Cookbook for EAST NOBLE ELEMENTARY

Created by HPS Menu Planner

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Mostaciolli

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Fresh Fruit and Vegetable Bar

Vegetable Pizza

Macaroni and Cheese with Ham

Dinner Roll

Bread Stick, Herbed

Chicken Flavored Rice - Whole Grain

Seasoned Green Beans

Peas

Corn, Buttered

Cob Corn

ENSC Beans Baked

Carrots, Steamed

Orange Glazed Carrots

Cauliflower Parslied

Seasoned Broccoli

Mashed Potatoes and Chicken Gravy

Roasted Redskin Potatoes

Egg Roll, Vegetable

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Yogurt Cup

Uncrustable, PBJ, Grape

Uncrustable, PBJ, Strawberry

Hash Brown

Peas & Carrots,

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Chicken Tenders

Tacos Beef - HS

- **Baked Fish Sandwich**
- **BBQ Pulled Pork on Bun**
- **Chicken or Turkey and Noodles**
- **Roasted Turkey**
- **Baked Sweet Potatoes and Apples**
- **Pork Tenderloin Sandwich**
- **Scalloped Potatoes & Ham**
- **Philly Steak & Cheese**
- **Corn Bread**
- **Marinated Cucumbers**
- **Buffalo Pizza**
- Taco Pizza
- Ham Sub
- **Potato Salad**
- **Chicken Quesadilla**
- **CHICKEN Quesadilla**
- **BBQ Pizza**
- **BBQ** Chicken
- Italian Wrap
- **Turkey and Cheese Wrap**
- **Chicken Ceasar Wrap**

Chicken Buffalo Wrap

Green Bean Casserole

Fruited Jello

Roasted Potato Bowl- Pork

Hot Dog Chili Sauce

Mongolian Beef

Egg Breakfast Slider

Cinnamon Roll

Sausage or Ham Egg Bites

Breakfast Burrito

Muffin Square

Omelette, Cheese

Yogurt Parfait- K-5 (NEW)

Peanut Butter Sandwich

Beef Taco Meat- Fresh

Orange Chicken

Sweet Potato Parfait

Manwich on Bun

Baked Fish

Rattatouille

Beef Walking Taco

Biscuit

TERIYAKII CHICKEN

| Candied Carrots |
|------------------------------------|
| Beef Spaghetti |
| BBQ Meatball Sub |
| Hummus |
| Pasta Salad |
| Cauliflower Salad |
| Fruit Cobbler |
| Polish Sausage |
| ENSC Salad Dressing |
| Philly Steak & Cheese - Elementary |
| Yogurt Pack |
| Teriyaki Chicken |
| Asian Chicken Salad |
| Fajita Chicken - HS |
| Taco Soup |
| WG Trix Cereal |
| WG Cinn Toast Crunch |
| WG Honey Nut Cheerios |
| WG Cocoa Puffs |
| WG Lucky Charms |
| Breakfast Pizza |

| Scrambled Eggs- Bacon |
|-----------------------------------|
| Breakfast Sausage Wrap |
| Maple Pancakes |
| Breakfast Egg Sandwich |
| WG White Bread- Aunt Millies |
| Turkey Pepperoni Stuffed Sandwich |
| Asian Rice - Whole Grain |
| Mini Waffle |
| Fruit Frudel |
| Mini Pancakes |
| French Toast |
| Tornado- Breakfast |
| Biscuit Sticks |
| Turkey Pigtail |
| Egg Quesadilla |
| Ham and Cheese Turnover |
| Ham and Beans w/ Cornbread |
| Lunch Munchable |
| Chicken and Waffles |
| Turkey and Noodles |
| Squash Bake |
| Chef Salad, Fajita Chicken |
| |

Turkey Club Salad

- **Vegetarian Chef Salad**
- **Cheesy Potatoes & Ham**
- Mini Pancakes- Strawberry
- Western Burger on Bun
- **Bean Burrito**
- **Beef Burrito**
- **Chili Frito Casserole**
- **Beef Cheese Macaroni**
- **Honey Siracha Chicken Nuggets**
- **Cuban Taco**
- **Meatloaf with Ketchup Glaze**
- WG PIZZA, PEPPERONI
- WG PIZZA, CHEESE
- WG PIZZA, SAUSAGE
- **Roasted Broccoli**
- **Roasted Cauliflower**
- **Baked Apples**
- Garbanzo Bean Salad
- **Mexican Pizza**
- **Chicken Alfredo Pizza**
- **BBQ Pulled Pork on Bun-Homemade**

Baked Fish and Chips

Brunch for Lunch

Fajita Chicken Wrap

Chef Taco Salad

Greek Salad, Diced Chicken

Turkey Club Wrap

Pea Salad

Chicken Wrap (Diced)

Chef Chicken Taco Salad

Bushes Baked Beans

Mixed Vegetables

Black Bean Corn Salad

| Servings: | 72.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|-----------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6878 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|---|------------|
| BEANS BLACK LO SOD 6-10 BUSH | 2 #10 CAN | Drain, and Rinse | 231981 |
| CORN WHL KERNEL STD GRADE 6-10 KE | 2 #10 CAN | If no #10 cans available, then use one full half pan of frozen corn | 244805 |
| RED ONION | 4 Each | Finely diced | 15N63 |
| Taco Seasoning | 1 Cup | UNPREPARED | 16423 |

Preparation Instructions

Directions:

In a large bowl. Mix all vegetables. Stir well. Add all seasoning and then, mix.. Taste, adjust seasoning Transfer necessary pans. Portion with No. 8 scoop (1/2 cup).

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.06 |
| Legumes | 0.36 |
| Starch | 0.36 |
| | |

Nutrition Facts

| Servings Per Recipe: 72.00 | | | |
|----------------------------|----------|--|--|
| Serving Size: 0.50 Cup | | | |
| Amount Per Serving | | | |
| Calories | 147.06 | | |
| Fat | 1.08g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 194.43mg | | |
| Carbohydrates | 27.37g | | |
| Fiber | 5.20g | | |
| Sugar | 6.08g | | |
| Protein | 6.58g | | |
| | | | |

| Vitamin A | 1.74IU | Vitamin C | 0.00mg |
|-----------|---------|-----------|--------|
| Calcium | 44.91mg | Iron | 1.54mg |

Creamy Cole Slaw

| Servings: | 100.00 | Category: | Vegetable |
|----------------------------|---------------------------|------------------|--------------|
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6879 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instruction | s DistPart # |
| COLE SLAW CRMY CLSC 10 GCH | IC 1 Cup | | 738158 |

Preparation Instructions

Directions:

Place cabbage in large bowl .

Combine salad dressing, celery seed, dry mustard.

Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt $\frac{1}{2}$ cup) into each shallow pan (12" x 20" x 2 $\frac{1}{2}$ ") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide.

2: Special Tips:

3: 1) For best results, shred cabbage and store overnight; add dressing just before serving.

4: 2) If recipe is prepared in advance, the yield will be reduced.

| 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 | S |
|-----------------------|--------|
| Servings Per Recipe: | 100.00 |
| Serving Size: 1.00 Cu | ıp |
| Amount Per Serving | 1 |
| Calories | 3.60 |
| Fat | 0.22g |
| SaturatedFat | 0.03g |
| Trans Fat | 0.00g |
| Cholesterol | 0.20mg |
| Sodium | 7.60mg |
| Carbohydrates | 0.38g |
| Fiber | 0.04g |
| Sugar | 0.34g |
| | |

| Protein | | 0.02g | |
|-----------|--------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.60mg | Iron | 0.01mg |

Broccoli Salad

| Servings: | 25.00 | Category: | Vegetable |
|---------------|-----------------------------|----------------|-----------|
| Serving Size: | 4.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6880 |
| School: | EAST NOBLE MIDDLE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| BROCCOLI FLORET BITE SIZE 2-3 RSS | 1 Carton | 1 case | 732451 |
| CHEESE CHED SHRD 6-5 COMM | 2 Cup | | 199720 |
| RAISIN SELECT 12-2 P/L | 1 Cup | | 496146 |
| DRESSING POPPYSEED 4-1GAL PMLL | 2 Quart | | 850942 |

Preparation Instructions

Directions:

Combine ingredients in a large bowl. Toss lightly.

Transfer a black shot gun table pan

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/2 cup dark green vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/2 cup vegetable and 1/8 cup fruit.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.25 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.57 |
| RedVeg | 0.00 |

| 0.00 |
|------|
| 0.50 |
| 0.00 |
| |

Nutrition Facts

Servings Per Recipe: 25.00 Serving Size: 4.00 Ounce

| Amount Pe | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 400.78 | |
| Fat | | 28.86g | |
| SaturatedFa | at | 7.68g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 19.20mg | |
| Sodium | | 482.29mg | |
| Carbohydra | ites | 33.35g | |
| Fiber | | 0.46g | |
| Sugar | | 30.31g | |
| Protein | | 4.13g | |
| Vitamin A | 22.52IU | Vitamin C | 3.16mg |
| Calcium | 22.11mg | Iron | 0.21mg |
| | | | |

Broccoli, Fresh

| Servings: | 100.00 | Category: | Vegetable |
|------------------------------|---------------------------|------------------|---------------|
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6881 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instruction | ns DistPart # |
| BROCCOLI FLORET BITE SIZE 2- | 3 RSS 3 Gallon | | 732451 |
| | | | |

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables 4 inches deep in stainless steel inset pans.

CCP:COLD FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Notes:

Serving Size: #8 Scoop

| Meal | Components | (SLE) |
|------|------------|-------|
|------|------------|-------|

Amount Per Serving

| Meat | 0.00 |
|----------|------|
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.48 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Cup | | | | |
|--|-----------|-----------|---------|--|
| Amount Pe | r Serving | | | |
| Calories | | 14.40 | | |
| Fat | | 0.19g | | |
| SaturatedF | at | 0.00g | | |
| Trans Fat | | 0.00g | | |
| Cholestero | l | 0.00mg | | |
| Sodium | | 13.92mg | | |
| Carbohydra | ates | 2.88g | | |
| Fiber | | 1.06g | | |
| Sugar | | 0.96g | | |
| Protein | | 1.15g | | |
| Vitamin A | 263.16IU | Vitamin C | 37.68mg | |
| Calcium | 19.85mg | Iron | 0.31mg | |
| | | | | |

Baby Carrots, Fresh, Petite

| Servings: | 100.00 | Category: | Vegetable |
|---------------|---------------------------|------------------|--------------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6882 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instruction | s DistPart # |

Preparation Instructions

CARROT BABY WHL PETITE 4-5 RSS

Directions: WASH HANDS. WASH ALL PRODUCE UNDER COOL RUNNING WATER. 1. Serve. CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F. Child Nutrition: 1/2 cup serving provides= 1/2 cup red/orange vegetable Updated October 2013

3 1/4 Gallon

Notes:

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: 100.00 Serving Size: 0.50 Cup

| Amount Per | r Servina | | |
|-------------|-----------|-----------|--------|
| Calories | | 0.38 | |
| Fat | | 0.00g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 0.64mg | |
| Carbohydra | ites | 0.09g | |
| Fiber | | 0.03g | |
| Sugar | | 0.04g | |
| Protein | | 0.01g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.29mg | Iron | 0.00mg |
| | | | |

768146

Cucumbers, Sliced, Unpeeled

| Servings: | 100.00 | Category: | Vegetable |
|---------------------------|---------------------------|-------------------|--------------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6883 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | s DistPart # |
| CUCUMBER SELECT 24CT MRKI | N 3 Gallon | | 418439 |

Preparation Instructions

Directions:

Wash and slice cucumbers

CCP: Hold for cold service at 41° F or lower.

Place on serving line at begining of service

Serve 1/2 cup

CCP: Hold for cold service at 41° F or lower.

Notes:

Meal Components (SLE)

Amount Per Serving

| Meat | 0.00 |
|----------|------|
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.48 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Servings Pe Serving Size | r Recipe: 10 | 0.00 | |
|-----------------------------|--------------|-----------|--------|
| Amount Pe | · · · · · · | | |
| Calories | | 3.74 | |
| Fat | | 0.05g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 0.00mg | |
| Sodium | | 0.48mg | |
| Carbohydra | ites | 0.96g | |
| Fiber | | 0.14g | |
| Sugar | | 0.48g | |
| Protein | | 0.14g | |
| Vitamin A | 26.21IU | Vitamin C | 0.70mg |

Iron

0.07mg

3.99mg

Nutrition Facts

Calcium

Romaine Salad, Chopped

| Servings: | 100.00 | Category: | Vegetable |
|----------------------------|---------------------------|------------------|--------------|
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6884 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instruction | s DistPart # |
| LETTUCE ROMAINE CHOP 6-2 R | SS 6 Gallon | | 735787 |
| | | | |

Preparation Instructions

Directions:

WASH HANDS.

1. Place washed lettuce serving pan.

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

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

Updated October 2013

Notes:

Portion 1 cup of lettuce

Meal Components (SLE)

| Amount Per Serving | | |
|--------------------|--|--|
| 0.00 | | |
| 0.00 | | |
| 0.00 | | |
| 0.48 | | |
| 0.00 | | |
| 0.00 | | |
| 0.00 | | |
| 0.00 | | |
| | | |

| • | r Recipe: 10 | 0.00 | |
|---------------------------|--------------|-----------|--------|
| Serving Size Amount Pe | | | |
| Calories | . corving | 9.60 | |
| Fat | | 0.00g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 0.00mg | |
| Sodium | | 0.00mg | |
| Carbohydra | ates | 1.92g | |
| Fiber | | 0.96g | |
| Sugar | | 0.96g | |
| Protein | | 0.96g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |

| Calcium | 15.36mg | Iron | 0.35mg |
|---------|---------|------|--------|
| | | | |

Bell Peppers

| Servings: | 1.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|-----------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6885 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|------------------------------------|------------|
| PEPPERS RED DOMESTIC 23 MRKN | 1/4 Cup | Wash, deseed, cut into long strips | 560715 |
| PEPPERS BELL YEL 11 | 1/4 Cup | | 460890 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL, RUNNING WATER. DRAIN WELL.

1. Core green pepper and remove all seeds.

2. Slice into strips. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Notes:

1 medium bell pepper = approximately 4.2 oz

1/2 cup sliced bell peppers = 1.6 oz

Child Nutrition: 1/2 cup serving provides= 1/2 cup "other" vegetable

Updated October 2013

| Meal Components (SLE) Amount Per Serving | | | | |
|---|------|--|--|--|
| Meat | 0.00 | | | |
| Grain | 0.00 | | | |
| Fruit | 0.00 | | | |
| GreenVeg | 0.00 | | | |
| RedVeg | 0.25 | | | |
| OtherVeg 0.00 | | | | |
| Legumes | 0.00 | | | |
| Starch | 0.00 | | | |

Nutrition Facts

| Servings Per Recipe: 1.00 | | | |
|---------------------------|--------|--|--|
| Serving Size: 0.50 Cup | | | |
| Amount Per Serving | | | |
| Calories | 9.50 | | |
| Fat | 0.05g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.70mg | | |
| Carbohydrates | 2.50g | | |
| Fiber | 0.40g | | |
| | | | |

| Protein | | 0.30g | |
|-----------|----------|-----------|---------|
| Vitamin A | 999.94IU | Vitamin C | 58.14mg |
| Calcium | 3.06mg | Iron | 0.16mg |

Celery Sticks

| Servings: | 100.00 | Category: | Vegetable |
|---------------------|---------------------------|-------------------|------------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6886 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | DistPart # |
| CELERY STIX 4-3 RSS | 6 Pound | | 781592 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup sticks provides= 1/4 cup "other" vegetable and 1/4 cup red/orange vegetable Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

| Meat | 0.00 |
|----------|------|
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.22 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

| Amount Per | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 6.59 | |
| Fat | | 0.00g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 35.13mg | |
| Carbohydra | ites | 1.32g | |
| Fiber | | 0.88g | |
| Sugar | | 0.88g | |
| Protein | | 0.44g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 17.56mg | Iron | 0.00mg |

Cherry Tomatoes

| Servings: | 100.00 | Category: | Vegetable |
|-----------------------|---------------------------|-------------------|------------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6887 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | DistPart # |
| TOMATO CHERRY 11 MRKN | 6 Pound | | 569551 |

Preparation Instructions

Directions: Wash Tomatoes Drain, and remove stems Place in cooler till serving time CCP: Hold for cold service at 41° F or lower. Notes: 1/2 cup serving

Meal Components (SLE)

Amount Per Serving

| 3 | |
|----------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.06 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|--------------------|---------|-----------|--------|
| Calories | | 1.94 | |
| Fat | | 0.02g | |
| SaturatedFa | at | 0.01g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 0.54mg | |
| Carbohydra | ites | 0.42g | |
| Fiber | | 0.13g | |
| Sugar | | 0.30g | |
| Protein | | 0.10g | |
| Vitamin A | 89.96IU | Vitamin C | 1.48mg |
| Calcium | 1.08mg | Iron | 0.03mg |
| | | | |

Chilled Fruit, Assorted

| Servings: | 100.00 | Category: | Fruit |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6888 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| APPLESAUCE UNSWT 6-10 GCHC | 4 #10 CAN | | 271497 |
| FRUIT COCKTAIL XL/S 6-10 GCHC | 4 #10 CAN | | 225304 |
| PEACH DCD XL/S 6-10 GCHC | 4 #10 CAN | | 268348 |
| PEAR DCD XL/S 6-10 GCHC | 4 #10 CAN | | 290203 |

Preparation Instructions

Directions: CCP: Hold for cold service at 41° F or lower. Open Can fruit, drain slightly place under refrigeration Notes: Serve with 4 oz spoodle

Meal Components (SLE)

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 0.00 | |
| Grain | 0.00 | |
| Fruit | 1.61 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.00 | |
| OtherVeg | 0.00 | |
| Legumes | 0.00 | |
| Starch | 0.00 | |
| | | |

| Nutrition Facts | | | | |
|---|-----------|--------|--|--|
| Servings Per Recipe: 100.00 Serving Size: 0.50 Cup | | | | |
| Amount Per Serving | | | | |
| Calories | 202.60 | | | |
| Fat | 0.00g | | | |
| SaturatedFat | 0.00g | | | |
| Trans Fat | 0.00g | | | |
| Cholesterol | 0.00mg | | | |
| Sodium | 21.90mg | | | |
| Carbohydrates | 50.12g | | | |
| Fiber | 2.18g | | | |
| Sugar | 41.73g | | | |
| Protein 0.00g | | | | |
| Vitamin A 0.00IU | Vitamin C | 0.00mg | | |

| Calcium | 4.74mg | Iron | 0.00mg |
|---------|--------|------|--------|
| | | | |

Fruit, Fresh, Whole

| Servings: | 100.00 | Category: | Fruit |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6889 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| ORANGE JUICER 100-125CT 40 P/L | 100 Each | | 100955 |
| BANANA PETITE GRN 150CT DOLE | 100 Each | | 591310 |
| PEAR 95-110CT MRKN | 100 Each | | 198056 |
| APPLE DELIC GLDN 125-138CT MRKN | 100 Each | | 597481 |
| APPLE GALA 138CT MRKN | 100 Each | | 569392 |

Preparation Instructions

Directions: WASH HANDS. WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL. CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F. Child Nutrition: 1 orange = 1/2c fruit Updated October 2013 Notes:

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 8.78 |
| 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 | 910.02 | |
| Fat | 1.00g | |
| SaturatedFat | 0.30g | |
| Trans Fat | 0.00g | |
| Cholesterol | 0.00mg | |
| Sodium | 46.36mg | |
| Carbohydrates | 242.84g | |
| Fiber | 48.98g | |

| Protein | | 10.18g | |
|-----------|----------|-----------|---------|
| Vitamin A | 213.76IU | Vitamin C | 70.25mg |
| Calcium | 168.86mg | Iron | 3.29mg |

Melon

| Servings: | 100.00 | Category: | Fruit |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6891 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| MELON HNYDEW 5-6CT/AVG P/L | 15 Each | | 197904 |
| MELON MUSK CANTALOUPE 12CT P/L | 15 Each | | 200565 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

ON A CLEAN, CUTTING BOARD, CUT ENDS OFF MELON.

