauce before mixing with portions

In 8 ounce foam bowl serve 4 oz by weight over 1/2 cup fried rice.

\* Weigh one portion to see what scoop it will take.

### Nutrition Facts

Servings Per Recipe: 115.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

**Calories** 278.54

**Fat** 14.92g

**SaturatedFat** 2.98g

**Trans Fat** 0.00g

**Cholesterol** 114.40mg

**Sodium** 358.12mg

**Carbohydrates** 12.93g

**Fiber** 0.00g

**Sugar** 9.95g

**Protein** 22.88g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.86mg	<b>Iron</b>	1.99mg

# Cheesy Buffalo Nachos

<b>Servings:</b>	35.00	<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-21744
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	700 Each	163020
SAUCE CHS WHT BLND 6-106Z LOL	106 Fluid Ounce	235631
SAUCE HOT 4-1GAL CRWNCOLL	1 Cup	264471
SPICE PEPR RED CAYENNE 16Z BADIA	1 Teaspoon	430993

## Preparation Instructions

Use #220530 nacho tray for service

Place 2 ounce of chips in larger compartment= 20 chips

Scoop or ladle 3 ounces of cheese into smaller container

Cheese should be scooped right before each line to avoid film resting on top of cheese.

Hold product at 135F or higher.

About 60 servings of chips per case.

180 servings of cheese per case

## Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 411.43

**Fat** 19.60g

**SaturatedFat** 7.81g

**Trans Fat** 0.00g

**Cholesterol** 30.29mg

**Sodium** 1026.60mg

**Carbohydrates** 43.03g

**Fiber** 4.00g

**Sugar** 0.00g

**Protein** 13.09g

**Vitamin A** 0.00IU

**Vitamin C** 1.65mg

**Calcium** 444.94mg **Iron** 0.72mg



# Chicken Caesar Wrap

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21750
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	1 3/4 Pound	467802
DRESSING CAESAR 4-1 GAL GFS	1 1/2 Cup	818201
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	10 Each	713340
CHEESE PARM IMIT GRTD 2-5 SCHRBR	3/4 Cup	595101
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	10 Cup	600504

## Preparation Instructions

To make each wrap:

Lay tortilla flat on clean surface or deli paper.

Arrange 1 cup of romaine along the center of the tortilla.

Add one serving (2.72 oz by weight) about 1/2 cup of chicken on top of lettuce.

Sprinkle w/ 1 Tbsp cheese.

Fold side edges of tortilla up and roll into a tight wrap.

Serve in plastic wrap.

Hold at 41F or less.

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 461.76

**Fat** 25.87g

**Saturated Fat** 6.30g

**Trans Fat** 0.00g

**Cholesterol** 72.67mg

**Sodium** 936.51mg

**Carbohydrates** 38.49g

**Fiber** 1.25g

**Sugar** 3.45g

<b>Protein</b>	19.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	55.18mg	<b>Iron</b>	3.18mg

# BBQ Mac Bowl

<b>Servings:</b>	23.00	<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-21759
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	5 Pound	609121
PORK BBQ W/TEXAS SCE 4-5 COMM	5 Pound	651590
ONION RING BRD WGRAIN 6-5#TASTY BRAND	2 Each	234061
Shredded Cheddar Cheese	12 Ounce	100003

## Preparation Instructions

Assembly: in 12 oz foam bowl

Portion 1/2 cup mac and cheese into dish.

Top with 3.47oz by weight (weigh one portion and see what scooper fits best) of Pork BBQ.

Garnish w/ 1 Tbsp of cheese and 2 onion rings.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 437.74

**Fat** 24.57g

**SaturatedFat** 11.50g

**Trans Fat** 0.29g

**Cholesterol** 107.25mg

**Sodium** 1161.10mg

**Carbohydrates** 25.99g

**Fiber** 1.39g

**Sugar** 16.61g

**Protein** 28.02g

**Vitamin A** 379.13IU

**Vitamin C** 0.04mg

**Calcium** 212.17mg **Iron** 0.60mg

# Sausage Gravy Breakfast Bowl

<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-21766
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
POTATO TATER TOTS 6-5 OREI	2 1/2 Ounce	141510
GRAVY SAUS CNTRY 6-10 GCHC	2 Ounce	846891
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	2 Ounce	481492
Shredded Cheddar Cheese	1 Tablespoon	100003
DOUGH BISC CNTRY STYL 240-2.5Z RICH	1 Each	609293

