

Cookbook for Fairfield Jr.-Sr. High School

Created by HPS Menu Planner

Table of Contents

Assorted Whole Grain Cereals

Mexican Dip

Chef Salad

Ham & Cheese Salad

Sante Fe Chicken Salad

Asian Chicken Salad

Asian Noodles

Chicken Alfredo

Chicken Bacon Salad

Pizza Salad

Taco Salad

Sausage & Egg Sandwich

Breakfast Bowl

Idaho Nachos

Chicken & Noodles (Jr/Sr)

Sweet & Sour Chicken

Hamburger

Sack Lunch

Snack Lunch

Yogurt Parfait

Fruit & Yogurt Grab-n-Go

Grilled Chicken Sandwich

Tenderloin on Bun

Cheeseburger

Breaded Chicken Sandwich

Hot Dog on Bun

Hot & Spicy Chicken Sandwich

Teriyaki Chicken

Peanut Butter Cookies

Chicken Parmigiana

Assorted Pop-Tarts

Assorted Granola Bar

Variety of Muffin

Choice of Breakfast Bar

Choice of Juice

Veggie Bar Offerings

Fish n Chips

BBQ Rib on Bun

Grilled Chicken Salad

Asian Chicken Wrap

Baked Cinnamon Apples

Buffalo Chicken Wrap

Chicken Bacon Ranch Wrap

Chicken Salad Wrap

Fajita Chicken Wrap

Ham & Cheese Wrap

Italian Sub Wrap

Sante Fe Chicken Wrap

Pudding

Assorted Whole Grain Cereals

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9688
School:	New Paris Elementary School		

Ingredients

Description	Measurement	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	265811
CEREAL TRIX WGRAIN BWL 96CT GENM	1 Package	264742

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	108.89
Fat	1.39g
SaturatedFat	0.11g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	154.44mg
Carbohydrates	23.33g
Fiber	1.89g

Sugar	7.44g
Protein	2.00g
Vitamin A 44.44IU	Vitamin C 0.53mg
Calcium 52.22mg	Iron 4.10mg

Mexican Dip

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9705
School:	New Paris Elementary School		

Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound	100158
SEASONING TACO MIX 6-9Z LAWR	18 Ounce	159204
BEAN REFRD 6-10 GRSZ	4 #10 CAN	293962
SOUP CRM OF MUSHRM 12-5 CAMP	2 #5 CAN	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN	695513
SAUCE CHS CHED POUCH 6-106Z LOL	3 Package	135261
SALSA 103Z 6-10 REDG	3 #10 CAN	452841
CHEESE CHED MLD SHRD 4-5 LOL	10 Pound	150250

Preparation Instructions

Heat together first 7 ingredients. Portion $\frac{3}{4}$ c into serving dishes and top with 1/2oz shredded cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	374.22
Fat	22.04g
SaturatedFat	9.94g
Trans Fat	2.13g
Cholesterol	82.37mg
Sodium	1055.69mg
Carbohydrates	16.38g
Fiber	2.16g
Sugar	1.17g
Protein	24.10g

Vitamin A	526.57IU	Vitamin C	0.00mg
Calcium	224.66mg	Iron	1.38mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9771
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
Chicken, Diced, Cooked, Frozen	1 Ounce	100101
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/2 Ounce	100012
EGG SHL LRG A GRD PAST 6-30CT GCHC	1 Each	265454
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	357.54		
Fat	13.16g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	234.27mg		
Sodium	437.47mg		
Carbohydrates	30.50g		
Fiber	2.00g		
Sugar	4.00g		
Protein	27.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	2.24mg

Ham & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9772
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
TURKEY HAM DCD 2-5 JENNO	2 Ounce	202150
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Ounce	100012
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	2 Each	607122

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	413.09		
Fat	16.32g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	76.54mg		
Sodium	448.94mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	29.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	1.92mg

Sante Fe Chicken Salad

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9907
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	50 Cup	451730
Chicken, Diced, Cooked, Frozen	5 Pound	100101
Salsa, Low-Sodium, Canned	4 Cup	100330
SPICE CUMIN GRND 15Z TRDE	2 Tablespoon	273945
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon	331473
BEANS BLACK LO SOD 6-10 BUSH	6 1/4 Cup	231981
Corn fzn	6 1/4 Cup	100348
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	25 Each	644182

Preparation Instructions

Each Salad:

lettuce 2c.