PEELRIND, THEN CUT IN HALF, DESEED MELON

CUT INTO SMALL, BITE SIZE CUBES.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Updated October 2013

Notes:

Child Nutrition: #8 spoodle = 1/2c fruit

Meal Components (SLE)

Amount Per Serving

| Meat | 0.00 |
|----------|------|
| Grain | 0.00 |
| Fruit | 0.15 |
| 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 Cup | | |
|--|--|--|
| | | |
| 9.30 | | |
| 0.00g | | |
| 0.00g | | |
| 0.00g | | |
| 0.00mg | | |
| 4.35mg | | |
| 2.48g | | |
| 0.18g | | |
| 2.30g | | |
| | | |

| Protein | | 0.15g | |
|-----------|--------|-----------|---------|
| Vitamin A | 0.00IU | Vitamin C | 75.60mg |
| Calcium | 1.75mg | Iron | 0.00mg |

Watermelon

| Servings: | 100.00 | Category: | Fruit |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6892 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| | | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| WATERMELON RED SDLSS 2CT P/L | 8 Each | | 326089 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

ON A CLEAN, CUTTING BOARD, CUT ENDS OFF MELON.

PEEL RIND,

CUT INTO SMALL, BITE SIZE CUBES.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MINIMUM INTERNAL TEMPERATURE OF 41°F.

Updated October 2013

Notes:

Child Nutrition: #8 spoodle = 1/2c fruit

Meal Components (SLE)

| Amount Per Serving | . , |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.08 |
| 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 Cup | | | |
|---|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 3.65 | |
| Fat | | 0.02g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 0.00mg | |
| Sodium | | 0.12mg | |
| Carbohydra | ites | 0.88g | |
| Fiber | | 0.05g | |
| Sugar | | 0.72g | |
| Protein | | 0.07g | |
| Vitamin A | 69.19IU | Vitamin C | 0.98mg |

| Calcium | 0.85mg | Iron | 0.03mg |
|---------|--------|------|--------|
| | | | |

Grapes, Red Seedless

| Servings: | 100.00 | Category: | Fruit |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-6893 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| | | | |

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| GRAPES RED SDLSS 18AVG MRKN | 3 Carton | | 197831 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

1. Wash grapes under cool running water, drain well.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

2. Portion into serving dishes using 4 oz spoodle.

Child Nutrition: 4z spoodle = 1/2c fruit

Updated October 2013

Notes:

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.01 |
| 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 Cup

| Amount Per Serving | | | |
|--------------------|-----------|--------|--|
| Calories | 3.38 | | |
| Fat | 0.02g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.10mg | | |
| Carbohydrates | 0.88g | | |
| Fiber | 0.04g | | |
| Sugar | 0.80g | | |
| Protein | 0.03g | | |
| Vitamin A 5.04IU | Vitamin C | 0.20mg | |

| Calcium | 0.71mg | Iron | 0.01mg |
|---------|--------|------|--------|
| | | | |

BBQ Ribette Sandwich on Bun

| Servings: | 100.00 | Category: | Entree |
|--|------------------------|---|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6894 |
| School: | EAST NOBLE I SCHOOL | HIGH | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | DistPart # |
| PORK RIB PTY CKD BBQ CN 100-2.5Z GFS | 100 Each | Bake frozen product for 20-25 minutes or temperature reaches 165 degrees f. Conve preheat oven to 350 degrees F. | |
| 4 inch whole grain hamburger buns - 30 ct | 100 bun | | 3480 |

734152

SAUCE BBQ 6-.5GAL GCHC 3 Gallon

Preparation Instructions

Directions:

Bake BBQ Pork in 4 in. serving pans, shingle them in pan

Add BBQ sauce and water.

Wrap with parchment paperand foil,

Bake until temperature reaches 165 or higher.

CCP: Heat to 165° F or higher for at least 15 seconds

Remove from oven, put on line and hold.

CCP: Hold at 135° F or higher.

Assemble sandwich at time of service. 1 bun and 4 oz BBQ pork.

Notes:

Meal Components (SLE)

Amount Per Serving

| Meat | 2.00 |
|----------|------|
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| | |

0.00

Nutrition Facts

| Amount Pe | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 542.89 | |
| Fat | | 12.38g | |
| SaturatedFa | at | 3.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 30.00mg | |
| Sodium | | 2286.01mg | |
| Carbohydra | ates | 61.71g | |
| Fiber | | 4.15g | |
| Sugar | | 39.69g | |
| Protein | | 19.15g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 1.08mg |
| | | | |

Hamburger on Bun

| Servings: | 100.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6895 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| BEEF PTY CKD 2.5Z 6-5 COMM | 100 Each | | 785850 |
| 4 inch whole grain hamburger buns - 30 ct | 100 bun | | 3480 |

Preparation Instructions

Directions:

WASH HANDS.

- 1. Place frozen patties, in a 4- inch full pan,
- 2.Add water,
- 3. Wrap pan with parchment and foil.
- 4. Bake for 45 minutes, or until 165 degrees F.
- 5. Serve in 4 inch pan
- 6. Top with Bun, Wrap
- * Hold at 145 degrees F

Notes:

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

Meal Components (SLE)

| Amount F | Per S | Serv | ing |
|----------|-------|------|-----|
|----------|-------|------|-----|

| 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 | 308.00 | | |
| Fat | 12.00g | | |
| SaturatedFat | 3.60g | | |
| Trans Fat | 0.60g | | |
| Cholesterol | 39.00mg | | |
| Sodium | 459.00mg | | |
| Carbohydrates | 2.00g | | |
| Fiber | 3.00g | | |
| | | | |

| Protein | | 20.00g | |
|-----------|---------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 33.00mg | Iron | 2.00mg |

Cheeseburger on Bun

| Servings: | 100.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6897 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| BEEF PTY CKD W/CHER 2.4Z 6-5 COMM | 100 Each | | 785820 |
| 4 inch whole grain hamburger buns - 30 ct | 100 bun | | 3480 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 100 Slice | | 722360 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Place frozen patties, ina 4- inch full pan,

- 2.Add water, Beef Base,
- 3. Wrap pan with parchment and foil.
- 4. Bake for an hour, or until 165 degrees F.
- 5. Place cooked patty on Bun, place cheese on cooked patty.
- 6. Top with Bun, Wrap
- * Hold at 145 degrees F

Notes:

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain Updated October 2013

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.50 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

0.00

Nutrition Facts

| Amount Pe | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 398.00 | |
| Fat | | 19.00g | |
| SaturatedFa | at | 6.95g | |
| Trans Fat | | 0.90g | |
| Cholestero | I | 67.50mg | |
| Sodium | | 749.00mg | |
| Carbohydra | ates | 3.00g | |
| Fiber | | 3.00g | |
| Sugar | | 5.50g | |
| Protein | | 24.50g | |
| Vitamin A | 28.00IU | Vitamin C | 0.00mg |
| Calcium | 114.00mg | Iron | 2.00mg |
| | | | |

Breaded Chicken Sandwich

| Servings: | 100.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6899 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| CHIX PTY BRD WGRAIN 3.26Z 4-7.7 | 100 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 558061 |
| 4 inch whole grain hamburger buns - 30 ct | 100 bun | | 3480 |

Preparation Instructions

Directions:

WASH HANDS.

- 1. Cook chicken patty frozen, at 30% moisture, 12-15 minutes, at 320 degrees.
- 2. Take temperature to 165 degrees F
- 3. Place chicken patties in a 4 inch full pan

4. Serve hot

Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat,

Updated October 2019

Notes:

Allow student to select condiment of choice.

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 3.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

0.00

Nutrition Facts

| eer ring eize | nee Each | | |
|---------------|-----------|-----------|--------|
| Amount Per | r Serving | | |
| Calories | | 400.00 | |
| Fat | | 15.00g | |
| SaturatedFa | at | 2.50g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 25.00mg | |
| Sodium | | 650.00mg | |
| Carbohydra | ites | 15.00g | |
| Fiber | | 5.00g | |
| Sugar | | 5.00g | |
| Protein | | 20.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 35.00mg | Iron | 2.00mg |
| | | | |

Spicy Breaded Chicken Sandwich

| Servings: | 100.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6900 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| CHIX PTY HOT&SPCY WGRAIN 3.49Z 4- 8.2 | 100 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 327080 |
| 4 inch whole grain hamburger buns - 30 ct | 100 bun | | 3480 |

Preparation Instructions

Directions:

WASH HANDS.

- 1. Cook chicken patty frozen, at 30% moisture, 12-15 minutes, at 320 degrees.
- 2. Take temperature to 165 degrees F
- 3. Place chicken patties in a 4 inch full pan

4. Serve hot

Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat,

Updated October 2019

Notes:

Allow student to select condiment of choice.

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 3.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

0.00

Nutrition Facts

| eer ring eize | | | |
|---------------|-----------|-----------|--------|
| Amount Per | r Serving | | |
| Calories | | 430.00 | |
| Fat | | 17.00g | |
| SaturatedFa | at | 3.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 25.00mg | |
| Sodium | | 590.00mg | |
| Carbohydra | ites | 17.00g | |
| Fiber | | 5.00g | |
| Sugar | | 5.00g | |
| Protein | | 21.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 2.00mg |
| | | | |

Pizza, Cheese

| Servings: | | 8.00 | | Category: | Entree | |
|---|---------|--------------|--|---|---|---------------|
| Serving Size | : | 1.00 \$ | Slice | HACCP Process: | Same Day Se | ervice |
| Meal Type: | | Lunch | ו | Recipe ID: | R-6901 | |
| School: | | EAST SCH0 | NOBLE HIGH | | | |
| Ingredie | ents | | | | | |
| Description | Measure | ement | Prep Instruction | S | | DistPart # |
| CRUST PIZZA SHTD OVN RSNG 20-16RICH | 1 Each | | REMOVE DESIRED NUM CASE AND RETURN TO CHEESE AND TOPPING TURNS GOLDEN BROW MINUTES. CONVEYOR (MINUTES. REMOVE PIZ SERVE WHILE HOT. TH ROOM TEMPERATURE BAKE UNTIL CHEESE M CONVECTION OVEN: 37 OVEN: 500°F (260°C) FC | TO -10°F (-18°F TO -23°C) W IBER OF UNITS FROM CASI FREEZER. FREEZER TO O S. BAKE UNTIL CHEESE ME N. CONVECTION OVEN: 375 OVEN: 500 - 550°F (260 - 290 ZA FROM OVEN. ALLOW TO AWED: COVER AND THAW 75°F (23°C). ADD SAUCE, C IELTS AND CRUST TURNS (5°F (190°C) FOR 8 - 10 MINU R 4 - 5 MINUTES. REMOVE IE MINUTE. SERVE WHILE I | E AND THEN RESEAL /EN: ADD SAUCE, ELTS AND CRUST 5°F (190°C) FOR 9 - 11 °C) FOR 4.5 - 6.5 9 SET FOR ONE MINUTE. (UP TO 2 HOURS AT HEESE AND TOPPINGS. GOLDEN BROWN. JTES. CONVEYOR PIZZA FROM OVEN. | 626930 |
| SAUCE PIZZA W/BASL 6-10 REDPK | 6 Ounce | | READY_TO_EAT None | | | 256013 |
| Cheese, Mozzarella light, Shred FRZ | 4 Cup | | | | | 100034 |

Preparation Instructions

Directions:

Combine tomato sauces, Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of pizza sauce onto each pizza crust.

Sprinkle (4 cups) shredded cheese evenly over each pizza pan.

Bake until crust is lightly browned: Convection oven: 300° F, HIGH HEAT, for 10 minutes, turn bake for another 7 minutes

Temp and Record

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.25 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 8.00 Serving Size: 1.00 Slice

| Amount Pe | r Serving | | | |
|---------------|-----------|-----------|--------|--|
| Calories | | 291.25 | | |
| Fat | | 9.00g | | |
| SaturatedFat | | 5.50g | 5.50g | |
| Trans Fat | | 0.00g | | |
| Cholesterol | | 20.00mg | | |
| Sodium | | 763.75mg | | |
| Carbohydrates | | 33.25g | | |
| Fiber | | 1.75g | | |
| Sugar | | 3.50g | | |
| Protein | | 6.38g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 20.00mg | Iron | 2.21mg | |
| | | | | |

Pizza, Pepperoni

| Servings: | | 8.00 | | Category: | Entree | |
|---|---------|--------------|---|--|---|---------------|
| Serving Size: | | 1.00 \$ | Slice | HACCP Process: | Same Day Se | ervice |
| Meal Type: | | Lunch | ו | Recipe ID: | R-6903 | |
| School: | | EAST SCH0 | NOBLE HIGH | | | |
| Ingredie | ents | | | | | |
| Description | Measure | ment | Prep Instruction | S | | DistPart # |
| CRUST PIZZA SHTD OVN RSNG 20-16RICH | 1 Each | | REMOVE DESIRED NUM CASE AND RETURN TO CHEESE AND TOPPING TURNS GOLDEN BROW MINUTES. CONVEYOR (MINUTES. REMOVE PIZ SERVE WHILE HOT. THA ROOM TEMPERATURE BAKE UNTIL CHEESE M CONVECTION OVEN: 37 OVEN: 500°F (260°C) FO | TO -10°F (-18°F TO -23°C) W IBER OF UNITS FROM CASE FREEZER. FREEZER TO OV S. BAKE UNTIL CHEESE ME N. CONVECTION OVEN: 375 OVEN: 500 - 550°F (260 - 290° ZA FROM OVEN. ALLOW TO AWED: COVER AND THAW (75°F (23°C). ADD SAUCE, CH IELTS AND CRUST TURNS (5°F (190°C) FOR 8 - 10 MINU R 4 - 5 MINUTES. REMOVE I IE MINUTE. SERVE WHILE H | AND THEN RESEAL (EN: ADD SAUCE, (LTS AND CRUST (F (190°C) FOR 9 - 11 °C) FOR 4.5 - 6.5 SET FOR ONE MINUTE. UP TO 2 HOURS AT HEESE AND TOPPINGS. SOLDEN BROWN. ITES. CONVEYOR PIZZA FROM OVEN. | 626930 |
| PEPPERONI SLCD 14-16/Z 2-5 GCHC | 40 Each | | | | | 729981 |
| SAUCE PIZZA W/BASL 6-10 REDPK | 2 Ounce | | READY_TO_EAT None | | | 256013 |
| SAUCE MARINARA A/P 6- 10 REDPK | 2 Ounce | | READY_TO_EAT None | | | 592714 |
| Cheese, Mozzarella light, Shred FRZ | 4 Cup | | | | | 100034 |

Preparation Instructions

Directions:

Combine tomato sauces, g, Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of pizza sauce onto each pizza crust.

Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan.

Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

A new nutrient analysis will be coming. Updated July 2014. Re standardization in progress.

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.25 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 8.00 Serving Size: 1.00 Slice | | | |
|--|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 330.18 | |
| Fat | | 13.06g | |
| SaturatedFat | | 7.06g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 29.38mg | |
| Sodium | | 934.78mg | |
| Carbohydrates | | 32.11g | |
| Fiber | | 1.43g | |
| Sugar | | 2.86g | |
| Protein | | 8.18g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 21.43mg | Iron | 2.05mg |

Pizza, Sausage

| Servings: | 8.0 | 0 | Category: | Entree | |
|---|-----------|---|---|--|---------------|
| Serving Size: | 1.0 | 0 Piece | HACCP Process: | Same Day Se | ervice |
| Meal Type: | Lur | nch | Recipe ID: | R-6905 | |
| School: | | ST NOBLE HIGH HOOL | | | |
| Ingredier | nts | | | | |
| Description | Measureme | ent Prep Instructio | ons | | DistPart # |
| CRUST PIZZA SHTD OVN RSNG 20-16RICH | 1 Each | REMOVE DESIRED N CASE AND RETURN CHEESE AND TOPPII TURNS GOLDEN BRO MINUTES. CONVEYO MINUTES. REMOVE F MINUTE. SERVE WHI HOURS AT ROOM TE AND TOPPINGS. BAH GOLDEN BROWN. CO MINUTES. CONVEYO | 0°F TO -10°F (-18°F TO -23°C) W UMBER OF UNITS FROM CASE TO FREEZER. FREEZER TO OV NGS. BAKE UNTIL CHEESE ME DWN. CONVECTION OVEN: 375 R OVEN: 500 - 550°F (260 - 290 PIZZA FROM OVEN. ALLOW TO LE HOT. THAWED: COVER AN MPERATURE 75°F (23°C). ADD CE UNTIL CHEESE MELTS AND DNVECTION OVEN: 375°F (190° R OVEN: 500°F (260°C) FOR 4 - ALLOW TO SET FOR ONE MINU | AND THEN RESEAL VEN: ADD SAUCE, SLTS AND CRUST SPF (190°C) FOR 9 - 11 °C) FOR 4.5 - 6.5 O SET FOR ONE D THAW (UP TO 2 O SAUCE, CHEESE O CRUST TURNS CC) FOR 8 - 10 - 5 MINUTES. REMOVE | 626930 |
| Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case | 2 Cup | THAW Thaw under refrigera and pastas. | tion. Thaw and use. Great on p | izza, wraps, burritos | 125302 |
| SAUCE PIZZA W/BASL 6-10 REDPK | 2 Ounce | READY_TO_EAT None | | | 256013 |
| SAUCE MARINARA A/P 6-10 REDPK | 2 Ounce | READY_TO_EAT None | | | 592714 |
| Cheese, Mozzarella light, Shred FRZ | 3 Cup | | | | 100034 |

Preparation Instructions

Directions:

Combine tomato sauces, Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of pizza sauce onto each pizza crust.

Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan. Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices) Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Meal Components (SLE)

Amount Per Serving

| Meat | 2.43 |
|----------|------|
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.25 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Amount Per Serving |
|-----------------------------------|
| |
| Calories 286.43 |
| Fat 10.50g |
| SaturatedFat 5.50g |
| Trans Fat 0.00g |
| Cholesterol 18.75mg |
| Sodium 720.71mg |
| Carbohydrates 31.73g |
| Fiber1.43g |
| Sugar 2.86g |
| Protein 7.05g |
| Vitamin A 0.00IU Vitamin C 0.00mg |
| Calcium 21.43mg Iron 2.19mg |

Beef Nachos

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6909 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---------------------------------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 Ounce | 3 oz. if student does not want cheese | 722330 |
| CHIP TORTL RND YEL 5-1.5 KE | 12 Each | | 163020 |
| SALSA CUP 84-3Z REDG | 1 Each | READY_TO_EAT None | 677802 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 Ounce | | 150250 |

Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat

or Use premade JTM Taco Filling.

CCP: Heat to 165° F or higher for at least 20 seconds.

1.) Using a one time use glove, place 12-14 chips in a #1 paper tray

2.) Place 1 oz. cheese on Chips, place on a Bun Rack, until service.