## Preparation Instructions

In 12 oz bowl place 1/2 cup tater tots- top with 2 ounces scrambled eggs, 2 ounces sausage gravy, and garnish with 1 Tbsp cheddar cheese. Serve biscuit on the side.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	565.00		
<b>Fat</b>	33.50g		
<b>SaturatedFat</b>	13.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	175.00mg		
<b>Sodium</b>	1625.00mg		
<b>Carbohydrates</b>	48.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	2.52mg

# Hot Honey Queso Tot-chos

<b>Servings:</b>	40.00	<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-21769
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	5 Pound	564790
SAUCE CHS CHED POUCH 6-106.0 ounce	5 Pound	135261a
POTATO TATER TOTS 6-5 OREI	7 1/2 Pound	141510

## Preparation Instructions

in 12 oz bowl portion 1/2 cup tots. Ladle 2 ounce or #16 scoop of queso over tots.

Top with #16 scoop of meat.

Garnish with diced tomatoes.

Serve Salsa on side.

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	321.32		
<b>Fat</b>	16.45g		
<b>SaturatedFat</b>	6.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.24mg		
<b>Sodium</b>	965.47mg		
<b>Carbohydrates</b>	27.22g		
<b>Fiber</b>	3.48g		
<b>Sugar</b>	4.41g		
<b>Protein</b>	14.88g		
<b>Vitamin A</b>	252.89IU	<b>Vitamin C</b>	7.59mg
<b>Calcium</b>	18.73mg	<b>Iron</b>	1.10mg

# Spicy Sriracha Boneless Chicken Chunks

<b>Servings:</b>	88.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21775

## Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	528 Each	561301

## Preparation Instructions

1 bag= 22 servings

1 case= 88 servings total

Boat in 1# boat. 6 to an order

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 88.00

Serving Size: 6.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	2.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	405.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.50mg	<b>Iron</b>	1.50mg

# Jalapeno Queso

<b>Servings:</b>	35.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21777

## Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO JALAP POU6-106Z LOL	105 Ounce	135271

## Preparation Instructions

Cup in 4 oz foam cup  
Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 35.00  
Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	150.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	6.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	630.00mg
<b>Carbohydrates</b>	4.50g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	7.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 313.50mg	<b>Iron</b> 0.00mg



# Cheese Filled Max Sticks

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21778

## Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD WGRAIN 5192-1.93	192 Each	148067

## Preparation Instructions

Serve 2 sticks per serving.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	460.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 300.00mg	<b>Iron</b> 2.16mg

# Chicken Egg Roll

<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>	Lunch	<b>Recipe ID:</b>	R-21779
<b>School:</b>	Anthony Wayne High School		

## Ingredients

Description	Measurement	DistPart #
EGG ROLL CHIX WGRAIN 60-3Z MINH	60 Each	277731

## Preparation Instructions

Serve w/ asian meal. 1 w/ meal

Hold at 135F.

Can serve 2 for ala carte entree, make meal.

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	160.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 7.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 1.70mg

# Egg Noodles

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21798

## Ingredients

Description	Measurement	DistPart #
PASTA NOODL EGG 1/4 MED 2-5 KE	10 Pound	654541
Cold Water	10 Gallon	0000

## Preparation Instructions

USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.

1/2 cup= 1 serving

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	176.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.00mg		
<b>Sodium</b>	8.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	1.60g		
<b>Protein</b>	6.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.00mg	<b>Iron</b>	1.60mg

# Smashed Sweet Potatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21802

## Ingredients

Description	Measurement	DistPart #
Cold Water	2 7/9 Fluid Ounce	0000
MARGARINE SLD 30-1 GCHC	1/4 Teaspoon	733061
POTATO PRLS SWT 10-26.7Z BAMER	1/4 Cup	447825

## Preparation Instructions

RECONSTITUTE

1: Pour 1.8L (2 Quarts) of hot water (170-190°F) and 2 TBSP of Unsalted Butter into 4" deep, third-size steamtable pan. 2: Add all potatoes, stir until fully combined. 3: Serve. Mix by hand.

Hold at 135F.