Chicken Mixture 3 oz

Black Beans ¼ c

Corn ¼ c

Flatbread 1

The chicken mixture is made with 5# diced chicken, 4 c. salsa, 2 tbl gr cumin, and 2 tbl chipotle chili powder. Mixed well

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.13

OtherVeg	0.00
Legumes	0.25
Starch	0.25

Nutrition Facts

Servings Per Recipe: 25.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	421.50		
Fat	8.95g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	67.20mg		
Sodium	563.70mg		
Carbohydrates	54.06g		
Fiber	10.28g		
Sugar	7.28g		
Protein	31.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	82.00mg	Iron	2.69mg

Asian Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15667
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece	533830
ORANGES MAND WHL L/S 6-10 GFS	1/2 Cup	117897
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	2 Tablespoon	124516
ALMOND SLIVERED BLNCHD 4-2.5 GFS	1 Tablespoon	134890
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each	959048

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	4.25
Fruit	0.50
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	507.50		
Fat	19.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	631.25mg		
Carbohydrates	55.00g		
Fiber	5.75g		
Sugar	25.25g		
Protein	27.75g		
Vitamin A	0.10IU	Vitamin C	0.03mg
Calcium	86.84mg	Iron	3.88mg

Asian Noodles

Servings:	32.00	Category:	Grain
Serving Size:	6.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15669
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
NOODLE YAKISOBA 4-5 AMOY	7 1/2 Pound	245302
CARROT SHRD MED 2-5 RSS	1 1/2 Cup	313408
PEAS GREEN IQF 30 GCHC	3 Cup	285660
ONION GREEN BUNCHES 4-2 RSS	1 1/2 Cup	198889
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	466425
OIL SESAME PURE 10-56Z ROLN	3/4 Cup	348630
JUICE LIME PAST 6-30.5Z SUN ORCHARD	1/4 Cup	567581
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	1/3 Cup	868830
SUGAR BROWN LT 12-2 P/L	1/4 Cup	860311
SPICE GINGER GRND 16Z TRDE	1 1/2 Tablespoon	513695
SPICE GARLIC GRANULATED 7.25 TRDE	1 1/2 Tablespoon	514047
SPICE CILANTRO 4Z TRDE	2 Tablespoon	565903
SPICE PEPR RED CRUSHED 12Z TRDE	1 Tablespoon	430196

Preparation Instructions

Place lo mein in 6 steamtable pan with 1 gallon of water. Cook in steamer for 8 minutes, stirring half way through. While noodles are cooking, combine sauce ingredients and mix well. Drain noodles if necessary. Combine noodles, carrots, peas, onions, and sauce. Mix well. Keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.50

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.09

Nutrition Facts

Servings Per Recipe: 32.00
Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	359.47	
Fat	8.25g	
SaturatedFat	1.13g	
Trans Fat	0.00g	
Cholesterol	0.00mg	
Sodium	819.03mg	
Carbohydrates	61.07g	
Fiber	1.54g	
Sugar	2.47g	
Protein	13.06g	
Vitamin A	966.67IU	Vitamin C 0.33mg
Calcium	38.94mg	Iron 2.21mg

Chicken Alfredo

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15670
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	7 Pound	100101
SAUCE ALFREDO FZ 6-5 JTM	10 Pound	155661
PASTA PENNE RIGATE 2-10 KE	5 Pound	635501

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	284.10		
Fat	8.41g		
SaturatedFat	3.74g		
Trans Fat	0.00g		
Cholesterol	57.29mg		
Sodium	511.12mg		
Carbohydrates	30.23g		
Fiber	1.14g		
Sugar	4.88g		
Protein	21.08g		
Vitamin A	275.55IU	Vitamin C	0.00mg
Calcium	243.86mg	Iron	1.14mg

Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15671
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
Chicken, diced, cooked, frozen	4 Ounce	100101
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	1 Tablespoon	814781
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon	100012
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package	745481
DINNER ROLL, W GRAIN, AM	1 roll	4372

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	2.25
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	414.00		
Fat	13.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	99.00mg		
Sodium	547.00mg		
Carbohydrates	35.50g		
Fiber	5.00g		
Sugar	4.00g		
Protein	38.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	8.72mg

Pizza Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15672
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
PEPPERONI SLCD UNCURED 14/Z 2-5	1 Ounce	125331
Cheese, Mozzarella, Part Skim, Shredded	1/2 Cup	100021
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	520.00		
Fat	31.13g		
SaturatedFat	15.67g		
Trans Fat	0.00g		
Cholesterol	78.00mg		
Sodium	1211.32mg		
Carbohydrates	34.93g		
Fiber	5.00g		
Sugar	6.93g		
Protein	26.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	Iron	1.44mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15673
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	722330
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon	100012
CHIP TORTL YEL RND WGRAIN 80-1.5Z	1 Each	510876

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	405.57		
Fat	17.18g		
SaturatedFat	5.27g		
Trans Fat	0.37g		
Cholesterol	54.16mg		
Sodium	538.33mg		
Carbohydrates	40.81g		
Fiber	7.52g		
Sugar	4.52g		
Protein	24.65g		
Vitamin A	813.88IU	Vitamin C	6.31mg
Calcium	83.74mg	Iron	3.42mg

Sausage & Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20553

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	277722
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each	592625
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

Cook sausage and egg at 350 until temperature reaches 135 degree. Assemble and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	450.00		
Fat	28.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	135.00mg		
Sodium	470.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	0.72mg

Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-20554
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
POTATO TATER TOTS 6-5 LMBSUPR	1/2 Cup	233404
EGG SCRMBD CKD FZ 4-5 GCHC	3 Fluid Ounce	584584
SAUCE CHS CHED POUCH 6-106Z LOL	2 Fluid Ounce	135261

Preparation Instructions

Cook 5# of tots on sheet pan for 10 minutes at 400 degrees. Heat eggs in steamer for 10 minutes or until reaches 165 degrees. Place 4oz of tots in 1# boat, top with 3oz spoodle of eggs. Pour on 2oz of cheese sauce. Hold in warmer til served.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	319.55		
Fat	18.55g		
SaturatedFat	7.14g		
Trans Fat	0.00g		
Cholesterol	162.05mg		
Sodium	930.00mg		
Carbohydrates	20.14g		
Fiber	2.00g		
Sugar	1.14g		
Protein	13.82g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	261.18mg	Iron	1.74mg

Idaho Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20555

Ingredients

Description	Measurement	DistPart #
Potatoes, Wedges, Low-sodium Frozen	1/2 Cup	100355
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid Ounce	722330
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	2 Fluid Ounce	135271

Preparation Instructions

Cook 5# of wedges on a sheet pan at 400 for 8-10 minutes or until temped at 135 degrees. Heat 15# of taco filling in a 4" steamtable pan in steamer until temperature reaches 165 degrees. Place 4oz of potato wedges in a 1# boat add 3oz spoodle of taco meat and 2oz of cheese sauce. Hold in warmer until served.

Meal Components (SLE)

Amount Per Serving

Meat	3.20
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	324.29		
Fat	15.38g		
SaturatedFat	7.48g		
Trans Fat	0.32g		
Cholesterol	58.42mg		
Sodium	840.45mg		
Carbohydrates	24.49g		
Fiber	4.20g		
Sugar	2.20g		
Protein	21.05g		
Vitamin A	708.07IU	Vitamin C	5.49mg
Calcium	254.01mg	Iron	2.20mg

Chicken & Noodles (Jr/Sr)

Servings:	56.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20556

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	7 Pound	100101
Tap Water for Recipes	2 Gallon	000001WTR
BASE CHIX LO SOD 12-1 LEGO	1/2 Cup	130869
SALT IODIZED 25 CARG	1 1/2 Tablespoon	108286
PASTA NOODL KLUSKI AMISH 10 INN MAID	5 Pound	456632