- * Portion with No. 16 scoop (¼ cup)
- 3.) Top with 2 oz. of Taco Filling, 10 minutes before service. (do 5-6 Trays at a time)
- * If student does not want Meat, then substitute with 1 oz. of Shredded Cheese
- * Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher.

| | - |
|--------------|----------|
| Amount Dor 9 | Soning |
| Amount Per S | Serving |
| | <u> </u> |
| | |

| Meat | 2.26 |
|----------|-------|
| Grain | 15.00 |
| 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 Serving

| - | | 0 | |
|------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 1770.28 | |
| Fat | | 66.09g | |
| SaturatedF | at | 13.14g | |
| Trans Fat | | 0.18g | |
| Cholestero | I | 52.08mg | |
| Sodium | | 1774.16mg | |
| Carbohydra | ates | 250.15g | |
| Fiber | | 25.26g | |
| Sugar | | 3.26g | |
| Protein | | 39.08g | |
| Vitamin A | 706.94IU | Vitamin C | 3.15mg |
| Calcium | 704.87mg | Iron | 5.58mg |
| | | | |

Chicken Nachos

| Servings: | 100.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6914 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| CHIX TACO FILLING CKD 4- 5.03 TYS | 20 Pound | UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F. | 200511 |
| CHIP TORTL RND YEL 5-1.5 KE | 24 Ounce | | 163020 |
| SAUCE CHS QUESO JALAP POUC 6-106Z LOL | 10 Pound | | 135271 |
| SOUR CREAM CUP 100-1Z PAULY | 100 Package | | 126400 |
| 84-2.6Z SALSA CUP REDG REDSC2Z | 100 Each | | 536690 |
| CHEESE CHED MLD SHRD 4-5 LOL | 6 Pound | | 150250 |

Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

1.) Using a one time use glove, place 22 chips in a #3 paper Tray

2.) Place 2oz. Taco Meat on Chips

- * Portion with No. 16 scoop (1/4 cup)
- 3.) Ladle 2 oz Jalapeno Cheese
- * If student does not want Meat, then substitute with 1 oz. of Shredded Cheese
- * Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 3.71 |
| Grain | 3.30 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| | • · | | |
|------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 685.89 | |
| Fat | | 34.33g | |
| SaturatedF | at | 12.98g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 155.28mg | |
| Sodium | | 917.44mg | |
| Carbohydra | ates | 60.91g | |
| Fiber | | 5.28g | |
| Sugar | | 2.60g | |
| Protein | | 33.38g | |
| Vitamin A | 492.80IU | Vitamin C | 0.00mg |
| Calcium | 338.96mg | Iron | 2.55mg |
| | | | |

Tacos Chicken - HS

| Servings: | 20.00 |) | Category: | Entree | |
|--|-------------------------|---|---|---|---------------|
| Serving Size: | 4.00 | Ounce | HACCP Process: | Same Day S | ervice |
| Meal Type: | Lunc | h | Recipe ID: | R-6921 | |
| School: | EAS ⁻ SCH | T NOBLE HIGH OOL | | | |
| Ingredie | ents | | | | |
| Description | Measurement | Prep Instructio | ns | | DistPart # |
| TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT | 40 Each | TEMPERATURE. Rem room temperature. HE Stack no more than 3 2 hours. GRILL: Heat seconds. MICROWAV seconds on high(micr | nt: Ready to use. Refrigerated ove from case and let standir ATINGSTEAM CABINET: Plac dozen high. Heatto 160°F. Do grill to 400°F. Heat tortillas or E: Stack no more than 6 tortil owaves vary for power settin im cabinet or bun warmer und revent drying). | n bag 4 - 6 hours at ce in steam cabinet. not hold for more than n each side for 10 - 15 las and heat 45 - 60 g and time). | 690120 |
| CHIX DCD 40 COMM | 5 Pound | | | | 110530 |
| Taco Seasoning | 1/2 Cup | UNPREPARED | | | 16423 |

Preparation Instructions

Directions:

Cook Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

1.) Using a one time use glove, place 2 tortilla shells in a #2 paper Tray

- 2.) Place 3oz. Meat on Tortilla Shells * Portion with No. 16 scoop (1/2 cup)
- * If student does not want Meat, then substitute with 1 oz. of Shredded Cheese

* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 2.00 | |
| Grain | 2.00 | |
| | | |

| Fruit | 0.00 |
|----------|------|
| GreenVeg | 0.00 |
| RedVeg | 0.08 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 20.00 Serving Size: 4.00 Ounce

| Amount Pe | r Serving | | |
|------------------|-----------|-----------|--------|
| Calories | | 324.05 | |
| Fat | | 9.00g | |
| SaturatedFa | at | 2.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | l | 84.00mg | |
| Sodium | | 332.78mg | |
| Carbohydra | ates | 30.01g | |
| Fiber | | 2.00g | |
| Sugar | | 2.00g | |
| Protein | | 28.00g | |
| Vitamin A | 3.13IU | Vitamin C | 0.00mg |
| Calcium | 120.04mg | Iron | 1.44mg |

Cheese Quesadilla

| Servings: | 96.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6942 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| QUESADILLA CHS WGRAIN 96-5Z MAX | 96 Each | | 231771 |

Preparation Instructions

Directions:

Item Yield

1 Case = 96 Quesadilla, Cheese, Whole Grain, 100% Mozzarella, Frozen, 4.4 Ounce

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 365 DAYS FROM DATE OF PRODUCTION

Basic Preparation

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. PLACE 1 FROZEN SHEET (8 SERVINGS) INTO PREPARED PAN. PREHEAT OVEN. CONVECTION OVEN: 450 DEGREES F FOR 14-15 MINUTES. COOKING TIME MAY VARY.

| 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: 96.00 Serving Size: 1.00 Each | 0 | |
|--|-----------|--------|
| Amount Per Serving | | |
| Calories | 300.00 | |
| Fat | 10.00g | |
| SaturatedFat | 3.00g | |
| Trans Fat | 0.00g | |
| Cholesterol | 10.00mg | |
| Sodium | 670.00mg | |
| Carbohydrates | 39.00g | |
| Fiber | 4.00g | |
| Sugar | 3.00g | |
| Protein | 16.00g | |
| Vitamin A 0.00IU | Vitamin C | 0.00mg |

| Calcium | 320.00mg | Iron | 2.90mg |
|---------|----------|------|--------|
| | | | |

Bean Burrito

| Servings: | 96.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6944 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingradianta | | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| BURRITO BEAN/CHS WGRAIN 96-4.5Z | 96 Each | | 150852 |

Preparation Instructions

Directions: Item Yield 1 Case = 96 Burrito, Bean & Cheese, Whole Grain, Frozen Thawing Instructions Thaw under refrigeration Shelf Life Frozen = 365 days from date of production Basic Preparation

For best results, thaw product prior to baking. Convection Oven: 325F. Thawed = 14-20 minutes. Convection Oven: 300F. Thawed = 12-18 minutes. Internal temperature should reach 160F. Times and temperature may vary based upon actual equipment.

| 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: 96.00 Serving Size: 1.00 Each |) |
|--|------------------|
| | |
| Amount Per Serving | |
| Calories | 310.00 |
| Fat | 9.00g |
| SaturatedFat | 4.00g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 580.00mg |
| Carbohydrates | 40.00g |
| Fiber | 9.00g |
| Sugar | 4.00g |
| Protein | 16.00g |
| Vitamin A 400.00IU | Vitamin C 3.60mg |

| Calcium | 200.00mg | Iron | 2.70mg |
|---------|----------|------|--------|
| | | | |

Chicken Enchiladas

| Servings: | 96.00 | Category: | Entree |
|---------------|---------------------------|------------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6949 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instruction | s DistPart # |

| Description | weasurement | Prep instructions | DIStPart # | |
|--------------------------------|-------------|-------------------|------------|--|
| ENCHILADA CHIX WGRAIN 112-2.5Z | 112 Each | | 402332 | |

Preparation Instructions

Directions:

1 Case = 112 Enchiladas, Chicken, Whole Grain, Frozen, 2.5 Ounce

Thawing Instructions

Thaw under refrigeration in original package for 48 hours.

Shelf Life

Frozen = 365 days from date of production

Basic Preparation

Conventional Oven: 300 degrees F for 20-25 minutes from frozen, 15-20 minutes from thawed.

Convection Oven: 300 degrees F for 12-18 minutes from frozen, 9-12 minutes from thawed. Internal temperature should reach 160 degrees F.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 1.17 |
| Grain | 1.17 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts | |
|-------------------------|------|
| Servings Per Recipe: 96 | 6.00 |

Serving Size: 1.00 Each

| Amount Per Serving | |
|---------------------|------------------|
| Calories | 163.33 |
| Fat | 4.67g |
| SaturatedFat | 1.75g |
| Trans Fat | 0.00g |
| Cholesterol | 23.33mg |
| Sodium | 245.00mg |
| Carbohydrates | 21.00g |
| Fiber | 4.67g |
| Sugar | 1.17g |
| Protein | 9.33g |
| Vitamin A 1166.67IU | Vitamin C 4.20mg |

| Calcium | 93.33mg | Iron | 3.15mg |
|---------|---------|------|--------|
| | | | |

Chicken Drumstick, Breaded

| Servings: | 100.00 | Category: | Entree | |
|-------------------------------------|----------------------|---|---|------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day | / Service |
| Meal Type: | Lunch | Recipe ID: | R-6957 | |
| School: | EAST NOBLE SCHOOL | HIGH | | |
| Ingredients | | | | |
| Description | Measurement | Prep Instructions | | DistPart # |
| CHIX DRMSTX BRD WGRAIN CKD 4-7.4 | 100 Each | BAKE Preparation: Appliances vary, adjust acconventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single I parchment paper lined sheet pan or on a sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pawith a wire rack, above 140°F in a dry he CONVECTION Preparation: Appliances vary, adjust acconvection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single I parchment paper lined sheet pan or on a sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet parchment paper lined sheet pan or on a sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet parchment paper lined sheet pan or on a sprayed with pan release. | ayer on a wire rack an, uncovered, at environment. cordingly. ayer on a wire rack un, uncovered, | 603391 |
| DINNER ROLL, W GRAIN, AM | 200 roll | READY_TO_EAT | | 4372 |

Preparation Instructions

Directions:

Item Yield

1 Case = 473.6 Ounces (4 x 118.4 Ounces per Bag) of Chicken Drumsticks, Breaded, Whole Grain, Cooked, Frozen

Thawing Instructions

Prepare from frozen state.

Shelf Life

Frozen = 365 days from date of production

Basic Preparation

Conventional Oven: Preheat oven to 350 degrees F. Place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140 degrees F in a dry heat environment. Appliances vary, adjust accordingly.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|--|
| Meat | |

| Meat | 0.00 |
|----------|------|
| Grain | 3.25 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

| Amount Per Serving | | | | | |
|--------------------|---------|-----------|----------|--|--|
| Calories | | 400.00 | | | |
| Fat | | 16.00g | | | |
| SaturatedF | at | 3.00g | | | |
| Trans Fat | | 0.00g | | | |
| Cholestero | | 60.00mg | | | |
| Sodium | | 780.00mg | 780.00mg | | |
| Carbohydrates | | 40.00g | 40.00g | | |
| Fiber | | 5.00g | | | |
| Sugar | | 4.00g | | | |
| Protein | | 27.00g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 22.00mg | Iron | 17.00mg | | |
| | | | | | |

Chicken Nuggets

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|------------------|
| Serving Size: | 4.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6962 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS | 5 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 281831 |
| DINNER ROLL, W GRAIN, AM | 1 roll | READY_TO_EAT | 4372 |

Preparation Instructions

Directions:

Item Yield

1 Case = 512 Ounces (4 x 128 Ounces per Bag) of Chicken Nuggets, Crispy, Whole Grain, Breaded, Cooked, Frozen

Thawing Instructions

COOK FROM FROZEN

Shelf Life

FROZEN = 270 DAYS

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS**WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED** SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY**SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

| Amount Per Serving | | | |
|--------------------|------|--|--|
| Meat | 0.00 | | |
| Grain | 2.81 | | |
| Fruit | 0.00 | | |

| 0.00 |
|------|
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

Nutrition Facts

| Amount Pe | r Serving | | | | |
|---------------|-----------|-----------|----------|--|--|
| Calories | | 352.50 | | | |
| Fat | | 16.50g | | | |
| SaturatedF | at | 2.50g | | | |
| Trans Fat | | 0.00g | | | |
| Cholestero | I | 25.00mg | 25.00mg | | |
| Sodium | | 525.00mg | 525.00mg | | |
| Carbohydrates | | 33.25g | 33.25g | | |
| Fiber | | 4.50g | | | |
| Sugar | | 3.25g | | | |
| Protein | | 20.25g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 41.50mg | Iron | 10.50mg | | |
| | | | | | |

General Tso Chicken

| Servings: | 50.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6968 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 16 Pound | | 327120 |
| SAUCE GEN TSO 45GAL ASIAN | 1 Gallon | | 802850 |

Preparation Instructions

Directions:

Place chicken in each sheet pan For 25 servings, use 2 pans. .

Bake until lightly browned. Conventional oven: 425° F for 30 minutes. Convection oven: 375° F for 15 minutes.

Place cooked chicken into a 4-inch full pan

Pour sauce over chicken.

Bake until golden brown: Convection oven: 325° F for 30 minutes. Baste every 15 minutes for a glazed appearance. CCP: Heat to 165° F or higher.

CCP: Hold for hot service at 140° F or warmer. Portion with No. 10 scoop (cup). Notes:

| Amount Per Serving | · · · |
|--------------------|-------|
| Meat | 3.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| • | n Facts r Recipe: 50 e: 6.00 Ounc | | |
|------------|---|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 534.38 | |
| Fat | | 20.08g | |
| SaturatedF | at | 3.86g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 30.90mg | |
| Sodium | | 1410.31mg | |
| Carbohydra | ates | 62.55g | |
| Fiber | | 4.63g | |
| Sugar | | 37.35g | |
| Protein | | 21.63g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |

| Calcium | 50.98mg | Iron | 3.09mg |
|---------|---------|------|--------|
| | | | |

Sweet Sour Chicken

| Servings: | 80.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 12.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6973 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|---|------------|
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 16 2/5 Pound | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 327120 |
| SAUCE SWT & SOUR 4-1GAL LACHY | 1 1/2 Gallon | | 242292 |

Preparation Instructions

Directions:

Place chicken in a 4 inch full pan. .

Add Sauce.

Paper and foil, Bake for an hour at 350

CCP: Bake to 165° F or higher.

CCP: Hold for hot service at 145° F or warmer. Portion with 1/2 cup serving

Notes:

Meal Components (SLE)

Amount Per Serving

| Meat | 2.20 |
|----------|------|
| Grain | 1.10 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| Amount Per Serving | |
|--------------------|----------|
| Calories | 375.67 |
| Fat | 13.10g |
| SaturatedFat | 2.52g |
| Trans Fat | 0.00g |
| Cholesterol | 20.16mg |
| Sodium | 616.50mg |
| Carbohydrates | 47.68g |
| Fiber | 3.02g |
| Sugar | 27.38g |

| Protein | | 14.11g | |
|-----------|---------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 33.26mg | Iron | 2.02mg |

Fish Sticks

| Servings: | 100.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 4.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6981 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| POLLOCK BRD STIX 1Z O/R 10 GCHC | 1 Each | | 511986 |
| DINNER ROLL, W GRAIN, AM | 1 roll | READY_TO_EAT | 4372 |

Preparation Instructions

Directions:

Item Yield

1 Case = 160 Average Count (2 x 80 Average Count per Bag) Pollock Sticks, Alaskan, Whole Grain Breaded, Wild-Caught, Oven Ready, 1 Ounce, Raw, IQF

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 547 DAYS

Basic Preparation

KEEP FROZEN UNTIL READY TO PREPARE. DO NOT REFREEZE. CONVECTION OVEN: PLACE OVEN RACK IN CENTER OF THE OVEN. PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 13-16 MINUTES. CONVENTIONAL OVEN: PLACE OVEN RACK IN THE CENTER OF THE OVEN. PREHEAT TO 425 DEGREES F, PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 15-20 MINUTES. NOTE: SINCE APPLIANCES VARY, THESE COOKING INSTRUCTIONS ARE ONLY A GUIDELINE. FISH IS FULLY COOKED WHEN IT REACHES AN INTERNAL TEMPERATURE OF 165 DEGREES F..

| Amount Per Serving | | | |
|--------------------|------|--|--|
| Meat | 2.00 | | |
| Grain | 1.00 | | |
| Fruit | 0.00 | | |
| GreenVeg | 0.00 | | |
| RedVeg | 0.00 | | |
| OtherVeg | 0.00 | | |
| Legumes | 0.00 | | |

0.00

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 4.00 Each

| eer ring eize | | | | |
|---------------|-----------|-----------|--------|--|
| Amount Per | r Serving | | | |
| Calories | | 1.48 | | |
| Fat | | 0.04g | | |
| SaturatedFa | at | 0.00g | | |
| Trans Fat | | 0.00g | | |
| Cholesterol | | 0.09mg | | |
| Sodium | | 2.28mg | | |
| Carbohydrates | | 0.23g | | |
| Fiber | | 0.02g | | |
| Sugar | | 0.02g | | |
| Protein | | 0.07g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 0.04mg | Iron | 0.08mg | |
| | | | | |

Chicken Tenders

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|------------------|
| Serving Size: | 3.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6991 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|---|------------|
| CHIX TNDR WGRAIN FC 4-8 TYS | 3 Piece | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 283951 |
| DINNER ROLL, W GRAIN, AM | 1 roll | READY_TO_EAT | 4372 |

Preparation Instructions

Directions:

Item Yield

1 Case = 450 Average Count (4 x 112.5 Average Count per Bag) Chicken Tenders, Crispy, Whole Grain, Breaded, CN Labeled, Cooked, Frozen

Thawing Instructions

PREPARE FROM FROZEN STATE

Shelf Life

FROZEN = 270 DAYS AT 0* OR LESS FROM DATE OF PRODUCTION.

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN. *COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS**WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED** SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY**SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 2.25 |
| Fruit | 0.00 |

| 0.00 |
|------|
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 3.00 Each

| Calories 350.00 Fat 16.50g SaturatedFat 2.50g Trans Fat 0.00g Cholesterol 25.00mg Sodium 515.00mg Carbohydrates 33.00g Fiber 5.00g Sugar 3.00g Protein 19.00g Vitamin A 0.00IU | Amount Pe | r Serving | | | |
|--|---------------|-----------|-----------|---------|--|
| SaturatedFat 2.50g Trans Fat 0.00g Cholesterol 25.00mg Sodium 515.00mg Carbohydrates 33.00g Fiber 5.00g Sugar 3.00g Protein 19.00g | Calories | - | 350.00 | | |
| Trans Fat 0.00g Cholesterol 25.00mg Sodium 515.00mg Carbohydrates 33.00g Fiber 5.00g Sugar 3.00g Protein 19.00g | Fat | | 16.50g | | |
| Cholesterol 25.00mg Sodium 515.00mg Carbohydrates 33.00g Fiber 5.00g Sugar 3.00g Protein 19.00g | SaturatedFa | at | 2.50g | | |
| Sodium 515.00mg Carbohydrates 33.00g Fiber 5.00g Sugar 3.00g Protein 19.00g | Trans Fat | | 0.00g | | |
| Carbohydrates 33.00g Fiber 5.00g Sugar 3.00g Protein 19.00g | Cholestero | | 25.00mg | | |
| Fiber 5.00g Sugar 3.00g Protein 19.00g | Sodium | | 515.00mg | | |
| Sugar 3.00g Protein 19.00g | Carbohydrates | | 33.00g | | |
| Protein 19.00g | Fiber | | 5.00g | | |
| Ŭ | Sugar | | 3.00g | | |
| Vitamin A 0.00IU Vitamin C 0.00mg | Protein | | 19.00g | | |
| | Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium 40.00mg Iron 10.00mg | Calcium | 40.00mg | Iron | 10.00mg | |

Hot Dog on WG Bun

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-6998 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| FRANKS BEEF 8/ 2-5 GFS | 1 Each | BAKE | 265039 |
| Aunt Millies Whole Grain Hot Dog Buns | 1 bun | READY_TO_EAT | 2918 |

Preparation Instructions

Directions:

WASH HANDS.

1. Place hot dogs in a 4 inch fullpan

- 2. add cup water
- 3. cover with parchment and foil

4. Bake for 45 minutes , until 165 degrees

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.

3. Serve with ketchup packet (optional).

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

Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

Updated January 2019

Notes:

| 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 280.00 Fat 17.50g SaturatedFat 6.00g Trans Fat 0.50g Cholesterol 35.00mg Sodium 690.00mg Carbohydrates 22.00g Fiber 2.00g |
|---|
| SaturatedFat 6.00g Trans Fat 0.50g Cholesterol 35.00mg Sodium 690.00mg Carbohydrates 22.00g Fiber 2.00g |
| Trans Fat0.50gCholesterol35.00mgSodium690.00mgCarbohydrates22.00gFiber2.00g |
| Cholesterol35.00mgSodium690.00mgCarbohydrates22.00gFiber2.00g |
| Sodium690.00mgCarbohydrates22.00gFiber2.00g |
| Carbohydrates22.00gFiber2.00g |
| Fiber2.00g |
| |
| Sugar 2.00g |
| Sugar 2.00g |
| Protein 10.00g |
| Vitamin A 0.00IU Vitamin C 0.00mg |
| Calcium 12.89mg Iron 10.77mg |

Corn Dog

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7000 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| CORN DOG CHIX WGRAIN 72-4Z GCHC | 1 Each | | 620220 |

Preparation Instructions

Directions:

WASH HANDS.