Serve in 4 oz foam cup.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

**Calories** 17.71

**Fat** 1.01g

**SaturatedFat** 0.38g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 24.17mg

**Carbohydrates** 2.06g

**Fiber** 0.19g

**Sugar** 0.94g

**Protein** 0.13g

**Vitamin A** 62.50IU **Vitamin C** 0.00mg

**Calcium** 3.13mg **Iron** 0.03mg

# Cinnamon Peaches

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22514

## Ingredients

Description	Measurement	DistPart #
brown sugar	4 Cup	
cinnamon	4 Teaspoon	
SPICE NUTMEG GRND 16Z TRDE	1/2 Teaspoon	224944
SALT IODIZED 12-26Z DIAC	1/2 Teaspoon	392473
Diced Peaches	2 #10 CAN	

## Preparation Instructions

1. In large bowl mix sugar, cinnamon, nutmeg and salt.
  2. Drain peaches, keeping juice.
  3. Measure juice and add water to equal 8 cups.
  4. Arrange drained peaches in sprayed baking pan. 2" shallow pan
  5. Sprinkle with sugar mixture.
  6. Cover with juice.
  7. Bake in oven at 350F for 30 minutes.
- Hold at 135F.  
Serve 1/2 cup for fruit portion.

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 4.00 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>	0.32g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.32g

<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

# Homemade Peachy Pie Bars

<b>Servings:</b>	32.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22532
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
Cold Water	4 Cup	0000
MUFFIN MIX WGRAIN 6-4.5# GLDM	72 Ounce	152191
SPICE NUTMEG GRND 16Z TRDE	2 Teaspoon	224944
PEACH DCD 6-10 COMM	4 Cup	110700
CRANBERRY DRIED 300-1.16Z COMM	2 Cup	765981

## Preparation Instructions

Bake at 350 F for 18-22 minutes.

Let pan cool completely before cutting.

Cut into 8 rows, long ways. Cut into 4 rows short ways to make 32.

If you need help cutting please ask :)

Serve 1 bar per order. = 1 grain option.

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 224.38

**Fat** 5.63g

**Saturated Fat** 2.81g

**Trans Fat** 0.00g

**Cholesterol** 2.81mg

**Sodium** 316.25mg

**Carbohydrates** 41.25g

**Fiber** 2.69g

**Sugar** 20.50g

**Protein** 2.25g

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

**Calcium** 16.88mg **Iron** 0.68mg



# Peachful Smoothie

<b>Servings:</b>	8.00	<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-22534
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
PEACH DCD 6-10 COMM	8 Cup	110700
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Cup	811500

## Preparation Instructions

Portion into 9 ounce serving cups. Hold at 41 F or below.

Smoothie= 1 fruit, 2 meat alternative

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 343.88

**Fat** 1.49g

**Saturated Fat** 0.75g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 129.40mg

**Carbohydrates** 74.27g

**Fiber** 2.00g

**Sugar** 58.84g

**Protein** 7.46g

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

**Calcium** 268.66mg **Iron** 0.00mg

# Homemade Blueberry Banana Bars

<b>Servings:</b>	32.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22535
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
Cold Water	3 Cup	0000
MUFFIN MIX WGRAIN 6-4.5# GLDM	72 Ounce	152191
BLUEBERRIES FZ WILD IQF 30 COMM	2 Cup	764740
Banana	4 Cup	

## Preparation Instructions

Pour into greased full size sheet pan.

Bake at 350 F for 15-19 minutes.

Let pan cool completely before cutting.

Cut into 8 rows, long ways. Cut into 4 rows short ways to make 32.

If you need help cutting please ask :)

Serve 1 bar per order. = 1 grain option.

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 221.25

**Fat** 5.63g

**SaturatedFat** 2.81g

**Trans Fat** 0.00g

**Cholesterol** 2.81mg

**Sodium** 315.25mg

**Carbohydrates** 40.63g

**Fiber** 3.00g

**Sugar** 18.13g

**Protein** 2.38g

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

**Calcium** 16.88mg **Iron** 0.68mg

# Warm Peach Crisp

<b>Servings:</b>	34.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22543
<b>School:</b>	Anthony Wayne Primary Menus		

## Ingredients

Description	Measurement	DistPart #
FLOUR H&R A/P 2-25 GCHC	21 1/4 Ounce	227528
SUGAR BROWN LT 12-2 P/L	4 1/4 Cup	860311
SALT IODIZED 24-26Z CHEF'S CHOICE	1 1/16 Teaspoon	820800
MARGARINE SLD 30-1 GCHC	39 2/3 Ounce	733061
PEACH CUP 96-4.4Z COMM	7 1/12 Pound	232470
SUGAR BEET GRANUL 25 GCHC	2 1/8 Cup	108588
OATS QUICK HOT CEREAL 12-42Z GCHC	6 3/8 Cup	240869

## Preparation Instructions

Soften butter and thaw peaches before assembling.