Preparation Instructions

Put chicken, water, chicken base and salt in a 6" steamtable pan. Place in steamer for 30 minutes (no lid). Remove and add noodles. Cook another 20 minutes. Serve with 6oz spoodle. 56 serving per pan

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	242.72		
Fat	5.07g		
SaturatedFat	1.07g		
Trans Fat	0.00g		
Cholesterol	137.00mg		
Sodium	307.54mg		
Carbohydrates	28.71g		
Fiber	0.71g		
Sugar	0.43g		
Protein	18.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.41mg	Iron	1.57mg

Sweet & Sour Chicken

Servings:	42.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20571
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound	327120
SAUCE SWT & SOUR 4-1GAL LACHY	1/2 Gallon	242292
JUICE PINEAPPLE 100 12-46FLZ DOLE	3 Cup	566144

Preparation Instructions

Split 10# of chicken on 2 full sheet pans. Cook at 375 degrees for 6-8 minutes (temperature to 135). Combine chicken, sauce and juice in a 6" steamtable pan. Serve with a 4oz spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	2.51
Grain	1.25
Fruit	0.07
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	365.74		
Fat	14.94g		
SaturatedFat	2.87g		
Trans Fat	0.00g		
Cholesterol	22.99mg		
Sodium	570.16mg		
Carbohydrates	39.69g		
Fiber	3.45g		
Sugar	20.04g		
Protein	16.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.36mg	Iron	2.35mg

Hamburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22716
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	100 Each	451400
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	100 bun	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.00		
Fat	19.00g		
SaturatedFat	7.00g		
Trans Fat	1.00g		
Cholesterol	70.00mg		
Sodium	560.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.70mg	Iron	1.60mg

Sack Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23252
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each	516761
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup	768146
APPLESAUCE UNSWT 72-4Z	1 Each	261414
DRESSING RNCH CUP 120-1Z MARZ	1 Ounce	537705

Preparation Instructions

Combine all into a bag and seal

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	792.33
Fat	47.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	779.33mg
Carbohydrates	82.00g
Fiber	9.33g
Sugar	43.00g
Protein	18.33g
Vitamin A 0.00IU	Vitamin C 90.00mg
Calcium 106.33mg	Iron 2.00mg

Snack Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23257
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	282422
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each	786580
SAUSAGE BF SNCK STX IW 144-0.5Z	1 Each	565850
JUICE BOX VERY BRY 40-4.23FLZ	1 Each	698391

Preparation Instructions

Place in 8x8 container

Note: Juice Box kinds include: Very Berry-#698391, Apple-#698744, Grape-#698211, Strawberry Kiwi-#214534, Orange Tangerine-#689251

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00		
Fat	17.50g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	950.00mg		
Carbohydrates	49.00g		
Fiber	3.00g		
Sugar	16.00g		
Protein	20.00g		
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	540.00mg	Iron	1.88mg

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23259
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup	541966
BLUEBERRY 12-1PT P/L	1/2 Cup	451690
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup	226671

Preparation Instructions

Layer each ingredient into a parfait cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	413.84		
Fat	5.12g		
SaturatedFat	2.37g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	364.63mg		
Carbohydrates	81.81g		
Fiber	4.04g		
Sugar	56.17g		
Protein	14.28g		
Vitamin A	139.96IU	Vitamin C	7.18mg
Calcium	384.29mg	Iron	1.55mg

Fruit & Yogurt Grab-n-Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23262
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
YOGURT VAR PK N/F STRAWB/PCH 24-4Z	1 Each	280401
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
BAGEL CINN RAISIN WGRAIN IW 72-2.25Z	1 Each	672141
ORANGES MAND WHL L/S 6-10 GFS	1/4 Cup	117897
KIWI 33-39CT P/L	1 Each	287008
STRAWBERRY WHL IQF 4-5 GFS	1/4 Cup	244630
BLUEBERRY 12-1PT P/L	1/4 Cup	451690