Item Yield

1 Case = 72 Corn Dogs, Chicken, Honey Crunchy-Battered, Whole Grain, 4 Ounce, Frozen

Thawing Instructions

TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS

Shelf Life

FROZEN= 180 DAYS @ 0*F FROM DATE OF PRODUCTION

Basic Preparation

FROZEN: FRY - NOT RECOMMENDED CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 4-5 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 14-17 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES. QTY: FULL PAN MICROWAVE (1100 WATTS): HIGH FOR 30 SECONDS, TURN, HIGH FOR 30 SECONDS MORE. QTY: 2

| 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 | 240.00 | |
| Fat | 9.00g | |
| SaturatedFat | 2.50g | |
| Trans Fat | 0.00g | |
| Cholesterol | 40.00mg | |
| Sodium | 470.00mg | |
| Carbohydrates | 30.00g | |

| Fiber | | 2.00g | |
|-----------|---------|-----------|--------|
| Sugar | | 8.00g | |
| Protein | | 9.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 70.00mg | Iron | 1.50mg |
| | | | |

Toasted Cheese Sandwich

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7001 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| Aunt Millie's Wheat Sandwich Bread | 2 Slice | READY_TO_EAT | 466 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 4 Slice | | 722360 |

Preparation Instructions

Directions:

1.) Brush a sheet pan with liquid butter

- 2.) Place sliced bread on sheet pan
- 3.) Top with 4 slices of American Cheese
- 4.) Top with sliced bread
- 5.) Brush with liquid butter

Bake until lightly browned: Convection oven: 350°F for 8-10 minutes. DO NOT OVER BAKE.

Serve immediately.

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

Serving size: is 1 sandwich.

Notes:

Meal Components (SLE)

Amount Per Serving

| 2.00 |
|------|
| 2.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| Amount Per Serving | |
|--------------------|-----------|
| Calories | 280.00 |
| Fat | 10.00g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 1030.00mg |
| Carbohydrates | 29.00g |
| Fiber | 2.00g |
| Sugar | 4.00g |

| Protein | | 19.00g | |
|-----------|----------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 390.00mg | Iron | 8.00mg |

Chicken Alfredo

| Servings: | 40.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7003 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| SAUCE ALFREDO FZ 6-5 JTM | 5 Pound | | 155661 |
| PASTA PENNE RIGATE 8-2.5 PG | 2 1/2 Pound | | 721379 |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 3 Pound | UNSPECIFIED Not currently available | 570533 |

Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.

Heat Alfredo Sauce, as directed,

Add thawed chicken and sauce together.

Blend with cooked pasta, into a 4-inch full pan.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 6 fl oz spoodle (1 cup).

Notes:

- 6: Recipes for Healthy Kids
- 7: Competition,
- 8: and the Chicken Alfredo With a Twist recipe proved to
- 9: be a winner!
- 10: This recipe saves on fat and calories by using fat-free half
- 11: and half, and boosts the fiber content by incorporating
- 12: whole grains. Whole-wheat rotini noodles are used to
- 13: replace traditional fettuccini noodles. These twists make
- 14: this a healthy alternative to the classic chicken alfredo.
- 15: Pair a serving with a refreshing vegetable side dish to give

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.14 |
| 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: 40.00 Serving Size: 6.00 Ounce

| Amount Pe | r Serving | | |
|------------------|-----------|-----------|--------|
| Calories | | 165.63 | |
| Fat | | 3.25g | |
| SaturatedFat | | 1.05g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 24.84mg | |
| Sodium | | 105.90mg | |
| Carbohydrates | | 22.15g | |
| Fiber | | 1.00g | |
| Sugar | | 1.45g | |
| Protein | | 11.60g | |
| Vitamin A | 33.03IU | Vitamin C | 0.00mg |
| Calcium | 36.35mg | Iron | 1.30mg |
| | | | |

Mostaciolli

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7006 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| SAUCE SPAGHETTI BF REDC FAT 6-5 COMM | 2 Ounce | Prepare as directed on package | 573201 |
| PASTA PENNE RIGATE 2-10# BARILLA | 4 Ounce | 2:1 water to pasta ratio, cook to al dente | 583220 |

Preparation Instructions

Directions:

Follow instructions on package

CCP: Heat to 165° F or higher.

Stir cooked macaroni, noodles, or spaghetti into meat sauce. Spread mixture into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

CCP: Hold at 140° F or warmer.

Portion 1 cup.

Notes:

1: * See Marketing Guide

| Amount Per Serving | . , |
|--------------------|------|
| Meat | 2.29 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.57 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts | |
|---------------------------|----------|
| Servings Per Recipe: 1.00 | |
| Serving Size: 1.00 Cup | |
| Amount Per Serving | |
| Calories | 459.64 |
| Fat | 4.50g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 19.64mg |
| Sodium | 103.57mg |
| Carbohydrates | 87.21g |
| Fiber | 4.71g |
| Sugar | 6.50g |
| Protein | 19.36g |

| Vitamin A | 231.07IU | Vitamin C | 6.79mg |
|-----------|----------|-----------|--------|
| Calcium | 15.71mg | Iron | 4.31mg |
| | | | |

Mexican Chicken with Rice

| Servings: | 48.00 | Category: | Entree |
|--|---------------------------|--|--|
| Serving Size: | 2.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7007 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | DistPart # |
| CHIX DRMSTX GLZD 105CTAVG TYS | ³⁰ 48 Serving | BAKE PREPARATION: Appliances va accordingly. Conventional Oven 38 - 42 minutes at 375°F from 32 - 37 minutes at 375°F from Place pan of water in bottom of during cooking. CONVECTION PREPARATION: Appliances va accordingly. Convection Oven 28 - 30 minutes at 375°F from 22 - 27 minutes at 375°F from Place pan of water in bottom of during cooking. | Frozen. Thawed. of oven 591160 ary, adjust Frozen. Thawed. |
| SPICE GARLIC POWDER 16Z BA | DIA 1 Ounce | | 708481 |
| SPICE PAPRIKA 16Z TRDE | 2 Tablespoon | | 518331 |
| SPICE ONION POWDER 19Z TRD | E 1 1/3 Cup | | 126993 |
| SPICE CHILI POWDER 38Z MEXE | NE 1 Ounce | | 847171 |
| Diced Tomatoes cnd | 2 Cup | BAKE | 100329 |
| 6-25.6Z RICE BROWN ASIAN LO SOD 45533 | 4 Quart | | 238491 |

Preparation Instructions

Directions:

Place 12-13 chicken thighs or drumsticks in each pan (9" x 13" x 2"), which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.

Combine garlic salt, paprika, and celery salt. Sprinkle 1 1/2 Tbsp evenly over each pan.

Bake: Conventional oven: 375° F for 30 minutes. Convection oven: 350° F for 25 minutes. CCP: Heat to 165° F or higher. Reserve for step 6.

In a separate bowl, combine onions, green peppers, parsley, tomatoes, chili powder, white rice, and chicken stock.

Place 1 lb 7 oz into each pan (9" x 13" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover pans. Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 325° F for 30 minutes. CCP: Heat to 165° F or higher.

Remove chicken from bone. Evenly distribute 1 lb 1 1/4 oz of chicken into each pan of rice.

CCP: Hold for hot service at 140° F or warmer. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece. Notes:

- 1: Note: The weights given provid
- 2: e an average of 24 and 48
- 3: servings based on the minimum ra
- 4: w chicken weight listed with
- 5: the description. When purchasi
- 6: ng chicken, ensure that the
- 7: average weight of the raw chicken pieces meets the minimum
- 8: individual piece weight listed.

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 2.50 | |
| Grain | 0.08 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.04 | |
| OtherVeg | 0.00 | |
| Legumes | 0.00 | |
| Starch | 0.00 | |
| | | |

| Nutrition Facts Servings Per Recipe: 48.00 Serving Size: 2.00 Each | | | | | |
|--|-----------|-----------|--------|--|--|
| Amount Pe | r Serving | | | | |
| Calories | | 163.58 | | | |
| Fat | | 10.05g | | | |
| SaturatedFa | at | 2.50g | | | |
| Trans Fat | | 0.00g | 0.00g | | |
| Cholestero | l | 90.00mg | 0.00mg | | |
| Sodium | | 321.76mg | | | |
| Carbohydra | ates | 7.76g | 7.76g | | |
| Fiber | | 0.24g | | | |
| Sugar | | 0.25g | | | |
| Protein | | 16.14g | | | |
| Vitamin A | 165.03IU | Vitamin C | 0.08mg | | |
| Calcium | 9.85mg | Iron | 1.05mg | | |

Fresh Fruit and Vegetable Bar

| Servings: | 20.00 | Category: | Fruit | |
|-----------------------------|---------------------------|-------------------|------------|--|
| Serving Size: | 1.00 Ounce | HACCP Process: | No Cook | |
| Meal Type: | Lunch | Recipe ID: | R-7067 | |
| School: | EAST NOBLE HIGH SCHOOL | | | |
| Ingredients | | | | |
| Description | Measurement | Prep Instructions | DistPart # | |
| 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: 20.00 Serving Size: 1.00 Ounce

| | | - | | | |
|-------------|-----------|-----------|--------|--|--|
| Amount Per | r Serving | | | | |
| Calories | | 0.00 | | | |
| Fat | | 0.00g | 0.00g | | |
| SaturatedFa | at | 0.00g | | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol | | 0.00mg | | | |
| Sodium | | 0.00mg | | | |
| Carbohydra | ites | 0.00g | | | |
| Fiber | | 0.00g | 0.00g | | |
| Sugar | | 0.00g | | | |
| Protein | | 0.00g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 0.00mg | Iron | 0.00mg | | |
| | | | | | |

Fresh Fruit and Vegetable Bar

| Servings: | 100.00 | Category: | Fruit | |
|---|---------------------------|--------------|----------------|------------|
| Serving Size: | 1.00 Cup | HACCP Proces | s: No Cook | K |
| Meal Type: | Lunch | Recipe ID: | R-7068 | |
| School: | EAST NOBLE HIGH SCHOOL | | | |
| Ingredients | | | | |
| Description | Measu | rement Pre | p Instructions | DistPart # |
| APPLE, RED DELICIOUS 138 CO WASHINGTON FANCY FRESH R | 100 Fach | BAKE | E | 8331308 |

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: 100.00 Serving Size: 1.00 Cup | | | | | |
|---|-----------|-----------|--------|--|--|
| Amount Per | r Serving | | | | |
| Calories | | 65.00 | 65.00 | | |
| Fat | | 0.00g | | | |
| SaturatedFa | at | 0.00g | | | |
| Trans Fat | | 0.00g | 0.00g | | |
| Cholesterol | | 0.00mg | 0.00mg | | |
| Sodium | | 0.00mg | 00mg | | |
| Carbohydra | ites | 17.00g | 7.00g | | |
| Fiber | | 3.00g | 3.00g | | |
| Sugar | | 13.00g | | | |
| Protein | | 1.00g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 0.00mg | Iron | 0.00mg | | |

Vegetable Pizza

| Servings: | | 8.00 | | Category: | Entree | |
|---|---------|--------------|---|--|--|---------------|
| Serving Size: | | 1.00 \$ | Slice | HACCP Process: | Same Day Se | ervice |
| Meal Type: | | Lunch | 1 | Recipe ID: | R-7069 | |
| School: | | EAST SCHC | NOBLE HIGH | | | |
| Ingredie | ents | | | | | |
| Description | Measure | ment | Prep Instruction | S | | DistPart # |
| CRUST PIZZA SHTD OVN RSNG 20-16RICH | 1 Each | | REMOVE DESIRED NUM CASE AND RETURN TO CHEESE AND TOPPING TURNS GOLDEN BROW MINUTES. CONVEYOR (MINUTES. REMOVE PIZ SERVE WHILE HOT. THA ROOM TEMPERATURE BAKE UNTIL CHEESE M CONVECTION OVEN: 37 OVEN: 500°F (260°C) FO | TO -10°F (-18°F TO -23°C) WH IBER OF UNITS FROM CASE / FREEZER. FREEZER TO OVE S. BAKE UNTIL CHEESE MEL N. CONVECTION OVEN: 375°F OVEN: 500 - 550°F (260 - 290°C ZA FROM OVEN. ALLOW TO AWED: COVER AND THAW (U 75°F (23°C). ADD SAUCE, CHE IELTS AND CRUST TURNS GO 5°F (190°C) FOR 8 - 10 MINUT R 4 - 5 MINUTES. REMOVE PI IE MINUTE. SERVE WHILE HO | AND THEN RESEAL AND THEN RESEAL TS AND CRUST F (190°C) FOR 9 - 11 C) FOR 4.5 - 6.5 SET FOR ONE MINUTE. P TO 2 HOURS AT EESE AND TOPPINGS. DLDEN BROWN. ES. CONVEYOR ZZA FROM OVEN. | 626930 |
| SAUCE PIZZA W/BASL CALIF 6- 10 GCHC | 2 Ounce | | | | | 100234 |
| SAUCE MARINARA 12- 51Z GCHC | 2 Ounce | | | | | 219190 |
| PEPPERS GREEN LRG 60- 70CT MRKN | 2 Cup | | | | | 198757 |
| MUSHROOM 2 RANDOM SZ 10 | 2 Cup | | | | | 330132 |
| CHEESE BLND MOZZ/PROV DCD 4-5 PG | 4 Cup | | | | | 529249 |

Preparation Instructions

Directions:

Combine tomato sauces, granulated garlic, Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top. Spread 6 oz. of pizza sauce onto each pizza crust. Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza pan. Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes CCP: Hold at 135° F or higher. Cut each pizza pan into (1/8 slices) Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.25 |
| OtherVeg | 0.25 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| Servings Per Recipe: 8.00 Serving Size: 1.00 Slice | | | | | |
|---|------------|-----------|---------|--|--|
| Amount Pe | er Serving | | | | |
| Calories | | 385.68 | | | |
| Fat | | 18.13g | | | |
| SaturatedFat | | 10.53g | 10.53g | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol | | 50.00mg | 50.00mg | | |
| Sodium | | 1066.83mg | | | |
| Carbohydr | ates | 41.13g | | | |
| Fiber | | 3.08g | | | |
| Sugar | | 6.75g | | | |
| Protein | | 18.13g | | | |
| Vitamin A | 187.83IU | Vitamin C | 30.82mg | | |
| Calcium | 417.25mg | Iron | 2.15mg | | |
| | | | | | |

Macaroni and Cheese with Ham

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7070 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| Ham, Cubed Frozen | 2 Ounce | | 100188-H |
| ENTREE MACAR & CHS WGRAIN 6-5 JTM | 6 Ounce | | 609121 |

Preparation Instructions

Directions:

Follow cooking instruction on Mac and Cheese package,

Add, cubed Ham.

Cook until 165 degrees F.

CCP: Hold for hot service at 165° F or warmer. 6 oz serving spoodle for Ham and Cheese Notes:

Meal Components (SLE)

| Amount Per Serving | . , |
|--------------------|------|
| Meat | 2.02 |
| Grain | 0.19 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts | |
|--------------------------|-----------|
| | • |
| ervings Per Recipe: 1.0 | |
| erving Size: 1.00 Servin | g |
| mount Per Serving | |
| alories | 364.66 |
| at | 16.64g |
| aturatedFat | 10.34g |
| rans Fat | 0.00g |
| cholesterol | 75.51mg |
| odium | 1160.33mg |
| arbohydrates | 29.28g |
| iber | 2.00g |
| bugar | 4.64g |
| Protein | 24.20g |

Vitamin A 0.00IU

Vitamin C 0.00mg

| Calcium | 366.00mg | Iron | 1.00mg |
|---------|----------|------|--------|
| | | | |

Dinner Roll

| Servings: | 50.00 | Category: | Grain |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 2.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7071 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Dinner Roll, Whole Grain, unliced 32 oz/24ct | 50 Each | READY_TO_EAT | 4372 |

Preparation Instructions

Wash hands Put on gloves.

Dia a dia ang salla in a 4

Place dinner rolls, in a 4 inch pan.

Top with cover and tongs

Serve immediately.

2 per serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 2.00 Each

Amount Per Serving

| Amount Per | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 100.00 | |
| Fat | | 1.50g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 1.25mg | |
| Carbohydra | ites | 19.00g | |
| Fiber | | 2.00g | |
| Sugar | | 3.00g | |
| Protein | | 4.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 2.00mg | Iron | 6.00mg |
| | | | |

Bread Stick, Herbed

| Servings: | 50.00 | Category: | Grain |
|------------------|---------------------------|--------------------------|------------|
| Serving Size: | 2.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7072 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | DistPart # |
| 5" WG Breadstick | 2 Each | | 5083 |

Preparation Instructions

Wash hands for 30 seconds

1.) Place bread stick into 6 inch full pan. One layer at a time

2.) Spray each layer with Garlic Butter spray.

3.) Sprinkle with bread stick seasonings.

4.) Repeat

Place in warmer before service,.

2 per order.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 2.00 Each

| Amount Per | Serving | | |
|-------------|---------|-----------|--------|
| Calories | | 0.11 | |
| Fat | | 0.00g | |
| SaturatedFa | nt | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 0.14mg | |
| Carbohydra | tes | 0.02g | |
| Fiber | | 0.00g | |
| Sugar | | 0.00g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Chicken Flavored Rice - Whole Grain

| Servings: | 75.00 | Category: | Grain |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7073 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| RICE PILAF CHIX FLVR 12-25Z UBEN | 3 Package | | 246824 |
| BUTTER ALT LIQ 3-1GAL SAVORY | 3/4 Cup | | 756261 |

Preparation Instructions

Prepare steam table pans.

- 1.) 3 boxes per 4 inch pan
- 2.) Cook at 350 degrees F, 10%, 30 min, with lid on.
- 3.) Remove cook rice
- 4.) Place onto a roasting pan (this will release extra moisture) for 5 minutes

0.00

0.00

- 5.) Then put back onto the 4 inch pan.
- 6.) serve immediately

Legumes

Starch

Maintain temperature at 145 degrees F.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.50 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| | |

Nutrition Facts

| Servings Per Recipe: 75.00 | | | | |
|----------------------------|------------------------|-----------|--------|--|
| Serving Size: 0. | Serving Size: 0.50 Cup | | | |
| Amount Per Se | rving | | | |
| Calories | | 95.00 | | |
| Fat | | 0.50g | | |
| SaturatedFat | | 0.00g | | |
| Trans Fat | Trans Fat 0.00g | | | |
| Cholesterol | Cholesterol 0.00mg | | | |
| Sodium | | 420.00mg | | |
| Carbohydrates | | 21.00g | | |
| Fiber | | 0.50g | | |
| Sugar | | 0.50g | | |
| Protein | Protein 2.00g | | | |
| Vitamin A 0.0 | UIOC | Vitamin C | 0.00mg | |

| Calcium | 20.00mg | Iron | 0.72mg |
|---------|---------|------|--------|
| | | | |

Seasoned Green Beans

| Servings: | 50.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 1/2 cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7074 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| BEAN GREEN CUT FNCY 4SV 6-10 GCHC | 2 #10 CAN | Drain liquid from 3 cans and place in full size steam table. The 4th can can be placed in the steam table liquid and beans. | 118737 |
| BUTTER ALT LIQ 3-1GAL SAVORY | 1 Cup | | 756261 |
| SEASONING ORIG 500CT MDASH - Mrs. Dash - M | 1/2 Cup | | 825221 |

Preparation Instructions

Preparation Instructions

WASH HANDS.

1. Open cans, strain liquid and pour all ingredients into steam table pan.

2. Heat through.212 degreees F, 100% moisture, 15 minutes.

3. Top with Butter, Pepper, Onion Powder

4. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 1350F.

Child Nutrition: 1/2 cup provides= 1/2 cup 'other' vegetable

| Meal | Comp | onents | (SLE) |
|------|------|--------|-------|
| | - | | |

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.01 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.54 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 0.50 1/2 cup

| Amount Per Serving | |
|---------------------------|----------|
| Calories | 20.69 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 144.85mg |
| Carbohydrates | 4.14g |

| Fiber | | 2.07g | |
|-----------|---------|-----------|--------|
| Sugar | | 2.07g | |
| Protein | | 1.03g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 31.04mg | Iron | 0.41mg |
| | | | |

Peas

| Servings: | 50.00 | Category: | Vegetable |
|-----------------|---------------------------|--------------------------|------------------|
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7075 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | DistPart # |
| PEAS FZ 30 COMM | 25 Cup | Steam from frozen | 110510 |

Preparation Instructions

No Preparation Instructions available.

| Meal | Components | (SLE) |
|------|------------|-------|
|------|------------|-------|

| Amount | Per | Ser | vina |
|--------|-----|-----|------|
| | | | |

| , and and the off thing | |
|-------------------------|------|
| Meat | 0.00 |
| 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 F Serving Size: | | .00 | |
|---------------------------------|---------|-----------|--------|
| Amount Per S | Serving | | |
| Calories | | 62.00 | |
| Fat | | 0.00g | |
| SaturatedFat | | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 58.00mg | |
| Carbohydrate | es | 11.00g | |
| Fiber | | 4.00g | |
| Sugar | | 4.00g | |
| Protein | | 4.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Corn, Buttered

| Servings: | 50.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7076 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| CORN WHL KERNEL FCY GRADE 6-10 GCHC | 10 Pound | BAKE | 118966 |

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated

pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL

TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle.