1. Combine 12 ounces of flour, 10 ounces brown sugar and salt. Cut in 12 ounces of butter until crumbly.
2. Pat into greased bottom of shallow hotel pan. Bake at 350F for 20 minutes or until lightly browned.
3. Combine white sugar and cornstarch. In separate bowl mix with peaches to coat. Pour peach mixture into pie crust.
4. In separate bowl, combine oats, remaining flour, and remaining 10 oz. of brown sugar. Cut in remaining butter until crumbly. Sprinkle over peaches for crumble top.
5. Bake at 350 for 40 minutes or until golden and bubbly.

Let stand 10 minutes before serving.

Hold at 135F. Serve on students' tray if they want it for better presentation.

Serve 4 ounce portion for fruit option.

### Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 1.00 Each

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#### Amount Per Serving

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**Calories** 473.78

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<b>Fat</b>	26.67g
<b>SaturatedFat</b>	10.69g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	256.69mg
<b>Carbohydrates</b>	57.00g
<b>Fiber</b>	1.96g
<b>Sugar</b>	39.37g
<b>Protein</b>	3.18g
<b>Vitamin A</b> 1750.15IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1.41mg	<b>Iron</b> 1.01mg

# Peach & Blueberry Vanilla Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22607

## Ingredients

Description	Measurement	DistPart #
PEACH DCD 6-10 COMM	1/4 Cup	110700
BLUEBERRIES FZ WILD IQF 30 COMM	1/4 Cup	764740
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	811500
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/3 Cup	711664

## Preparation Instructions

Place 1/4 cup peaches in bottom of 12 oz cup.  
Layer with 1 Tbsp of blueberries and 1/2 cup yogurt.  
Serve topped with granola and remaining blueberries.  
Serve with UBR on side.

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	264.46
<b>Fat</b>	4.63g
<b>SaturatedFat</b>	0.77g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	140.46mg
<b>Carbohydrates</b>	49.84g
<b>Fiber</b>	3.32g
<b>Sugar</b>	30.28g
<b>Protein</b>	5.10g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.07mg	<b>Iron</b> 0.57mg

# French Toasty Bites

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22624
<b>School:</b>	Junior High		

## Ingredients

Description	Measurement	DistPart #
FRENCH TST BITES WGRAIN 384-.51Z	6 Each	391073
cinnamon	1 Teaspoon	
SUGAR BEET GRANUL 50 GCHC	1 Tablespoon	224413

## Preparation Instructions

Make and cinnamon and sugar mixture (the amounts above are estimates)

Roll warm FT bites in mixture and shake excess off.

6 bites to an order- Serve in 8 oz paper boat

Hold at 135F

64 servings per case

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

#### Amount Per Serving

**Calories** 425.00

**Fat** 24.00g

**SaturatedFat** 10.00g

**Trans Fat** 0.00g

**Cholesterol** 30.00mg

**Sodium** 540.00mg

**Carbohydrates** 50.00g

**Fiber** 2.00g

**Sugar** 26.00g

**Protein** 3.00g

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

**Calcium** 0.00mg **Iron** 0.72mg

# Hulk's Green Turkey & Noodles

<b>Servings:</b>	28.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23397

## Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY 4-7	7 Pound	722460
Baby Spinach	4 Cup	15R76
Carrots Shredded 5#	1 Cup	2767

## Preparation Instructions

Place frozen or thawed bag of product into a steam pan and place in steamer.

Heat according to chart time AND until internal temperature is 165°F. as measured by a meat thermometer.

Remove from steamer. Cut open bag and pour contents into desired Serving pan & mix with steamed spinach. Stir to distribute the spinach throughout.

Top with shredded Carrot sticks for color.

Time: Frozen - 1 hr. 15 min.; Thawed - 40 min.

\* For preparation by a food preparation establishment

Serve with #10 scoop or 4 ounce spoodle into 6 ounce foam bowl. Serve over 1/2 cup egg noodles. Cooked separately.

Hold at 135F.

### Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

**Calories** 132.14

**Fat** 6.00g

**Saturated Fat** 2.00g

**Trans Fat** 0.00g

**Cholesterol** 55.00mg

**Sodium** 455.00mg

**Carbohydrates** 2.29g

**Fiber** 0.00g

**Sugar** 0.00g

**Protein** 16.00g



<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

# Shamrock Mint Smoothie

<b>Servings:</b>	16.00	<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-23406

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Pound	811500
JUICE APPLE 100 4-128FLZ HV	4 Cup	589741
APPLESAUCE UNSWT 6-10 COMM	4 Cup	549280

## Preparation Instructions

Combine yogurt, apple juice, 2 tsp. mint extract, and 8 drops of green food coloring in large bucket with spout. Stir well with whisk.