Preparation Instructions

Place all items in 8x8 container

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	427.35
Fat	7.63g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	415.38mg
Carbohydrates	75.00g
Fiber	8.65g
Sugar	37.00g
Protein	18.03g
Vitamin A 269.98IU	Vitamin C 75.59mg

Calcium 390.72mg **Iron** 3.01mg

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23264
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	209244
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00		
Fat	6.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	720.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23265
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	100750
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00		
Fat	18.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	580.00mg		
Carbohydrates	47.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23267
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	100 Each	451400
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	100 bun	3480
CHEESE AMER 160CT SLCD 4-5 GCHC	100 Slice	271411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	445.00		
Fat	23.00g		
SaturatedFat	9.50g		
Trans Fat	1.00g		
Cholesterol	82.50mg		
Sodium	755.00mg		
Carbohydrates	29.50g		
Fiber	2.00g		
Sugar	4.50g		
Protein	24.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	94.20mg	Iron	1.60mg

Breaded Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23269
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 5-5.25 TYS	100 Each	641402
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	100 bun	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	430.00		
Fat	18.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	700.00mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg

Hot Dog on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23272
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/ 2-5 BALLP	100 Each	585815
Aunt Millie's 2.0 Hot Dog Bun - Himes	100 Each	4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00		
Fat	17.00g		
SaturatedFat	5.00g		
Trans Fat	1.00g		
Cholesterol	30.00mg		
Sodium	720.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	2.00mg
Calcium	0.00mg	Iron	0.36mg

Hot & Spicy Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23273
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 Each	327080
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	100 bun	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	46.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.00mg

Teriyaki Chicken

Servings:	42.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23276
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	10 Pound	150160
SAUCE TERIYAKI 4-64FLZ SWTBRAY	1/3 Gallon	417622

Preparation Instructions

Put 5# of chicken on 2 sheet pans. Heat in a 325 degree oven until temperature reaches 145 degrees. Pour into a 6 steam table pan and add the teriyaki sauce. Stir well.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	245.46		
Fat	8.89g		
SaturatedFat	2.54g		
Trans Fat	0.00g		
Cholesterol	101.59mg		
Sodium	1062.09mg		
Carbohydrates	20.63g		
Fiber	0.00g		
Sugar	16.08g		
Protein	20.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.43mg	Iron	0.00mg

Peanut Butter Cookies

Servings:	410.00	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23279
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
SHORTENING SLD 6-6 CRISC	6 Pound	430814
PEANUT BUTTER SMOOTH 6-5 GFS	7 Pound	183245
SUGAR BROWN MED 25 GCHC	6 1/2 Pound	108626
SUGAR BEET GRANUL 25 GCHC	7 1/4 Pound	108588
EGG SHL MED A GRD 6-30CT GCHC	30 Each	206547
FLAVORING VANILLA IMIT 1-1GAL KE	1/3 Cup	110744
FLOUR ULTRAGRAIN 50 HLCHC	10 Pound	515002
BAKING POWDER DBL ACTION 6-5 RDSTR	1/3 Cup	683700
BAKING SODA 36Z GCHC	1/3 Cup	513849
SALT IODIZED 25 CARG	3 Tablespoon	108286

Preparation Instructions

Cream shortening and sugars. Add eggs and vanilla. Mix well. Add peanut butter. Mix well. Add dry ingredients. Mix well. Place on a parchment lined cookie sheet using a #30 dipper. Press slightly. Bake at 325 degrees for 8-10 minutes.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 410.00

Serving Size: 1.00 cookie

Amount Per Serving

Calories 186.91

Fat 9.19g

SaturatedFat 2.42g

Trans Fat 0.00g

Cholesterol 12.07mg

Sodium 177.80mg

Carbohydrates 24.34g

Fiber 1.05g

Sugar 15.49g

Protein 2.83g

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

Calcium 5.12mg **Iron** 0.64mg

Chicken Parmigiana

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23283
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 5-5.25 TYS	1 Each	641402
Chicken Parmigiana Sauce	1/4 Cup	23282
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	645170