Child Nutrition: 1/2 cup serving provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

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 | 0.15 |
| | |

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 0.50 Cup

| Amount Per Serving | |
|--------------------|---------|
| Calories | 32.00 |
| Fat | 0.40g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 56.00mg |
| Carbohydrates | 6.80g |

| Fiber | | 0.80g | |
|-----------|--------|-----------|--------|
| Sugar | | 2.00g | |
| Protein | | 0.80g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.16mg |
| | | | |

Cob Corn

| Servings: | 100.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7077 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| CORN COB EARS LITTLE 2.75 96CT GCHC | 100 Each | | 119385 |

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated

pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

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

3. Serve using a 4 oz spoodle.

Child Nutrition: 1/2 cup serving provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

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: 100 Serving Size: 0.50 Cup | .00 |
|--|--------|
| Amount Per Serving | |
| Calories | 0.90 |
| Fat | 0.01g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 0.00mg |
| Carbohydrates | 0.19g |
| Fiber | 0.02g |

| Protein | | 0.02g | |
|-----------|--------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

ENSC Beans Baked

| Servings: | 100.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7078 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|--------------|-------------------|------------|
| BEAN VEGETARIAN 6-10 COMM | 3 #10 CAN | | 120530 |
| brown sugar | 3 Сир | READY_TO_EAT | |
| KETCHUP 12-38Z HNZ | 3 Сир | | 290062 |
| Mrs. Clarks BBQ Sauce 4/1gal | 1 Cup | READY_TO_EAT | 52928 |
| Mustard | 2 Tablespoon | | 320220 |

Preparation Instructions

Directions:
WASH HANDS.
1. Mix all ingredients.
2. Bake 325 degrees for 25 minutes.
Serve.
CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.
Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas
Updated December 2019

Notes:

| Amount Per Serving | | | | |
|--------------------|------|--|--|--|
| Meat | 0.00 | | | |
| Grain | 0.00 | | | |
| Fruit | 0.00 | | | |
| GreenVeg | 0.00 | | | |
| RedVeg | 0.00 | | | |
| OtherVeg | 0.00 | | | |
| Legumes | 0.50 | | | |

0.00

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

| Amount Per | r Serving | | | | |
|---------------|-----------|-----------|--------|--|--|
| Calories | | 128.96 | | | |
| Fat | | 0.78g | | | |
| SaturatedFat | | 0.00g | | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol | | 0.00mg | | | |
| Sodium | | 127.36mg | | | |
| Carbohydrates | | 23.74g | | | |
| Fiber | | 3.88g | | | |
| Sugar | | 6.51g | | | |
| Protein | | 3.88g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 0.00mg | Iron | 0.00mg | | |
| | | | | | |

Carrots, Steamed

| Servings: | 100.00 | Category: | Vegetable |
|----------------------------|---------------------------|------------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7079 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instruction | s DistPart # |
| CARROT BABY WHL MED 12-2 C | GCHC 35 3/4 Pound | | 273902 |

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 9-10 minutes (5-6 psi) or 5-9 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

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

3. Serve using a 4 oz spoodle.

Notes:

| 0.00 0.00 0.00 |
|----------------------|
| 0.00 |
| |
| |
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

| Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.50 Cup | | | |
|--|--------------------|-----------|--------|
| Amount Per | Serving | | |
| Calories | | 14.30 | |
| Fat | | 0.00g | |
| SaturatedFa | iratedFat 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | Cholesterol 0.00mg | | |
| Sodium | | 21.45mg | |
| Carbohydra | tes | 3.34g | |
| Fiber | | 0.95g | |
| Sugar | Sugar 1.91g | | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |

| Calcium | 0.00mg | Iron | 0.00mg |
|---------|--------|------|--------|
| | | | |

Orange Glazed Carrots

| Servings: | 32.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7080 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|-------------------|------------|
| CARROT BABY WHL PETITE 4-5 RSS | 5 Pound | | 768146 |
| BUTTER ALT LIQ GARLIC NT 3-1GAL GCHC | 1/2 Pound | | 614650 |
| brown sugar | 1/4 Cup | READY_TO_EAT | |
| 100% Orange Juice | 1 Cup | | |
| cinnamon | 2 Tablespoon | READY_TO_EAT | |

Preparation Instructions

Directions:

Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves.

Add orange juice concentrate, water, vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring occasionally.

Fold in carrots and craisins. Bring to a boil for 3-4 minutes.

Add cornstarch. Reduce heat to low. Cook uncovered for 2 minutes.

Critical Control Point: Heat to 140 °F or higher.

Place 2 qt 2 cups (about 4 lb 7 oz) glazed carrots in a steam table pan (12 x 20 x 2 ½).

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Hold for hot service at 140 °F or higher.

Portion with No. 12 scoop (1/3 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup red/orange vegetable and 1/4 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup vegetable and 1/4 cup fruit.

Meal Components (SLE) Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00 Serving Size: 0.50 cup

| Amount Pe | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 33.89 | |
| Fat | | 0.22g | |
| SaturatedFa | at | 0.04g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 50.76mg | |
| Carbohydra | ates | 7.51g | |
| Fiber | | 2.22g | |
| Sugar | | 3.99g | |
| Protein | | 0.62g | |
| Vitamin A | 0.00IU | Vitamin C | 3.75mg |
| Calcium | 22.22mg | Iron | 0.00mg |
| | | | |

Cauliflower Parslied

| Servings: | 100.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7081 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|-------------------|------------|
| CAULIFLOWER 12-2 GFS | 42 1/4 Pound | | 119326 |
| BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC | 1 7/8 Cup | | 184622 |
| PARSLEY CURLY BUNCHED 30CT RSS | 1 7/8 Cup | | 667521 |

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

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

3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

4. Serve using a 4 oz spoodle or menued portion.

Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable

Updated October 2013

Notes:

| 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: 100.00 Serving Size: 0.50 Cup

| Amount Per | Serving | | |
|-------------|---------|-----------|--------|
| Calories | | 38.09 | |
| Fat | | 4.19g | |
| SaturatedFa | t | 0.84g | |
| Trans Fat | | 0.05g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 0.63mg | |
| Carbohydrat | tes | 0.00g | |
| Fiber | | 0.03g | |
| Sugar | | 0.00g | |
| Protein | | 0.03g | |
| Vitamin A | 95.78IU | Vitamin C | 1.51mg |
| Calcium | 1.58mg | Iron | 0.07mg |

Seasoned Broccoli

| Servings: | 100.00 | Category: | Vegetable |
|--------------------------|---------------------------|-------------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7082 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | DistPart # |
| BROCCOLI CUTS 12-2.5 GFS | 50 Cup | | 119245 |
| | | | |

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 4-8 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

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

3. Serve using a 4z spoodle or menued portion.

Notes:

| Meal | Components | s (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 Servings Per Serving Size | Recipe: 10 | 0.00 | |
|---|------------|-----------|--------|
| Amount Per | Serving | | |
| Calories | | 0.00 | |
| Fat | | 0.00g | |
| SaturatedFa | ıt | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 0.00mg | |
| Carbohydra | tes | 0.00g | |
| Fiber | | 0.00g | |
| Sugar | | 0.00g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |

| Calcium | 0.00mg | Iron | 0.00mg |
|---------|--------|------|--------|
| | | | |

Mashed Potatoes and Chicken Gravy

| Servings: | 100.00 | Category: | Vegetable | |
|-----------------------------------|---------------------|---|-----------------|--------|
| Serving Size: | 1.00 cup | HACCP Process: | Same Day Servic | е |
| Meal Type: | Lunch | Recipe ID: | R-7083 | |
| School: | EAST NOBL SCHOOL | E HIGH | | |
| Ingredients | ; | | | |
| Description | Measurement | Prep Instructions | Dist | Part # |
| POTATO PRLS EXCEL 12-28Z BAMER | 4 Pound | RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot wat into 6" deep half-size steamtable pan. 2: Add all for 15 seconds. 3: Let stand for 5 minutes, stir an | potatoes, stir | } |
| GRAVY CHIX W/MEAT 12-5 LEGO | 2 Ounce | | 270261 | |

Preparation Instructions

Directions:

WASH HANDS.

Pour boiling water into a large mixing bowl and add potato granules while stirring constantly with a wire whisk. CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1/2 cup provides= 1/2 cup starchy vegetable

Updated October 2013

Notes:

| 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 | 0.46 |
| | |

| Nutrition Facts | | | |
|-------------------------|----------|--|--|
| Servings Per Recipe: 10 | 0.00 | | |
| Serving Size: 1.00 cup | | | |
| Amount Per Serving | | | |
| Calories | 67.20 | | |
| Fat | 1.07g | | |
| SaturatedFat | 0.04g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.40mg | | |
| Sodium | 334.06mg | | |
| Carbohydrates | 13.12g | | |
| Fiber | 0.91g | | |
| Sugar | 0.08g | | |
| Protein | 1.91g | | |

| Vitamin A 0 | 0.00IU | Vitamin C | 0.00mg |
|-------------|--------|-----------|--------|
| Calcium 1 | 1.54mg | Iron | 0.27mg |

Roasted Redskin Potatoes

| Servings: | 1.00 | Category: Ve | getable |
|----------------------------------|--------------------|---|-----------------|
| Serving Size: | 0.50 Cup | HACCP Process: Sa | me Day Service |
| Meal Type: | Lunch | Recipe ID: R- | 7084 |
| School: | EAST NOE SCHOOL | BLE HIGH | |
| Ingredient | S | | |
| Description | Measurement | Prep Instructions | DistPart # |
| POTATO RDSKN ROSMRY GARL RSTD | 4 Ounce | BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP F OVER AND CONTINUE BAKING AN ADDITIONAL 12 TO 1 MINUTES. SERVE IMMEDIATELY. | T OR PRODUCT |

PREHEAT OVEN TO 400° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 15 TO 17 MINUTES,

Preparation Instructions

Directions:

4-4

Place 2 qt 2 3/4 cups (about 5 lb) potatoes on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

TURNING ONCE FOR UNIFORM COOKING.

CONVECTION

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Bake until golden brown:

Conventional oven: 425 °F for 25-30 minutes. Convection oven: 400 °F for 15-20 minutes.

Critical Control Point: Heat to 140 °F or higher.

Transfer 3 qt (about 3 lb 15 oz) roasted potatoes to a steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Hold for hot service at 140 °F or higher.

Set aside for step 11.

Heat oil in a medium stock pot.

Add bell peppers, salt, pepper, and garlic. Saute uncovered over medium-high heat for 2-3 minutes.

Critical Control Point: Heat to 140 °F or higher.

Drain in a colander.

Pour 1 qt (about 1 lb 11 oz) bell peppers over each pan. Stir well.

Critical Control Point: Hold for hot service at 140 °F or higher.

Portion with 6 fl oz spoodle (3/4 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 1/8 cup red/orange vegetable, 3/8 cup starchy vegetable, and 1/8 cup additional vegetable.

5: CACFP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 5/8 cup vegetable.

Meal Components (SLE)

Amount Per Serving

| raneaner er eerring | |
|---------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.01 |
| | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 0.50 Cup | | | | |
|--|-------------|-----------|--------|--|
| Amount Per | Serving | | | |
| Calories | | 89.74 | | |
| Fat | | 0.64g | | |
| SaturatedFa | t | 0.00g | | |
| Trans Fat | Trans Fat | | | |
| Cholesterol | Cholesterol | | 0.00mg | |
| Sodium | | 115.38mg | | |
| Carbohydrates | | 17.95g | | |
| Fiber | | 1.28g | | |
| Sugar | | 0.00g | | |
| Protein | | 2.56g | | |
| Vitamin A | 0.00IU | Vitamin C | 3.08mg | |
| Calcium | 0.00mg | Iron | 0.92mg | |

Egg Roll, Vegetable

| Servings: | | 100.00 | | Category: | Vegetable | |
|---|----------|----------|--|---|---|---------------|
| Serving Size: | | 1.00 Eac | h | HACCP Process: | Same Day S | Service |
| Meal Type: | | Lunch | | Recipe ID: | R-7085 | |
| School: | | EAST NO | OBLE HIGH L | | | |
| Ingredier | nts | | | | | |
| Description | Measu | urement | Prep Instruct | ions | | DistPart # |
| EGG ROLL VEG WGRAIN 130-3.1Z MINH | 100 Each | n | instructions are ba Egg Rolls). For foo internal temperatur 350°F. Fill large (16 | TIONS. HEAT BEFORE SERV sed on a full size sheet pan (v d safety and quality, heat bef e of 160°F. Convection Oven: "x24") baking tray with frozen Rotate tray halfway through | vith approximately 54 ore serving to an Preheat oven to n egg rolls and cook | 521450 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.01 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.01 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

| Calories 1.40 Fat 0.05g SaturatedFat 0.01g Trans Fat 0.00g Cholesterol 0.00mg Sodium 2.40mg Carbohydrates 0.21g Fiber 0.03g Sugar 0.03g Protein 0.04g | Amount Per Serving | | | | |
|---|--------------------|--------|-----------|--------|--|
| SaturatedFat 0.01g Trans Fat 0.00g Cholesterol 0.00mg Sodium 2.40mg Carbohydrates 0.21g Fiber 0.03g Sugar 0.03g Protein 0.04g | Calories | | 1.40 | | |
| Trans Fat 0.00g Cholesterol 0.00mg Sodium 2.40mg Carbohydrates 0.21g Fiber 0.03g Sugar 0.03g Protein 0.04g | Fat | | 0.05g | | |
| Cholesterol0.00mgSodium2.40mgCarbohydrates0.21gFiber0.03gSugar0.03gProtein0.04g | SaturatedFa | nt | 0.01g | | |
| Sodium2.40mgCarbohydrates0.21gFiber0.03gSugar0.03gProtein0.04g | Trans Fat | | 0.00g | | |
| Carbohydrates0.21gFiber0.03gSugar0.03gProtein0.04g | Cholesterol | | 0.00mg | | |
| Fiber 0.03g Sugar 0.03g Protein 0.04g | Sodium | | 2.40mg | | |
| Sugar0.03gProtein0.04g | Carbohydrates | | 0.21g | 0.21g | |
| Protein 0.04g | Fiber | | 0.03g | | |
| | Sugar | | 0.03g | | |
| | Protein | | 0.04g | | |
| Vitamin A 0.0010 Vitamin C 0.00mg | Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium 0.30mg Iron 0.01mg | Calcium | 0.30ma | Iron | 0.01ma | |

Peach Cobbler

| Servings: | 60.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7086 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|----------------------------------|------------|
| BISCUIT MIX STHRN STYL 6-5 SHEPGRAIN | 80 Ounce | BAKE See Package Instructions | 108936 |
| Diced Peaches | 6 #10 CAN | BAKE | |
| SUGAR BROWN MED 25 GCHC | 1 Cup | UNSPECIFIED | 108626 |

Preparation Instructions

Directions:

Pastry dough: Combine flour and salt. Mix in shortening until size of small peas.

Add water and mix just until dry ingredients are moistened. Cover and set aside for step 8.

Filling: For 24 servings, add enough cold water to peach syrup to make 1 ³/₄ cups liquid mixture. For 48 servings, add enough cold water to peach syrup to make 3 ¹/₂ cups liquid mixture.

Mix cornstarch with about 1/4 of the liquid mixture.

Bring remaining liquid mixture to boil. Add the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after step 6.

Remove from heat. Add peaches to thickened mixture. Stir lightly. Do not break up fruit.

Pour 1 qt 2 ½ cups thickened peach mixture into each pan (9" x 13" x 2"). For 24 servings, use 1 pan. For 48 servings, use 2 pans. Set aside.

On a lightly floured surface, roll out about 14 ½ oz of pastry dough into rectangle (about 9" x 13") for each pan.

Cover peaches with pastry. Cut dough 4 x 6 (24 pieces).

Bake until pastry is brown and filling is bubbly: Conventional oven: 425° F for 45 minutes Convection oven: 375° F for 30 minutes

Cut each pan 4 x 6 (24 pieces). Portion is 1 piece.

No CCP necessary.

Notes:

Meal Components (SLE)

Amount Per Serving

| Meat | 0.00 |
|-------|------|
| Grain | 0.00 |

| Fruit | 0.00 |
|----------|------|
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 60.00 Serving Size: 4.00 Ounce

| Amount Per | · Serving | | | |
|---------------|-----------|-----------|----------|--|
| Calories | | 113.01 | | |
| Fat | | 5.05g | | |
| SaturatedFa | at | 3.03g | | |
| Trans Fat | | 0.00g | | |
| Cholesterol | | 0.00mg | | |
| Sodium | | 191.92mg | 191.92mg | |
| Carbohydrates | | 14.82g | | |
| Fiber | | 0.51g | | |
| Sugar | | 4.21g | | |
| Protein | | 1.52g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 90.91mg | Iron | 0.86mg | |

Wedges Ranch Cut

| Servings: | 120.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7087 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|----------------|-------------------|------------|
| FRIES WEDGE SEAS 6-5 LAMB | 14 2/5 Package | | 457558 |
| SEASONING ORIG 500CT MDASH - Mrs. Dash - M | 3/5 Cup | | 825221 |

Preparation Instructions

Directions:

- 1. Place one bag per perforated sheet pan
- 2. 20 servings per bag
- 3. Cook at 380 degrees F., 30% moisture, 11 minutes.
- 4. Then VENT cook, at 410 degrees F., 0% moisture, 4 min.
- 5. Season with Mrs. Dash.

Notes:

Only 1 tray per pan, to keep potatoes crispy

Use pan liners on bottom of pan so potatoes do not stick to bottom of pan.

Meal Components (SLE)

Amount Per Serving

| Anount er Serving | |
|-------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.50 |
| | |

| Nutrition Fact | - |
|--|---------|
| Servings Per Recipe Serving Size: 0.50 cu | |
| Amount Per Serving | g |
| Calories | 5.44 |
| Fat | 0.25g |
| SaturatedFat | 0.06g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 11.29mg |
| Carbabydrataa | 0.74 m |

| Soaium | | 11.29mg | |
|------------|--------|-----------|--------|
| Carbohydra | ites | 0.71g | |
| Fiber | | 0.08g | |
| Sugar | | 0.00g | |
| Protein | | 0.08g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |

| Calcium | 0.79mg | Iron | 0.03mg |
|---------|--------|------|--------|
| | | | |

Brown Rice Pilaf

| Servings: | 50.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7088 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| PARSLEY CURLY BUNCHED 30CT RSS | 1/4 Cup | | 667521 |
| RICE BRN ASIAN 6-26.4Z UBEN | 1 Gallon | | 244541 |

Preparation Instructions

Directions:

See package for cooking details

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Pour 2 qt 1 cup (about 4 lb 10 oz) chicken broth mixture in each steam table pan. Stir. Cover pans tightly. Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 140 °F or higher.

Garnish with parsley.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *

2: See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

3: Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

6: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 3/8 cup vegetable, and 1 serving grains/breads.

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.64 |
| Fruit | 0.00 |

| 0.00 |
|------|
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 0.50 cup

| Amount Per | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | - | 67.31 | |
| Fat | | 0.64g | |
| SaturatedFa | at | 0.16g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 144.17mg | |
| Carbohydra | ites | 13.44g | |
| Fiber | | 0.65g | |
| Sugar | | 0.96g | |
| Protein | | 1.61g | |
| Vitamin A | 25.61IU | Vitamin C | 0.40mg |
| Calcium | 6.82mg | Iron | 0.25mg |
| | | | |

Chicken Bowl

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 12.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7090 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 12 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 327120 |
| WG Dinner Roll Aunt Millie's | 1 1 roll | | 4375 |

Preparation Instructions

Item Yield

1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Breaded, Popcorn, Cooked, Frozen

Thawing Instructions

KEEP FROZEN UNTIL READY TO COOK.