Add applesauce 2 cups at time stirring until smooth, add until you get a thicker consistency. May not take all 4 cups of applesauce.

Portion 8 oz into 9 oz cup. Chill and refrigerate for several hours. Chills better if it is separated into cups first.

Top with on Top.

Hold at 41F.

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

#### Amount Per Serving

**Calories** 154.29

**Fat** 0.67g

**SaturatedFat** 0.33g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 56.32mg

**Carbohydrates** 35.51g

**Fiber** 1.35g

**Sugar** 26.91g

**Protein** 3.52g

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

**Calcium** 119.45mg **Iron** 0.00mg

# Popeye's Homemade Strength Building Pasta w/ Meatsauce & Spinach

<b>Servings:</b>	78.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23414

## Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	30 Pound	573201
Baby Spinach	4 Cup	15R76

## Preparation Instructions

COOK FROM FROZEN

Place frozen meat sauce in steamer or boiling kettle until internal temp reaches 165F> about 45 minutes.

CCP: Hold Hot at 135F or higher

Add steamed spinach to meat sauce and stir. You may have to add more to distribute evenly.

Use #6 scoop to serve pasta sauce on top of 4 ounces of noodles.

Use a 8 ounce foam bowl for service.

### Nutrition Facts

Servings Per Recipe: 78.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

**Calories** 184.29

**Fat** 7.69g

**SaturatedFat** 3.08g

**Trans Fat** 0.00g

**Cholesterol** 60.44mg

**Sodium** 320.48mg

**Carbohydrates** 9.99g

**Fiber** 2.20g

**Sugar** 7.69g

**Protein** 16.48g

**Vitamin A** 710.99IU **Vitamin C** 20.88mg

**Calcium** 48.35mg **Iron** 2.20mg

# Warm Cheesy Spinach Dip

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 8	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23437

## Ingredients

Description	Measurement	DistPart #
SPINACH CHPD 12-3 GCHC	9 Pound	119474
ONION GREEN 2 RSS	2 1/4 Cup	596981
PEPPERS RED & GREEN STRIPS 6-10 P/L	4 Cup	182550
SAUCE CHS WHT BLND 6-106Z LOL	106 Fluid Ounce	235631
SPICE GARLIC POWDER 16Z BADIA	1/8 Teaspoon	708481
Black Pepper	1 Teaspoon	24108
CHEESE PARM IMIT GRTD 2-5 SCHRBR	3/4 Cup	595101
CHEESE MOZZ SHRD 4-5 LOL	12 Ounce	645170

## Preparation Instructions

- 1) Heat oven to 350F
- 2) Combine all ingredients in large bowl. Mix together well.
- 3) Spread mixture into two shallow, half size steam table pans.
- 4) Bake 40 to 50 minutes until heated through to 165 F for 15 seconds and cheese is melted and edges are slightly brown.
- 5) Serve 1 cup of cheese dip with 20 tortilla chips for 2M 2G.

Hold at 135F.

Tip- Hold in shallow pan, on top of a deep pan with water or in steam table with water to avoid drying out.

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 8.00 8

#### Amount Per Serving

**Calories** 475.64

**Fat** 21.25g

**SaturatedFat** 12.98g

**Trans Fat** 0.00g

**Cholesterol** 57.50mg

<b>Sodium</b>	1882.32mg
<b>Carbohydrates</b>	26.56g
<b>Fiber</b>	5.45g
<b>Sugar</b>	1.90g
<b>Protein</b>	28.91g
<b>Vitamin A</b> 160.00IU	<b>Vitamin C</b> 19.20mg
<b>Calcium</b> 1152.63mg	<b>Iron</b> 4.50mg

# Smiley Potatoes

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23550

## Ingredients

Description	Measurement	DistPart #
POTATO SMILES 26/ 6-4 OREI	24 Pound	228818

## Preparation Instructions

\*\*\*\* Cook from frozen~

CONVECTION OVEN: PREHEAT OVEN TO 425°F. SPREAD PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

FOR BEST RESULTS, COOK FROM A FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

Hold at 135F.

4 to an order

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 4.00 Each

#### Amount Per Serving

**Calories** 138.09

**Fat** 4.78g

**Saturated Fat** 0.53g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 191.20mg

**Carbohydrates** 21.24g

**Fiber** 2.12g

**Sugar** 0.00g

**Protein** 2.12g

**Vitamin A** 0.00IU **Vitamin C** 2.55mg

**Calcium** 0.00mg **Iron** 0.38mg