Preparation Instructions

Layer chicken pattie, then sauce, then cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	403.39		
Fat	22.02g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	991.92mg		
Carbohydrates	24.09g		
Fiber	3.17g		
Sugar	8.34g		
Protein	26.09g		
Vitamin A	70.78IU	Vitamin C	0.04mg
Calcium	215.78mg	Iron	2.04mg

Assorted Pop-Tarts

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23285
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	452062

Preparation Instructions

Frosted Cinnamon-1.25 Grain

Frosted Strawberry-1 Grain

Frosted Fudge-1.25 Grain

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	186.67		
Fat	2.83g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.67mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.33g		
Protein	2.33g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.80mg

Assorted Granola Bar

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23287
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each	209761
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each	498170
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each	582882
BAR OATML APPLE SFT IW 216-1.2Z	1 Each	526290
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	194041

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	146.00		
Fat	4.20g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	2.00mg		
Sodium	111.00mg		
Carbohydrates	26.20g		
Fiber	2.00g		
Sugar	11.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.28mg

Variety of Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23288
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	557991
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	192.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.50g		
Fiber	2.00g		
Sugar	16.50g		
Protein	3.25g		
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	27.75mg	Iron	1.06mg

Choice of Breakfast Bar

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23290
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	265921
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	265891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	160.00		
Fat	3.50g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	111.25mg		
Carbohydrates	29.75g		
Fiber	3.00g		
Sugar	8.75g		
Protein	2.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	247.50mg	Iron	1.60mg

Choice of Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23292
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
JUICE CAN TOM 100 48-5.5FLZ CAMP	1 Each	100811
JUICE APPL 100 70-4FLZ SNCUP	1 Each	207990
JUICE ORNG 100 70-4FLZ SNCUP	1 Each	207980
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	355900

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	56.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	103.00mg		
Carbohydrates	13.20g		
Fiber	0.20g		
Sugar	12.20g		
Protein	0.20g		
Vitamin A	0.00IU	Vitamin C	8.88mg
Calcium	13.80mg	Iron	0.21mg

Veggie Bar Offerings

Servings:	2.50	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23310
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
CUCUMBER SELECT 24CT MRKN	1/8 Cup	418439
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	129631
CELERY STALK 24 SZ 6CT MRKN	1/8 Cup	170895
CARROT BABY WHL PETITE 4-5 RSS	1/8 Cup	768146
BROCCOLI CRWN ICELESS 20 MRKN	1/8 Cup	704547
CAULIFLOWER CALIF 12-1CT MRKN	1/8 Cup	198528
PEPPERS GREEN 2 20 P/L	1/8 Cup	280437
PEPPERS RED 11 P/L	1/8 Cup	321141
BEANS BLACK LO SOD 6-10 BUSH	1/8 Cup	231981
ONION RED JUMBO 10 MRKN	1/8 Cup	596973
PEAS SGR SNAP STRINGLESS 10 P/L	1/8 Cup	778214
CABBAGE RED 5 P/L	1/8 Cup	596965
RADISH 30CT 14-1 P/L	1/8 Cup	198854
MUSHROOM LRG XFCY 3 MRKN	1/8 Cup	285188
OLIVE RIPE SLCD DOMESTIC 6-10 LNDSY	1/8 Cup	328391
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/8 Cup	451730
JICAMA FRESH 10 P/L	1/8 Cup	702889
POTATO SWT JUMBO 10 P/L	1/8 Cup	597023
TURNIP 25	1/8 Cup	677960

Description	Measurement	DistPart #
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	1/8 Cup	147270
PEPPERS BAN RING MILD 4-1GAL GCHC	1/8 Cup	466220

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.25
OtherVeg	0.25
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 2.50

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	90.98
Fat	1.56g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	241.82mg
Carbohydrates	17.80g
Fiber	4.43g
Sugar	5.69g
Protein	3.43g
Vitamin A 2414.44IU	Vitamin C 40.71mg
Calcium 60.43mg	Iron 0.89mg

Fish n Chips

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23342
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	327162
DINNER ROLL, W GRAIN, AM	1 roll	4372
FRIES 1/2 C/C CONCRTN 6-4.5 GEN7	3 1/2 Ounce	444539