Shelf Life

FROZEN = 270 DAYS FROM DATE OF PRODUCTION

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN. *COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS**WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED** SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY**SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.18 |
| Grain | 2.34 |
| 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: 12.00 Each

| | | - | | | |
|---------------|-----------|-----------|----------|--|--|
| Amount Pe | r Serving | | | | |
| Calories | | 330.00 | | | |
| Fat | | 14.50g | | | |
| SaturatedFa | at | 2.50g | | | |
| Trans Fat | | 0.00g | 0.00g | | |
| Cholesterol | | 20.00mg | | | |
| Sodium | | 475.00mg | 475.00mg | | |
| Carbohydrates | | 33.00g | | | |
| Fiber | | 5.00g | | | |
| Sugar | | 4.00g | | | |
| Protein | | 18.00g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 33.00mg | Iron | 2.00mg | | |
| | | | | | |

Tomato Soup

| Servings: | 69.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 4.00 Fluid Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7091 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|--------------|-------------------|------------|
| SOUP TOMATO 12-5 HLTHYREQ | 3 #5 CAN | | 488232 |
| Cold Water | 2 1/2 #5 CAN | | 0000 |

Preparation Instructions

1.) Use 8 inch - 1/2 pan

2.) 3 cans per 6 inch pan per 2.5 cans of water.

3.) Whisk together

4.) Cook at 100% moisture, 212 degrees F., 30 min, with lid.

5.) Serve in 6oz stryro cups

DRY STORAGE= 730 DAYS.

Basic Preparation

READY TO HEAT & SERVE. (DO NOT ADD WATER OR MILK). WARM IN SAUCEPAN ON STOVE OR IN MICROWAVE. THIS SOUP CAN ALSO BE USED IN RECIPES FOR CASSEROLES, SAUCES OR GRAVIES.

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.50 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 69.00 Serving Size: 4.00 Fluid Ounce | | | | |
|---|-----------|--------|--|--|
| Amount Per Serving | | | | |
| Calories | 55.58 | | | |
| Fat | 0.62g | | | |
| SaturatedFat | 0.00g | | | |
| Trans Fat | 0.00g | | | |
| Cholesterol | 0.00mg | | | |
| Sodium | 240.83mg | | | |
| Carbohydrates | 11.12g | | | |
| Fiber | 0.62g | | | |
| Sugar | 6.18g | | | |
| Protein 1.24g | | | | |
| Vitamin A 0.00IU | Vitamin C | 0.00mg | | |

| Calcium | 0.00mg | Iron | 0.22mg |
|---------|--------|------|--------|
| | | | |

Salisbury Steak

| Servings: | 59.00 | | Category: | Entree | |
|---|-----------------|---|---|---|---------------|
| Serving Size: | 1.00 Ea | ach | HACCP Process: | Same Day S | Service |
| Meal Type: | Lunch | | Recipe ID: | R-7092 | |
| School: | EAST I SCHOO | NOBLE HIGH DL | | | |
| Ingredie | nts | | | | |
| Description | Measurement | Prep Instruction | ons | | DistPart # |
| BEEF STK SALISBURY CHARB 59-2.7Z ADV | 59 Each | minutes per side or Conventional oven: for 25-30 minutes or Convection oven: pr 15-20 minutes or un Microwave: heat froz | t grill to 350 degrees f. Heat fro until internal temperature read preheat oven to 375 degrees f. until internal temperature read reheat oven to 350 degrees f. H til internal temperature reache zen product on high power for e reaches 165 degrees f. | hes 165 degrees f. Heat frozen product ches 165 degrees f. leat frozen product for s 165 degrees f. | 571730 |
| MIX GRAVY BRN LO SOD 8-16Z TRIO | 32 Ounce | REMOVE FROM HEA MIX, STIRRING BRIS | T 1 GALLON OF WATER (190-2 AT. GRADUALLY AD DFULL P. SKLY WITH WIRE WHISK. RET GRAVY IS THICKENED AND SM ABLE | ACKAGE OF GRAVY URN TO MED-HIGH | 552050 |

Preparation Instructions

Directions:

Item Yield

1 Case = 159 Ounces (59 x 2.69 Ounces per Each) of Beef Steaks, Salisbury Ground, Char-Broiled, 2.7 Ounce, Cooked, Frozen

Thawing Instructions

KEEP FROZEN

Shelf Life

FROZEN= 365 DAYS AT 0*F OR LESS FROM PRODCUTION DATE

Basic Preparation

PREPARE FROM FROZEN STATE. CONVENTIONAL OVEN: PREHEAT OVEN TO 375*F. BAKE FOR 25-30 MINUTES. CONVECTION OVEN: PREHEAT OVEN TO 350*F. BAKE FOR 15-20 MINUTES. MICROWAVE: COOK ON HIGH FOR 2 - 4 MINUTES. FOR YOUR CUSTOMERS CONTINUED FOOD SAFETY: PRODUCT SHOULD ALWAYS BE HEATED TO AN INTERNAL TEMPERATURE OF 165*F. VERIFY WITH A MEAT THERMOMETER. COOKING TIMES WILL VARY DUE TO SIZE AND THICKNESS OF PRODUCT AND VARIATIONS OF APPLIANCES USED.

Marketing Tips

SALISBURY IS A TRADITIONAL COMFORT FOOD. THIS PORTIONED PRODUCT SAVES TIME AND LABOR, AND ENSURES A CONSISTENT QUALITY PRODUCT.**DOWN HOME BEEF SALISBURY STEAK; PROFITABLE--REDUCED LABOR COSTS AND TIME REQUIREMENTS. EASY PREPARATION--COOKS FROM A FROZEN STATE. EASY PREPARATION--PORTION-CONTROLLED, PREPARE ONLY THE AMOUNT NEEDED. VERSATILE--FIT A VARIETY OF MENU TRENDS AND ADD FLEXIBILITY TO YOUR MENU. SAFE--IQF TO SEAL IN FRESHNESS AND FLAVOR.**FOODSERVICE: FULL SERVICE, FAMILY STYLE, CASUAL DINING, CATERING, BUFFETS, CAFETERIAS, HEALTHCARE AND MORE.**DOWN HOME SALISBURY: GOLDEN BROWN SALISBURY STEAK, SERVED WITH A SIDE OF STEAMED VEGETABLES, MASHED POTATOES AND BROWN GRAVY. SALISBURY STEAK SANDWICH: SALISBURY STEAK WITH KETCHUP, LETTUCE, CARROT AND ONION SHREDS, SERVED ON TOASTED WHEAT BREAD.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts Servings Per Recipe: 59.00 Serving Size: 1.00 Each **Amount Per Serving** Calories 193.56 Fat 13.27g **SaturatedFat** 5.00g **Trans Fat** 0.00g Cholesterol 40.00mg Sodium 295.93mg Carbohydrates 5.71g Fiber 1.00g Sugar 1.00g Protein 14.00g Vitamin A 100.00IU Vitamin C 1.20mg Calcium 40.00mg Iron 1.80ma

Muffin Lunch

| Servings: | 100.00 | Category: | Entree |
|---------------|-----------------------------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7239 |
| School: | EAST NOBLE MIDDLE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| MUFFIN DBL CHOC WGRAIN IW 48-2Z SL | 100 Each | | 262343 |
| CHEESE STRING MOZZ LT IW 168-1Z LOL | 100 Each | | 786801 |
| YOGURT RASPB RNBW L/F 48-4Z TRIX | 100 Each | READY_TO_EAT Ready to eat single serving | 551770 |

Preparation Instructions

No Preparation Instructions available.

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each | | | |
|---|-------------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 320.00 | |
| Fat | | 9.50g | |
| SaturatedF | at | 3.50g | |
| Trans Fat | Trans Fat | | |
| Cholestero | Cholesterol | | |
| Sodium | | 370.00mg | |
| Carbohydra | ates | 43.00g | |
| Fiber | | 2.00g | |
| Sugar | | 24.00g | |
| Protein | | 14.00g | |
| Vitamin A | 14.41IU | Vitamin C | 0.05mg |
| Calcium | 350.76mg | Iron | 1.33mg |

Refried Beans

| Servings: | 100.00 | Category: | Vegetable |
|---------------|-----------------------------|----------------|------------------|
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7241 |
| School: | EAST NOBLE MIDDLE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|--------------|--|------------|
| BEAN REFRD VEGTAR 6-27.09Z SANTG | 26 3/4 Pound | RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve. | 703753 |

Preparation Instructions

Directions:

Item Yield

1 Case = 547.2 Ounces (6 x 91.2 Ounces per Bag) of Beans, Refried, Dehydrated, with Whole Beans

Thawing Instructions

NONE

Shelf Life

DRY STORAGE= 270 DAYS.

Basic Preparation

STEP 1) PLACE BEANS IN A STEAM TABLE PAN. STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR. STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE19: 3⁄4 qt of water for each 1 lb of dry beans. Add

| 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 | 1.32 | |
| Starch | 0.50 | |
| | | |

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

| Amount Per Serving | |
|--------------------|-----------|
| Calories | 449.14 |
| Fat | 3.96g |
| SaturatedFat | 1.32g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 1611.60mg |
| Carbohydrates | 79.26g |
| Fiber | 26.42g |

| Protein | | 26.42g | |
|-----------|----------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 2.32mg |
| Calcium | 134.42mg | Iron | 6.05mg |

Turkey Sub

| Servings: | 100.00 | Category: | Entree |
|---------------|-----------------------------|----------------|---------|
| Serving Size: | 3.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7243 |
| School: | EAST NOBLE MIDDLE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| TURKEY BRST SLCD RED SOD 6-2 JENNO | 19 Pound | | 183161 |
| CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED | 100 Ounce | READY_TO_EAT | 100018 |
| Aunt Millie's Whole Grain Mini Sub Buns | 100 Each | | 5157 |

Preparation Instructions

Directions:

Place 4 slices = Jennie-O Turkey slices and 2 slices of cheese on each hoagie bun

CCP: Hold for cold service at 41° F or lower.

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

CCP: Hold for cold service at 41° F or lower.

Notes:

Meal Components (SLE)

| Amount Per Serving | . , |
|--------------------|------|
| Meat | 3.03 |
| Grain | 2.25 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 3.00 Ounce | | |
|--|----------|--|
| Amount Per Serving | | |
| Calories | 340.80 | |
| Fat | 12.51g | |
| SaturatedFat | 5.50g | |
| Trans Fat | 0.00g | |
| Cholesterol | 50.33mg | |
| Sodium | 854.00mg | |
| Carbohydrates | 30.00g | |
| Fiber | 3.00g | |
| Sugar | 5.00g | |
| Protein | 23.16g | |

Vitamin C

0.00mg

0.00IU

Vitamin A

| Calcium | 6.00mg | Iron | 10.36mg |
|---------|--------|------|---------|
| | | | |

Ham & Cheese Wrap

| Servings: | | 1.00 | | Category: | Entree | |
|---|---------|---------------------------|---|---|--|---------------|
| Serving Size: | | 1.00 Se | erving | HACCP Process: | No Cook | |
| Meal Type: | | Lunch | | Recipe ID: | R-7244 | |
| School: | | EAST NOBLE HIGH SCHOOL | | | | |
| Ingredie | nts | | | | | |
| Description | Measu | rement | Prep Instructio | ns | | DistPart # |
| TORTILLA FLOUR 10 ULTRGR 12- 12CT | 1 Each | | TEMPERATURE. Rem room temperature. HE Stack no more than 3 2 hours. GRILL: Heat seconds. MICROWAV seconds on high(mict | ent: Ready to use. Refrigerat love from case and let stand EATINGSTEAM CABINET: Pl dozen high. Heatto 160°F. D grill to 400°F. Heat tortillas o 'E: Stack no more than 6 tor rowaves vary for power sett am cabinet or bun warmer u revent drying). | lin bag 4 - 6 hours at lace in steam cabinet. Do not hold for more than on each side for 10 - 15 tillas and heat 45 - 60 ing and time). | 690141 |
| HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED | 2 Ounce | | | | | 100187 |
| CHEESE CHED SHRD 6-5 COMM | 2 Ounce | | | | | 199720 |
| LETTUCE SALAD MXD 4-5 RSS | 1 Cup | | | | | 206504 |

Preparation Instructions

1. Thaw ham according to directions. CCP: Keep cold 41F or below.

2. Place 5 slices of ham, cheese & 1 cup of salad mix into 10" tortilla

3. Wrap, label and date for 2 days.

CCP: Keep cold 41F or below.

| Amount Per Serving | | | |
|--------------------|------|--|--|
| Meat | 2.00 | | |
| Grain | 2.00 | | |
| Fruit | 0.00 | | |
| GreenVeg | 0.00 | | |
| RedVeg | 0.00 | | |

| 0.00 |
|------|
| 0.00 |
| 0.00 |
| |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| | | 3 | |
|------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 504.75 | |
| Fat | | 26.28g | |
| SaturatedF | at | 15.64g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 89.51mg | |
| Sodium | | 1008.42mg | |
| Carbohydra | ates | 39.90g | |
| Fiber | | 6.81g | |
| Sugar | | 7.45g | |
| Protein | | 29.01g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 165.71mg | Iron | 1.62mg |
| | | | |

Cereal Bowl Lunch

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7245 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CEREAL COCOA PUFFS WGRAIN R/S 96CT | 1 Each | READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl. | 270401 |
| CRACKER GLDFSH CHED WGRAIN 30075Z | 1 Package | | 736280 |
| CHEESE STRING MOZZ LT IW 168- 1Z LOL | 1 Each | | 786801 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| Amount Pe | r Serving | | |
|------------------|-----------|-----------|--------|
| Calories | | 270.00 | |
| Fat | | 8.00g | |
| SaturatedF | at | 3.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 10.00mg | |
| Sodium | | 470.00mg | |
| Carbohydra | ates | 40.00g | |
| Fiber | | 3.00g | |
| Sugar | | 9.00g | |
| Protein | | 12.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 408.00mg | Iron | 5.50mg |
| | | | |

Turkey Sandwich

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7246 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Turkey Breast Deli | 3 Ounce | | 100121 |
| CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED | 1 Ounce | READY_TO_EAT | 100018 |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun | BAKE | 3480 |

Preparation Instructions

Directions:

Place 4 slices = Jennie-O Turkey slices and 2 slices of cheese on each bun

CCP: Hold for cold service at 41° F or lower.

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

CCP: Hold for cold service at 41° F or lower.

Notes:

| 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: 1.00 |) |
| Serving Size: 1.00 Each | |
| Amount Per Serving | |
| Calories | 375.66 |
| | |

| Fat | 14.77g |
|---------------|----------|
| SaturatedFat | 6.89g |
| Trans Fat | 0.00g |
| Cholesterol | 77.83mg |
| Sodium | 967.55mg |
| Carbohydrates | 32.89g |
| Fiber | 2.00g |
| Sugar | 5.00g |
| Protein | 27.98g |

| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
|-----------|--------|-----------|--------|
| Calcium | 0.00mg | Iron | 0.00mg |

Pancakes with Sausage

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7247 |
| School: | EAST NOBLE MIDDLE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| PANCAKE WGRAIN 144CT 1.14Z AJ | 2 Ounce | | 617650 |
| SAUSAGE PTY TKY CKD 1Z 10.25 JENNO | 2 Each | | 184970 |
| SYRUP PANCK CUP 200-1.5Z GCHC | 1 Each | | 160090 |

Preparation Instructions

1.) Pull Pancakes 2 days ahead

2.) Shingle pancakes in a 2 inch full pan

3.) Place in steamer (unwrapped) for 15-20 minutes, or until 145 degrees F.

4.) Steam 1 hour before service

5.) Shingle frozen sausage patties, into a 2-inch full pan, add 1 cup of water, wrap with parchment paper and then foil.

6.) Bake at 350 degrees F, for an hour, Or until 165 degrees F. (Less time of sausage are thawed)

7.) Hold at 145, in warmer

8.) Serve immediately.

CCP: Hold at 145 degrees F.

Serving: 2 pancakes, 2 sausage patty.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 0.67 |
| 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 Serving

| Amount Per Serving | |
|--------------------|----------|
| Calories | 393.33 |
| Fat | 12.00g |
| SaturatedFat | 2.67g |
| Trans Fat | 0.00g |
| Cholesterol | 66.67mg |
| Sodium | 400.00mg |
| Carbohydrates | 58.33g |
| Fiber | 2.00g |

| Protein | | 15.33g | |
|-----------|--------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 1.92mg |

Bosco Sticks

| Servings: | | 1.00 | | Category: | Entree | |
|--|--------|-------------------|---|--|--|------------|
| Serving Size: | | 1.00 Each | า | HACCP Process: | Same Day S | Service |
| Meal Type: | | Lunch | | Recipe ID: | R-7248 | |
| School: | | EAST NC SCHOOL | BLE HIGH | | | |
| Ingredier | nts | | | | | |
| Description | Meas | surement | Prep Instruc | ctions | | DistPart # |
| BREADSTICK CHS STFD WGRAIN 6 144CT | 2 Each | | 3. THAWED: 7-9 u 4. Let stand 2 min CAUTION: FILLIN Oven temperature or temperature a: Top Bosco Stick included) after ba DEEP_FRY Deep Fry1. Prehe Let stand 2 minur HOT!Oven temper temperature as n and parmesan ch THAW Thawing Instruct 1. Thaw before ba 2. Keep Bosco Sti 3. Bosco Sticks n 4. Bosco Stick ha Oven temperature as | o 400° F. ticks on a baking sheet. ninutes. nutes before serving. IG MAY BE HOT! es may vary. Adjust baking ti s necessary. breadsticks with butter and p aking. at oil to 350° F.2. THAWED O tes before serving.CAUTION: ratures may vary. Adjust bak ecessary.Top Bosco Stick bro eese (not included) after bak ions aking. icks covered while thawing nay be thawed in packaging. twe 8 days shelf life when refr es may vary. Adjust baking ti s necessary. breadsticks with butter and p | armesan cheese (not NLY: 1-2 minutes.3. FILLING MAY BE ing time andor eadsticks with butter ing. igerated. me and | 235411 |
| SAUCE MARINARA DIPN CUP 100-1Z | 1 Each | | | | | 772061 |

Preparation Instructions

See instruction on package Cook to 155 degrees F. Serving size- 2 each

Meal Components (SLE)

Amount Per Serving

Meat

2.00

| 2.00 |
|------|
| 0.00 |
| 0.00 |
| 0.25 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

Nutrition Facts

| Amount Per S | erving | | |
|--------------|---------|-----------|--------|
| Calories | | 315.00 | |
| Fat | | 10.00g | |
| SaturatedFat | | 5.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 30.00mg | |
| Sodium | | 570.00mg | |
| Carbohydrate | S | 38.00g | |
| Fiber | | 4.00g | |
| Sugar | | 4.00g | |
| Protein | | 20.00g | |
| Vitamin A 0 | .00IU | Vitamin C | 0.00mg |
| Calcium 4 | 44.00mg | Iron | 2.00mg |

Sloppy Joe on Bun

| Servings: | 120.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7249 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| SLOPPY JOE REDUCED FAT 6-5 COMM | 30 Pound | | 564790 |
| 4 inch whole grain hamburger buns - 30 ct | 120 bun | | 3480 |

Preparation Instructions

Serve using 3/8 cup using a #10 or tan scoop.

Provides 2 oz of meat/meat alternate and 1/4 cup red vegetable.

Meal Components (SLE)

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 2.20 | |
| 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: 120.00 Serving Size: 4.00 Ounce | | | | |
|--|-----------|-----------|--------|--|
| Amount Pe | r Serving | | | |
| Calories | | 319.78 | | |
| Fat | | 8.61g | | |
| SaturatedFa | at | 2.42g | | |
| Trans Fat | | 0.00g | | |
| Cholestero | l | 48.48mg | | |
| Sodium | | 649.50mg | | |
| Carbohydra | ates | 11.02g | | |
| Fiber | | 4.20g | | |
| Sugar | | 12.82g | | |
| Protein | | 20.33g | | |
| Vitamin A | 505.79IU | Vitamin C | 6.61mg | |
| Calcium | 37.47mg | Iron | 2.20mg | |

Macaroni and Cheese

| Servings: | 80.00 | Category: | Entree |
|----------------------------|---------------------------|------------------|------------------|
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7339 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instruction | ns DistPart # |
| ENTREE MAC & CHS WGRAIN 6- | 5 LOL 30 Pound | BAKE | 527582 |

Preparation Instructions

Directions:

Follow directions on package.