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.75

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	503.20		
Fat	18.49g		
SaturatedFat	3.66g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	664.85mg		
Carbohydrates	62.20g		
Fiber	7.55g		
Sugar	2.00g		
Protein	22.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.54mg	Iron	9.08mg

BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23349
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 Each	100640
SAUCE BBQ 4-1GAL SWTBRAY	2 Tablespoon	655937
Aunt Millie's Sandwich Bun- Himes	1 Each	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00		
Fat	12.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	870.00mg		
Carbohydrates	55.00g		
Fiber	3.00g		
Sugar	26.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23381
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	209244
BLUEBERRY 12-1PT P/L	1/4 Cup	451690
STRAWBERRY 8 MRKN	1/4 Cup	212768
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	383.25		
Fat	13.74g		
SaturatedFat	5.00g		
Trans Fat	0.15g		
Cholesterol	55.00mg		
Sodium	830.76mg		
Carbohydrates	45.23g		
Fiber	5.67g		
Sugar	14.54g		
Protein	22.54g		
Vitamin A	24.54IU	Vitamin C	26.07mg
Calcium	62.44mg	Iron	2.06mg

Asian Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23387
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	570533
CARROT MATCHSTICK SHRED 2-3 RSS	1 Cup	198161
DRESSING ASIAN SESM GINGR 4-1GAL GFS	1 1/2 Cup	166722
CABBAGE SHRED RED 1/8 2-3 RSS	5 Cup	212679
LETTUCE ROMAINE RIBBONS 6-2 RSS	15 Cup	451730
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	5 Cup	124516
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
Grain	2.50
Fruit	0.00
GreenVeg	0.38
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	517.81
Fat	21.91g
SaturatedFat	6.20g
Trans Fat	0.00g
Cholesterol	73.34mg
Sodium	641.66mg
Carbohydrates	47.54g
Fiber	5.95g
Sugar	5.85g
Protein	31.85g
Vitamin A 1082.39IU	Vitamin C 13.29mg

Calcium 159.19mg **Iron** 4.13mg

Baked Cinnamon Apples

Servings:	72.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23392
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
APPLE SLCD W/P 6-10 GCHC	3 #10 CAN	117773
SUGAR BROWN MED 25 GCHC	3 Cup	108626
FLAVORING VANILLA IMIT 1-1GAL KE	6 Tablespoon	110744
SPICE NUTMEG GRND 16Z TRDE	6 Tablespoon	224944
SPICE CINNAMON GRND 5 TRDE	1 Tablespoon	224731

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	83.94		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.03mg		
Carbohydrates	20.93g		
Fiber	2.16g		
Sugar	17.70g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23393
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	570533
CELERY STALK 24 SZ 6CT MRKN	3 Cup	170895
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 1/2 Cup	704229
DRESSING BTRMLK RNCH 4-1GAL BRTHARB	40 Tablespoon	222380
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup	712131
LETTUCE ROMAINE RIBBONS 6-2 RSS	20 Cup	451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	690141

Preparation Instructions

Combine: 5# diced chicken, 3 c. diced celery, and 1 ½ c. buffalo sauce

Layer on each tortilla:

3 ½ oz chicken mixture (1/2 c.)

2 tbl ranch dressing

¼ c. shr. cheese

1 c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	4.25
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories 626.88

Fat 35.69g

SaturatedFat 12.52g

Trans Fat 0.00g

Cholesterol 108.34mg

Sodium 1475.65mg

Carbohydrates 36.94g

Fiber 4.30g

Sugar 5.30g

Protein 37.14g

Vitamin A 83.51IU **Vitamin C** 0.58mg

Calcium 361.78mg **Iron** 3.00mg

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23394
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 1/2 Ounce	570533
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
DRESSING BTRMLK RNCH 4-1GAL BRTHARB	2 Tablespoon	222380
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141

Preparation Instructions

LAYER EACH TORTILLA WITH:

3 ½ oz diced chicken (1/2 c.)