CCP: Hold for hot service at 165° F.

Serving size: 6 oz Spoodle Mac and Cheese.

Notes:

Meal Components (SLE)

Amount Per Serving

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

| | Nutrition Facts Servings Per Recipe: 80.00 | | | |
|--------------|---|-----------|--------|--|
| Serving Size | Serving Size: 6.00 Ounce | | | |
| Amount Pe | r Serving | | | |
| Calories | | 280.00 | | |
| Fat | | 11.00g | | |
| SaturatedF | at | 5.00g | | |
| Trans Fat | | 0.00g | | |
| Cholestero | I | 25.00mg | | |
| Sodium | | 670.00mg | | |
| Carbohydra | ates | 29.00g | | |
| Fiber | | 2.00g | | |
| Sugar | | 6.00g | | |
| Protein | | 17.00g | | |
| Vitamin A | 750.00IU | Vitamin C | 0.00mg | |
| Calcium | 400.00mg | Iron | 1.08mg | |

Yogurt Parfait

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7341 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| YOGURT VAN MAX L/F PARFPR 2-16# YOPL | 8 Ounce | | 680990 |
| GRANOLA BAG IW 144- 1Z FLDSTN | 2 Package | READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs. | 649742 |
| Strawberries, Sliced Frz | 1/2 Cup | BAKE | 100254 |
| BLUEBERRIES FZ WILD IQF 8-3 COMM | 1/2 Cup | | 764830 |

Preparation Instructions

Method In a 14 oz cup Add 2 oz. of Yogurt Then add 2 oz strawberries Repeat. Top with Granola Top with lid. Serve cold 1 Serving is 1- 14oz Parfait CCP: Hold parfait at 40 degrees F or below

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

| Amount Per | [·] Serving | | |
|-------------|----------------------|-----------|--------|
| Calories | | 370.00 | |
| Fat | | 7.00g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 152.00mg | |
| Carbohydra | tes | 73.00g | |
| Fiber | | 10.00g | |
| Sugar | | 34.00g | |
| Protein | | 6.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 1.44mg |
| | | | |

Yogurt Cup

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7342 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|------------------------------|------------|
| YOGURT VAR PK KIDS 24-4Z YOPL | 1 Each | READY_TO_EAT Ready to eat | 411042 |

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

| Amount Pe | er Serving | | |
|------------|------------|-----------|--------|
| Calories | | 100.00 | |
| Fat | | 0.50g | |
| SaturatedF | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 0.00mg | |
| Sodium | | 60.00mg | |
| Carbohydra | ates | 20.00g | |
| Fiber | | 0.00g | |
| Sugar | | 13.00g | |
| Protein | | 3.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 100.00mg | Iron | 0.00mg |

Uncrustable, PBJ, Grape

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7343 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| SAND UNCRUST PB&J GRP WGRAIN 72- 2.6Z | 1 Each | | 527462 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 1.00 | |
| Grain | 1.00 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.00 | |
| OtherVeg | 0.00 | |
| Legumes | 0.00 | |
| Starch | 0.00 | |
| | | |

Nutrition Facts

| Amount Pe | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 300.00 | |
| Fat | | 16.00g | |
| SaturatedFa | at | 3.50g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 280.00mg | |
| Carbohydra | ites | 32.00g | |
| Fiber | | 4.00g | |
| Sugar | | 15.00g | |
| Protein | | 9.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 43.00mg | Iron | 1.00mg |
| | | | |

Uncrustable, PBJ, Strawberry

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7344 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| SAND UNCRUST PB&J STRAWB 72-2.6Z | 1 Each | | 536012 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 1.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| Amount Pe | r Serving | | | |
|------------|-----------|-----------|--------|--|
| Calories | | 300.00 | | |
| Fat | | 16.00g | 16.00g | |
| SaturatedF | at | 3.50g | | |
| Trans Fat | | 0.00g | | |
| Cholestero | I | 0.00mg | | |
| Sodium | | 280.00mg | | |
| Carbohydra | ates | 33.00g | | |
| Fiber | | 4.00g | | |
| Sugar | | 15.00g | | |
| Protein | | 9.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 44.00mg | Iron | 1.00mg | |

Hash Brown

| Servings: | 1.00 | Category: V | egetable |
|--------------------|---------------------|---|-----------------|
| Serving Size: | 1.00 Each | HACCP Process: S | ame Day Service |
| Meal Type: | Breakfast | Recipe ID: R | -7367 |
| School: | EAST NOBL SCHOOL | E HIGH | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | DistPart # |
| HASHBROWN PTY 120- | 1 Each | CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PAT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR MINUTES, TURNING ONCE FOR UNIFORM COOKIN | 10 TO 15 |

DEEP_FRY

FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.

Preparation Instructions

Prepare from frozen state.

place on sheet pan and cook in convection oven 400 degrees for 13 minutes.

Cook to 155 degrees F.

Serve hot

2.25Z OREI

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 | 0.50 |
| | |

Nutrition Facts

FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP

| Amount Pe | r Serving | | | | |
|---------------------|-----------------|-----------|----------|--|--|
| Calories | | 110.00 | | | |
| Fat | | 6.00g | | | |
| SaturatedFa | at | 1.00g | | | |
| Trans Fat | Trans Fat 0.00g | | | | |
| Cholesterol | | 0.00mg | | | |
| Sodium | | 280.00mg | 280.00mg | | |
| Carbohydra | ites | 12.00g | | | |
| Fiber 1.00g | | | | | |
| Sugar | Sugar 0.00g | | | | |
| Protein | | 1.00g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 0.00mg | Iron | 0.00mg | | |
| | | | | | |

Peas & Carrots,

| Servings: | 50.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7368 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| PEAS & CARROT 12-2.5 GCHC | 10 Pound | | 119458 |
| BUTTER ALT LIQ 3-1GAL SAVORY | 2 Cup | | 756261 |
| SEASONING ORIG 500CT MDASH - Mrs. Dash - M | 1/2 Cup | | 825221 |

Preparation Instructions

Directions:

Place 10.5 # of frozen peas in a 4" steam table pan Pour Margarine over peas CCP: Heat to 145° F or higher for at least 15 Seconds Hold in steam table CCP: Hold at 135° F or higher.

Notes:

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.37 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Fact Servings Per Recipe: Serving Size: 0.50 C | 50.00 | |
|--|--------|--|
| Amount Per Serving | g | |
| Calories | 14.93 | |
| Fat | 0.00g | |
| SaturatedFat | 0.00g | |
| Trans Fat | 0.00g | |
| Cholesterol | 0.00mg | |
| Sodium | 5.97mg | |
| Carbohydrates | 2.99g | |
| Fiber | 0.90g | |
| Sugar | 1.19g | |
| Protein | 0.60g | |

Vitamin A 0.00IU Vitamin C 0.00mg

| Calcium | 0.00mg | Iron | 0.21mg |
|---------|--------|------|--------|
| | | | |

Buttered Peas

| Servings: | 380.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7369 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| PEAS GREEN 6-4 GCHC | 12 Pound | | 610802 |
| BUTTER ALT LIQ 3-1GAL SAVORY | 2 Cup | | 756261 |

Preparation Instructions

Directions:

Place 2- 4# of frozen peas in a 4" steam table pan Pour 1 cup melted Margarine over peas, per pan Store in refrigerator till time to steam. 100% moisture 212 Degrees f. 15min. CCP: Heat to 145° F or higher for at least 15 Seconds Hold in steam table CCP: Hold at 135° F or higher. Notes:

Meal Components (SLE)

| Amount | Per | Serving |
|--------|-----|---------|

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

| Servings Per Recipe: Serving Size: 0.50 Cu | | |
|---|--------|--|
| Amount Per Serving | 9 | |
| Calories | 6.79 | |
| Fat | 0.00g | |
| SaturatedFat | 0.00g | |
| Trans Fat | 0.00g | |
| Cholesterol | 0.00mg | |
| Sodium | 0.00mg | |
| Carbohydrates | 1.36g | |
| Fiber | 0.45g | |
| Sugar | 0.45g | |

| Protein | | 0.45g | |
|-----------|--------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.12mg |

Roasted Fresh Vegetables

| Servings: | 50.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7370 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|-------------------|------------|
| BROCCOLI & CAULIF COMBO 12-12Z | 1 Pound | | 234413 |
| SQUASH BABY SUMMER GREEN 5 SPECLTY | 10 Each | | 107882 |
| SQUASH BABY GREEN ZUCCHINI 5 | 10 Each | | 220190 |
| CARROT BABY WHL PETITE 12-2 GCHC | 1 Pound | | 599921 |
| GARLIC CHPD 2-4 GARLKNG | 2 Teaspoon | | 624962 |
| BUTTER ALT LIQ PREPOIL 3-1GAL WHIRL | 1/2 Cup | | 425532 |
| SPICE BLND ORIG 3-21Z MDASH | 1/2 Teaspoon | | 265103 |

Preparation Instructions

Directions:

Select a colorful assortment of 4 or more vegetables from the 3 vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.)

Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in step 4. Clean, slice and cut vegetables into bite-size pieces.

Combine water, soy sauce, and granulated garlic. Set aside for step 6.

Heat oil in a large, heavy skillet or pan.

Add pepper to oil and stir.

Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.

Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

Cover, reduce heat, and steam for 2-3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steamtable.

Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans. CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup). Notes:

1: Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, and

2: onion are used in the nutrient calculation.

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: 50.00 Serving Size: 1.00 Cup | | | | | |
|---|-------------|-----------|---------|--|--|
| Amount Per | · Serving | | | | |
| Calories | | 21.05 | | | |
| Fat | | 2.26g | | | |
| SaturatedFa | at | 0.40g | 0.40g | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol | Cholesterol | | 0.00mg | | |
| Sodium | | 21.09mg | 21.09mg | | |
| Carbohydra | tes | 0.42g | 0.42g | | |
| Fiber | | 0.17g | | | |
| Sugar | | 0.24g | | | |
| Protein | | 0.04g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 1.85mg | Iron | 0.02mg | | |

Steamed Fresh Vegetables

| Servings: | 50.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7371 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| BROCCOLI & CAULIF COMBO 12-12Z | 5 Pound | | 234413 |
| SQUASH BABY SUMMER GREEN 5 SPECLTY | 2 Pound | | 107882 |
| SQUASH BABY GREEN ZUCCHINI 5 | 2 Pound | | 220190 |
| BUTTER ALT LIQ PREPOIL 3-1GAL WHIRL | 2 Cup | | 425532 |
| SPICE BLND ORIG 3-21Z MDASH | 1/2 Cup | | 265103 |

Preparation Instructions

Directions:

Select a colorful assortment of 4 or more vegetables from the 3 vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.)

Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in step 4. Clean, slice and cut vegetables into bite-size pieces.

Combine water, soy sauce, and granulated garlic. Set aside for step 6.

Heat oil in a large, heavy skillet or pan.

Add pepper to oil and stir.

Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.

Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

Cover, reduce heat, and steam for 2-3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steamtable.

Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.

CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

Notes:

1: Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, and

2: onion are used in the nutrient calculation.

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: 50.00 Serving Size: 1.00 Cup

| Ű | | | |
|-------------|-----------|-----------|--------|
| Amount Per | r Serving | | |
| Calories | | 76.80 | |
| Fat | | 8.96g | |
| SaturatedFa | at | 1.60g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 70.40mg | |
| Carbohydra | ites | 0.00g | |
| Fiber | | 0.00g | |
| Sugar | | 0.00g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |
| | | | |

Fries Sweet Potato Crinkle

| Servings: | 100.00 | Category: | Vegetable |
|---------------------------------------|---------------------------|--|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7372 |
| School: | EAST NOBLE HIGH SCHOOL | l | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | DistPart # |
| FRIES SWT POT DP GROOVE 7/16 6-2.5 | 19 3/4 Pound | DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LE FROZEN FRIES. DEEP FRY @ 350° F I 4 TO 2 3 | |

4 MINUTES.

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.50 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts Servings Per Recipe: 100.00

| Serving Size: 1.00 Se | rving |
|-----------------------|-------|
|-----------------------|-------|

| | | 3 | |
|------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 119.62 | |
| Fat | | 4.49g | |
| SaturatedF | at | 0.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 0.00mg | |
| Sodium | | 179.43mg | |
| Carbohydra | ates | 16.95g | |
| Fiber | | 2.99g | |
| Sugar | | 4.98g | |
| Protein | | 1.99g | |
| Vitamin A | 3488.96IU | Vitamin C | 2.39mg |
| Calcium | 19.94mg | Iron | 0.36mg |
| | | | |

Gravy, Beef

| Servings: | 1.00 | Category: | Condiments or Other |
|------------------------------|---------------------------|-------------------|---------------------|
| Serving Size: | 2.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7373 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | B DistPart # |
| GRAVY MIX BF IW 8-12.16Z LEG | O 10 Gram | | 157291 |

Preparation Instructions

Directions:

CCP: Heat to 165° F or higher for at least 15 seconds

Bring 1 gallon water to a boil and slowly add gravy mix stirring briskly with a wisk.

CCP: Hold at 135° F or higher.

Wisk gravy until all clumps are gone. Place on line for serving. portion with a 2 oz spoodle. Notes:

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

| r Serving | | |
|-----------|--------------|---|
| | 600.00 | |
| | 0.00g | |
| at | 0.00g | |
| | 0.00g | |
| | 0.00mg | |
| | 10800.00mg |) |
| ates | 120.00g | |
| | 0.00g | |
| | 0.00g | |
| | 0.00g | |
| 0.00IU | Vitamin C | 0.00mg |
| 0.00mg | Iron | 0.00mg |
| | at at | 600.00 0.00g at 0.00g 0.00g 0.00g 10800.00mg 10800.00mg 0.00g 0.00g 0.00g 0.00g 0.00g 0.00g 0.00g 0.00g |

Gravy, Chicken

| Servings: | 1.00 | Category: | Condiments or Other |
|-----------------------------|---------------------------|------------------|---------------------|
| Serving Size: | 2.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7374 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instruction | s DistPart # |
| GRAVY CHIX W/MEAT 12-5 LEGO | 0 1 Cup | | 270261 |
| | | | 2.0201 |

Preparation Instructions

Directions:

CCP: Heat to 165° F or higher for at least 15 seconds

Bring 1 gallon water to a boil and slowly add gravy mix stirring briskly with a wisk.

CCP: Hold at 135° F or higher.

Wisk gravy until all clumps are gone. Place on line for serving. portion with a 2 oz spoodle. Notes:

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

| Serving | 100.00 | |
|----------|-----------|--|
| | 100.00 | |
| | 160.00 | |
| | 8.00g | |
| it | 2.00g | |
| | 0.00g | |
| | 20.00mg | |
| | 1160.00mg | |
| tes | 16.00g | |
| | 0.00g | |
| | 4.00g | |
| | 4.00g | |
| 0.00IU | Vitamin C | 0.00mg |
| 120.00mg | Iron | 0.00mg |
| | | tt 2.00g 0.00g 20.00mg 1160.00mg tes 16.00g 0.00g 4.00g 4.00g 0.00IU Vitamin C |

Breakfast Gravy

| Servings: | 1.00 | Category: | Condiments or Other |
|--------------------------|---------------------------|-----------------|---------------------|
| Serving Size: | 2.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7375 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructio | ns DistPart # |
| MIX GRAVY SAUSAGE WHT FZ | 5-6# BE 1 | | 547330 |
| | | | |

Preparation Instructions

Directions:

CCP: Heat to 165° F or higher for at least 15 seconds

Bring 1 gallon water to a boil and slowly add gravy mix stirring briskly with a wisk.

CCP: Hold at 135° F or higher.

Wisk gravy until all clumps are gone. Place on line for serving. portion with a 2 oz spoodle. Notes:

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

| Amount Pe | r Serving | | | | |
|---------------|-----------|-----------|--------|--|--|
| Calories | | 0.00 | | | |
| Fat | | 0.00g | 0.00g | | |
| SaturatedFat | | 0.00g | 0.00g | | |
| Trans Fat | | 0.00g | 0.00g | | |
| Cholesterol | | 0.00mg | | | |
| Sodium | | 0.00mg | | | |
| Carbohydrates | | 0.00g | | | |
| Fiber | | 0.00g | | | |
| Sugar | | 0.00g | | | |
| Protein | | 0.00g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 0.00mg | Iron | 0.00mg | | |

Chef Salad, Turkey

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7376 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| LETTUCE SALAD SEP BAGS 4-5 RSS | 2 1/2 Cup | | 242071 |
| SPINACH BABY CLND 2-2 RSS | 1/2 Cup | | 560545 |
| TURKEY BRST DCD 2-5 | 2 Ounce | | 451300 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | #20scoop | 150250 |
| TOMATO CHERRY 11 MRKN | 6 Each | | 569551 |

Preparation Instructions

- 1. Place salad and spinach in clam shell
- 3. Top with cherry tomatoes, turkey, & cheese
- 4. Offer with dressing & dinner roll
- CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|--|
|--------------------|--|

| 3.00 |
|------|
| 0.00 |
| 0.00 |
| 0.25 |
| 0.75 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

| Nutrition Facts | |
|-----------------------------|--------|
| Servings Per Recipe: 1.00 | |
| Serving Size: 1.00 salad | |
| | |
| Amount Per Serving | |
| Amount Per Serving Calories | 210.56 |

| Fat | 9.80g |
|---------------------|-------------------|
| SaturatedFat | 6.33g |
| Trans Fat | 0.00g |
| Cholesterol | 50.41mg |
| Sodium | 538.81mg |
| Carbohydrates | 13.83g |
| Fiber | 4.96g |
| Sugar | 6.48g |
| Protein | 20.21g |
| Vitamin A 1379.57IU | Vitamin C 17.76mg |

| Calcium | 261.53mg | Iron | 1.04mg |
|---------|----------|------|--------|
| | | | |

Lemon Broccoli with Tomatoes

| Servings: | 100.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7377 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| BROCCOLI CUTS 12-2.5 GFS | 50 Cup | | 119245 |
| Grape Tomatoes | 5 Pound | | 749041 |
| LEMON JUICE 100 12-32FLZ GCHC | 2 Cup | | 311227 |
| SPICE BLND ORIG 3-21Z MDASH | 1/2 Cup | | 265103 |
| BUTTER ALT LIQ 3-1GAL SAVORY | 1 Cup | | 756261 |

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

2. Cook Broccoli in steamer for 10-15 minutes (5-6 psi) or 4-8 minutes (12-15 psi) or until just tender.

3.) Add tomatoes, and rest of ingredients, ,mix well. Serve in a Solid 2-inch full pan.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

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

4. Serve using a 4z spoodle or menued portion.

Notes:

| Meal Components (SLE) Amount Per Serving | | |
|---|------|--|
| Meat | 0.00 | |
| Grain 0.00 | | |
| Fruit 0.00 | | |
| GreenVeg 0.00 | | |
| RedVeg 0.40 | | |
| OtherVeg 0.00 | | |

| Legumes | 0.00 |
|---------|------|
| Starch | 0.00 |
| | |

Nutrition Facts

| Amount Per | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 0.96 | |
| Fat | | 0.00g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 0.00mg | |
| Carbohydra | ites | 0.00g | |
| Fiber | | 0.00g | |
| Sugar | | 0.00g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 1.15mg |
| Calcium | 0.00mg | Iron | 0.00mg |
| | | | |

Salsa , Red Gold

| Servings: | 1.00 | Category: | Condiments or Other |
|----------------------|---------------------------|----------------------|---------------------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7378 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | DistPart # |
| SALSA CUP 84-3Z REDG | 1 Each | READY_TO_EAT None | 677802 |