2 slices bacon

2 tbl ranch dressing

1 c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	532.17
Fat	28.83g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	84.17mg
Sodium	785.83mg
Carbohydrates	35.17g
Fiber	4.00g
Sugar	5.00g
Protein	31.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 151.17mg **Iron** 2.79mg

Chicken Salad Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23401
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
Fairfield High School Commodity Chicken Salad	1/2 Cup	R-23400
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	332.08		
Fat	12.37g		
SaturatedFat	2.84g		
Trans Fat	0.08g		
Cholesterol	51.16mg		
Sodium	492.90mg		
Carbohydrates	35.95g		
Fiber	4.39g		
Sugar	5.73g		
Protein	18.54g		
Vitamin A	77.21IU	Vitamin C	0.97mg
Calcium	146.83mg	Iron	1.72mg

Fajita Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23409
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	5 Pound	150160
PEPPERS & ONION FLME RSTD 6-2.5	1 Pound	847208
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup	712131
DRESSING BTRMLK RNCH 4-1GAL BRTHARB	20 Tablespoon	222380
SALSA 103Z 6-10 REDG	20 Tablespoon	452841
LETTUCE ROMAINE RIBBONS 6-2 RSS	20 Cup	451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.75
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	566.06
Fat	31.07g
SaturatedFat	11.92g
Trans Fat	0.00g
Cholesterol	136.67mg
Sodium	1014.66mg
Carbohydrates	39.39g
Fiber	4.48g
Sugar	5.45g
Protein	34.65g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 358.27mg **Iron** 2.06mg

Ham & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23410
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice	556121
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup	712131
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	387.50
Fat	17.75g
SaturatedFat	9.25g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	850.00mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	3.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 1.50mg
Calcium 338.00mg	Iron 2.52mg

Italian Sub Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23411
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	6 Slice	199721
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	645170
DRESSING ITAL GLDN 4-1GAL BRTHARB	2 Tablespoon	221681
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141

Preparation Instructions

Layer each tortilla with the following:

6 slices Italian combo meat(2 each flavor)

¼ c. shr. mozzarella cheese

2 tbl Italian dressing

1 c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	466.70
Fat	22.00g
SaturatedFat	8.20g
Trans Fat	0.00g
Cholesterol	73.00mg
Sodium	1253.30mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	9.00g
Protein	26.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 370.67mg **Iron** 2.58mg

Sante Fe Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23413
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	570533
SALSA 103Z 6-10 REDG	4 Cup	452841
SPICE CUMIN GRND 15Z TRDE	2 Tablespoon	273945
SPICE PEPR CHILE CHPTL GRND 18Z TRDE	2 Tablespoon	229551
BEANS BLACK LO SOD 6-10 BUSH	5 Cup	231981
CORN CUT IQF 30 GCHC	5 Cup	285620
LETTUCE ROMAINE RIBBONS 6-2 RSS	10 Cup	451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	690141

Preparation Instructions

Combine: 5# diced chicken, 4 c. salsa, 2 tbsp cumin, and 2 tbsp. chipotle chili powder

Layer on each tortilla:

3 ½ oz. chicken mixture (1/2 c.)

¼ c. black beans

¼ c. corn

½ c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	3.25
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.13

OtherVeg	0.00
Legumes	0.25
Starch	0.25

Nutrition Facts			
Servings Per Recipe: 20.00			
Serving Size: 1.00 Wrap			
Amount Per Serving			
Calories	482.17		
Fat	12.40g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	73.34mg		
Sodium	505.32mg		
Carbohydrates	55.98g		
Fiber	6.99g		
Sugar	6.00g		
Protein	34.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	167.34mg	Iron	4.86mg

Pudding

Servings:	8.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23480
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	DistPart #
PUDDING RTS VAN 6-10 GCHC	1 Cup	106771
PUDDING RTS BTRSCOTCH 6-10 GCHC	1 Cup	106747
PUDDING RTS MILK CHOC 6-10 GCHC	1 Cup	163554
PUDDING RTS BAN 6-10 GCHC	1 Cup	244643

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	127.50		
Fat	3.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	212.50mg		
Carbohydrates	24.50g		
Fiber	0.25g		
Sugar	15.75g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.50mg	Iron	0.27mg