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 | 0.50 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Servings Per Recipe: 1.00 Serving Size: 1.00 Each | | | |
|--|---------|-----------|--------|
| Amount Per | Serving | | |
| Calories | | 30.00 | |
| Fat | | 0.00g | |
| SaturatedFa | nt | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 200.00mg | |
| Carbohydra | tes | 6.00g | |
| Fiber | | 0.00g | |
| Sugar | | 2.00g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Sour Cream

| Servings: | 1.00 | Category: | Condiments or Other |
|----------------------------|---------------------------|-------------------|---------------------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7379 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | s DistPart # |
| SOUR CREAM CUP 100-1Z PAUL | .Y 1 Each | | 126400 |

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 |
| 1 | |

| Servings Per Recipe: 1.00 Serving Size: 1.00 Each | | | |
|--|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 50.00 | |
| Fat | | 5.00g | |
| SaturatedFa | at | 3.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 20.00mg | |
| Sodium | | 30.00mg | |
| Carbohydra | ites | 2.00g | |
| Fiber | | 0.00g | |
| Sugar | | 1.00g | |
| Protein | | 0.00g | |
| Vitamin A | 200.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 0.00mg |

Shredded Cheese

| Servings: | 1.00 | Category: | Condiments or Other |
|-----------------------------|---------------------------|------------------|---------------------|
| Serving Size: | 1.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7380 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instruction | s DistPart # |
| CHEESE AMER SHRD R/F 4-5 LC | DL 1 Ounce | | 861950 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

| Servings Per Recipe: 1.00 Serving Size: 1.00 Ounce | | | |
|---|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 35.00 | |
| Fat | | 2.25g | |
| SaturatedFa | at | 1.25g | |
| Trans Fat | | 0.00g | |
| Cholestero | l | 7.50mg | |
| Sodium | | 235.00mg | |
| Carbohydra | ites | 1.00g | |
| Fiber | | 0.00g | |
| Sugar | | 0.50g | |
| Protein | | 3.50g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 97.00mg | Iron | 0.00mg |
| | | | |

Nacho Cheese

| Servings: | 1.00 | Category: | Condiments or Other |
|---------------|---------------------------|----------------|---------------------|
| Serving Size: | 3.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7381 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| | | | |

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| SAUCE CHS QUESO JALAP POUC 6-106Z LOL | 3 Ounce | | 135271 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 1.14 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| Amount Per | r Serving | | |
|---------------|-----------|-----------|--------|
| Calories | | 17.50 | |
| Fat | | 1.25g | |
| SaturatedFa | at | 0.75g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 3.75mg | |
| Sodium | | 71.25mg | |
| Carbohydrates | | 0.63g | |
| Fiber | | 0.00g | |
| Sugar | | 0.00g | |
| Protein | | 0.88g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 35.88mg | Iron | 0.00mg |

Mozzarella String Cheese

| Servings: | 1.00 | Category: | Condiments or Other |
|-----------------------------|---------------------------|-----------------|---------------------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7382 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructio | ns DistPart # |
| CHEESE STRING MOZZ LT IW 16 | 68-1Z LOL 1 Each | | 786801 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving

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

| Servings Per Recipe: 1.00 Serving Size: 1.00 Each | | | | |
|--|---|--|--|--|
| | | | | |
| 60.00 | | | | |
| 3.00g | | | | |
| 2.00g | | | | |
| 0.00g | | | | |
| 10.00mg | | | | |
| 200.00mg | | | | |
| 1.00g | | | | |
| 0.00g | | | | |
| 1.00g | | | | |
| 7.00g | | | | |
| Vitamin C | 0.00mg | | | |
| Iron | 0.00mg | | | |
| | 3.00g 2.00g 0.00g 10.00mg 200.00mg 1.00g 0.00g 1.00g 7.00g Vitamin C | | | |

Cherry Crisp

| Servings: | 50.00 | Category: | Fruit |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7383 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|--------------|-------------------|------------|
| OATS OLD FASHIONED 12-42Z QUAK | 3 1/2 Cup | BOIL Boil | 304096 |
| brown sugar | 2 Cup | | |
| cinnamon | 1/2 Teaspoon | READY_TO_EAT | |
| BUTTER ALT LIQ 3-1GAL SAVORY | 2 Cup | | 756261 |
| CHERRY RED PITTED TART 5+1 30 GCHC | 5 7/8 Pound | | 119709 |
| 100% Orange Juice | 1 Cup | | |

Preparation Instructions

Directions:

Topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, salt, and margarine or butter. Mix until crumbly. Set aside for step 8.

Filling: Drain cherries, reserving juice. For 25 servings, reserve 1/2 cup juice. For 50 servings, reserve 1 cup juice. Set juice aside for step 4.

Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 2 lb (1 qt 2 Tbsp) cherries. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Combine reserved cherry juice with sugar and orange juice concentrate. Heat juice mixture over medium heat for 2 minutes.

Combine cornstarch and water. Stir until smooth.

Add cornstarch and water to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.

Into each pan, pour 1 cup juice mixture over cherries.

For each pan, sprinkle 1 lb 10 3/4 oz (1 qt 1 1/3 cups) topping evenly over cherries.

Bake until topping is browned: Conventional oven: 425° F for 40 minutes Convection oven: 350° F for 25-35 minutes Cool. Cut each pan 5 x 5 (25 pieces). No CCP necessary.

Notes:

Meal Components (SLE) Amount Per Serving

| Meat | 0.00 | | |
|----------|------|--|--|
| Grain | 0.18 | | |
| Fruit | 0.00 | | |
| GreenVeg | 0.00 | | |
| RedVeg | 0.00 | | |
| OtherVeg | 0.00 | | |
| Legumes | 0.00 | | |
| Starch | 0.00 | | |
| | | | |

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 1.00 Cup

| Amount Pe | r Serving | | |
|---------------|-----------|-----------|--------|
| Calories | | 80.39 | |
| Fat | | 0.42g | |
| SaturatedFa | at | 0.07g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 0.00mg | |
| Sodium | | 8.11mg | |
| Carbohydrates | | 19.06g | |
| Fiber | | 1.10g | |
| Sugar | | 13.25g | |
| Protein | | 1.24g | |
| Vitamin A | 0.00IU | Vitamin C | 0.30mg |
| Calcium | 13.55mg | Iron | 0.75mg |
| | | | |

Blueberry Crisp

| Servings: | 50.00 | Category: | Fruit |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7384 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|--------------|-------------------|------------|
| OATS OLD FASHIONED 12-42Z QUAK | 3 1/2 Cup | BOIL Boil | 304096 |
| brown sugar | 2 Cup | READY_TO_EAT | |
| cinnamon | 1/2 Teaspoon | READY_TO_EAT | |
| BUTTER ALT LIQ 3-1GAL SAVORY | 2 Cup | | 756261 |
| 100% Orange Juice | 1 Cup | | |
| BLUEBERRIES FZ WILD IQF 30 COMM | 25 Cup | | 764740 |

Preparation Instructions

Directions:

Topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, salt, and margarine or butter. Mix until crumbly. Set aside for step 8.

Filling: Blueberries, reserving juice. For 25 servings, reserve 1/2 cup juice. For 50 servings, reserve 1 cup juice. Set juice aside for step 4.

Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 2 lb (1 qt 2 Tbsp) cherries. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Mix with sugar and orange juice concentrate. Heat juice mixture over medium heat for 2 minutes.

Combine cornstarch and water. Stir until smooth.

Add cornstarch and water to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.

Into each pan, pour 1 cup juice mixture over berries.

For each pan, sprinkle 1 lb 10 3/4 oz (1 qt 1 1/3 cups) topping evenly over berries.

Bake until topping is browned: Conventional oven: 425° F for 40 minutes Convection oven: 350° F for 25-35 minutes Cool. Cut each pan 5 x 5 (25 pieces). No CCP necessary.

Notes:

Meal Components (SLE) Amount Per Serving

| A mount of Corving | | | | |
|--------------------|------|--|--|--|
| Meat | 0.00 | | | |
| Grain | 0.18 | | | |
| Fruit | 0.50 | | | |
| GreenVeg | 0.00 | | | |
| RedVeg | 0.00 | | | |
| OtherVeg | 0.00 | | | |
| Legumes | 0.00 | | | |
| Starch | 0.00 | | | |
| | | | | |

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 0.50 Cup

| Amount Per | r Serving | | | |
|---------------|-----------|-----------|--------|--|
| Calories | | 61.25 | | |
| Fat | | 0.42g | | |
| SaturatedFa | at | 0.07g | | |
| Trans Fat | | 0.00g | | |
| Cholesterol | | 0.00mg | | |
| Sodium | | 2.05mg | | |
| Carbohydrates | | 14.01g | | |
| Fiber | | 3.56g | | |
| Sugar | | 5.35g | | |
| Protein | | 0.71g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.30mg | |
| Calcium | 2.80mg | Iron | 0.21mg | |
| | | | | |

Eggplant, Roasted

| Servings: | 4.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7385 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| EGGPLANT 6CT P/L | 4 Each | | 597104 |
| OIL OLIVE POMACE 6-1GAL KE | 1/2 Cup | | 502146 |
| SPICE BLND ORIG 3-21Z MDASH | 1/2 Cup | | 265103 |
| CHEESE PARM GRTD 12-1 PG | 1 Cup | | 164259 |

Preparation Instructions

On a clean cutting board Wearing a cutting glove Slice eggplant into 1 inch slices Place on sheet pan, sprinkle with salt Wait 10 minutes, wash off salt. Lightly oil eggplant, season with Dash Roast on 400 degrees F. for 10-15 minutes, until tender Place in serving pan. Sprinkle with Parmesan Serve at 140 degrees F. Serve immediately

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| | |

0.00

Nutrition Facts

Servings Per Recipe: 4.00 Serving Size: 1.00 Cup

| OCIVING OIZC | | | |
|---------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 330.50 | |
| Fat | | 33.10g | |
| SaturatedFa | at | 6.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | l | 0.00mg | |
| Sodium | | 191.60mg | |
| Carbohydrates | | 5.00g | |
| Fiber | | 2.50g | |
| Sugar | | 3.00g | |
| Protein | | 4.80g | |
| Vitamin A | 18.86IU | Vitamin C | 1.80mg |
| Calcium | 117.38mg | Iron | 0.19mg |
| | | | |

Chef Salad, Ham

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7386 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| LETTUCE SALAD MXD 4-5 RSS | 2 1/2 Cup | | 206504 |
| Baby Spinach | 1/2 Cup | BAKE | 15R76 |
| Ham, Cubed Frozen | 1/4 Cup | | 100188-H |
| Cheese, Cheddar Reduced fat, Shredded | 1/4 Cup | | 100012 |
| TOMATO GRAPE SWT 10 MRKN | 4 Each | | 129631 |
| CUCUMBER SELECT 4-6CT MRKN | 1/2 Cup | | 361510 |

Preparation Instructions

1. Wash hands

2. Place Salad Mix in clam shell

3. Top with cherry tomatoes, ham,tomatoes, cucumbers & cheese

4. Offer (2) dinner rolls

CCP: Hold at 41F or lower

Ham- 1 c. = 5.5 oz.

Cheese- 1 c. = 4.5 oz.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.37 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.25 |
| RedVeg | 0.25 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| Servings Per Recipe: 1.00 Serving Size: 1.00 salad | | |
|---|----------|--|
| Amount Per Serving | | |
| Calories | 315.35 | |
| Fat | 13.21g | |
| SaturatedFat | 9.06g | |
| Trans Fat | 0.00g | |
| Cholesterol | 58.44mg | |
| Sodium | 753.94mg | |
| Carbohydrates | 27.43g | |
| | | |

| Fiber | | 10.41g | |
|-----------|----------|-----------|--------|
| Sugar | | 12.72g | |
| Protein | | 29.33g | |
| Vitamin A | 527.10IU | Vitamin C | 8.95mg |
| Calcium | 124.45mg | Iron | 0.24mg |
| | | | |

Chef Salad, Diced Chicken

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7387 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| LETTUCE SALAD MXD 4-5 RSS | 2 1/2 Cup | | 206504 |
| SPINACH BABY CLND 2-2 RSS | 1/2 Cup | | 560545 |
| Chicken, Diced, Cooked, Frozen | 1/2 Cup | | 100101 |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 1/4 Cup | UNPREPARED | 100012 |
| Grape Tomatoes | 4 Each | | 749041 |
| CUCUMBER SELECT 4-6CT MRKN | 1/2 Cup | Washed,Sliced | 361510 |

Preparation Instructions

1. Wash Hands,

- 2. Place salad mix and spinach in clam shell
- 3. Top with vegetables, chicken, & cheese
- 4. Serve with (2) dinner roll
- CCP: Hold at 41F or lower
- Diced Chicken- 1 c. = 3.5 oz

Shredded Cheddar- 1 c. = 4.5 oz.

Meal Components (SLE)

Amount Per Serving

| ¥ | |
|----------|------|
| Meat | 3.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.25 |
| RedVeg | 0.67 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| | |

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 salad

| Amount Pe | r Serving | | |
|---------------|-----------|-----------|--------|
| Calories | | 209.64 | |
| Fat | | 6.55g | |
| SaturatedF | at | 4.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 30.50mg | |
| Sodium | | 122.24mg | |
| Carbohydrates | | 21.55g | |
| Fiber | | 10.17g | |
| Sugar | | 10.02g | |
| Protein | | 20.17g | |
| Vitamin A | 27.30IU | Vitamin C | 0.73mg |
| Calcium | 133.45mg | Iron | 0.58mg |

Chicken Caesar Chef Salad

| Servings: | 1.00 | Category: | Entree | |
|--------------------------------------|--------------------|---|--|------------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook | |
| Meal Type: | Lunch | Recipe ID: | R-7388 | |
| School: | EAST NOE SCHOOL | BLE HIGH | | |
| Ingredient | S | | | |
| Description | Measurement | Prep Instructions | | DistPart # |
| LETTUCE ROMAINE CHOP 6-2 RSS | 1 Cup | | | 735787 |
| CHIX STRP FAJT SEAS FC 8-4.99 TYS | 2 Ounce | PREPARATION: APPLIANCES VARY, ADJUST CONVENTIONAL OVEN: 25-30 MINUTES AT 33 FROZEN.,CONVECTION OVEN: 5-8 MINUTES I AT 400*F FROM ,FROZEN. BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from froz MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; ho | 50*F FROM IN A SINGLE LAYER zen. | 150160 |
| SPINACH BABY CLND 2-2 RSS | 1 Ounce | | | 560545 |
| TOMATO CHERRY 11 MRKN | 4 Each | | | 569551 |
| CHEESE MOZZ SHRD 4-5 LOL | 1 Ounce | | | 645170 |
| DRESSING CAESAR 4- 1GAL PMLL | 1 Fluid Ounce | | | 705051 |

Preparation Instructions

2. Place 1 cup romaine, 1 cup spinach in clam shell

3. Top with cherry tomatoes, bacon, croutons & cheese

4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

Meal Components (SLE) Amount Per Serving

| Meat | 1.83 |
|----------|------|
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.56 |
| RedVeg | 0.48 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 salad | | | | |
|--|------------|-----------|---------|--|
| Amount Pe | er Serving | | | |
| Calories | | 267.84 | | |
| Fat | | 18.86g | | |
| SaturatedF | at | 5.13g | 5.13g | |
| Trans Fat | | 0.00g | | |
| Cholesterol | | 70.83mg | | |
| Sodium | | 587.45mg | | |
| Carbohydrates | | 9.32g | | |
| Fiber | | 2.18g | | |
| Sugar | | 4.90g | | |
| Protein | | 17.06g | | |
| Vitamin A | 719.71IU | Vitamin C | 11.84mg | |
| Calcium | 177.89mg | Iron | 0.72mg | |
| | | | | |

Spicy Popcorn Chicken Chef Salad

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7389 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| LETTUCE SALAD SEP BAGS 4-5 RSS | 2 1/2 Cup | | 242071 |
| SPINACH BABY CLND 2- 2 RSS | 1/2 Cup | | 560545 |
| CHIX POPCORN BRD SPICY 2-5 - Pierce - W | 12 Each | MICROWAVE FROM FROZEN: MICROWAVE ON HIGH FOR 3 - 3 1 2 MINUTES; DEEP FRY FOR 2 - 2 1 2 MINUTES AT 350F; CONVENTIONAL OVEN FOR 10 - 12 MINUTES AT 425F; CONVECTION OVEN FOR 8-10 MINUTES AT 400F. APPLIANCES VARY, ADJUST COOK TIMES ACCORDINGLY. | 208231 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | #20scoop | 150250 |
| Grape Tomatoes | 6 Each | | 749041 |

Preparation Instructions

- 2. Place sald and spinach in clam shell
- 3. Top with cherry tomatoes,popcorn chix, & cheese
- 4. Offer with dressing & dinner roll
- CCP: Hold at 41F or lower
- If being held for over 24 hours date mark 3 days

| Amount Per Serving | |
|--------------------|------|
| Meat | 3.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.25 |
| RedVeg | 0.25 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 salad

| Serving Size | | | |
|--------------|------------|-----------|--------|
| Amount Pe | er Serving | | |
| Calories | | 941.31 | |
| Fat | | 53.00g | |
| SaturatedF | at | 18.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | l | 150.00mg | |
| Sodium | | 3031.31mg | |
| Carbohydra | ates | 59.26g | |
| Fiber | | 7.38g | |
| Sugar | | 2.88g | |
| Protein | | 62.38g | |
| Vitamin A | 300.00IU | Vitamin C | 0.00mg |
| Calcium | 248.57mg | Iron | 3.38mg |

Chicken Chef Salad, Popcorn

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7390 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|---|------------|
| LETTUCE SALAD SEP BAGS 4-5 RSS | 2 1/2 Cup | | 242071 |
| SPINACH BABY CLND 2-2 RSS | 1/2 Cup | | 560545 |
| CHIX POPCORN BRD CKD WGRAIN 20 | 1 Cup | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. | 528840 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/2 Cup | #20scoop | 150250 |
| Grape Tomatoes | 6 Each | | 749041 |

Preparation Instructions

- 2. Place salad and spinach in clam shell
- 3. Top with cherry tomatoes, popcorn chix & cheese ,
- 4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

| Amount Per Serving | |
|--------------------|------|
| Meat | 3.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.25 |
| RedVeg | 1.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 salad | | |
|--|----------|--|
| Amount Per Serving | | |
| Calories | 263.67 | |
| Fat | 18.60g | |
| SaturatedFat | 12.10g | |
| Trans Fat | 0.00g | |
| Cholesterol | 62.29mg | |
| Sodium | 446.24mg | |
| Carbohydrates | 8.98g | |
| | | |

| Fiber | | 3.45g | |
|-----------|----------|-----------|--------|
| Sugar | | 2.88g | |
| Protein | | 18.43g | |
| Vitamin A | 607.71IU | Vitamin C | 0.00mg |
| Calcium | 448.86mg | Iron | 0.57mg |
| | | | |

Buffalo Chicken Chef Salad

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-7391 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|---|------------|
| LETTUCE SALAD SEP BAGS 4-5 RSS | 2 1/2 Cup | | 242071 |
| SPINACH BABY CLND 2-2 RSS | 1/2 Cup | | 560545 |
| Grape Tomatoes | 6 Each | | 749041 |
| CHEESE CHED MLD SHRD 4- 5 LOL | 1/2 Cup | #20scoop | 150250 |
| CHIX POPCORN BRD CKD WGRAIN 20 | 1 Сир | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. | 528840 |
| SAUCE HOT REDHOT ORG 4- 1GAL FRNKS | 3 Teaspoon | | 282944 |
| BUTTER ALT LIQ 3-1GAL SAVORY | 1 Tablespoon | | 756261 |

Preparation Instructions

1. Mix 2:1 ratio of Red Hot and Butter, mix with chicken. Top salad

- 2. Place 1 cup salad and spinach in clam shell
- 3. Top with cherry tomatoes, & cheese,
- 4. Offer (2) dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 3.00 | |
| Grain | 2.00 | |
| Fruit | 0.00 | |

| 0.25 |
|------|
| 1.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 salad

| Amount Pe | er Serving | | |
|---------------|------------|-----------|--------|
| Calories | | 263.67 | |
| Fat | | 18.60g | |
| SaturatedF | at | 12.10g | |
| Trans Fat | | 0.00g | |
| Cholestero | l | 62.29mg | |
| Sodium | | 1016.24mg | |
| Carbohydrates | | 8.98g | |
| Fiber | | 3.45g | |
| Sugar | | 2.88g | |
| Protein | | 18.43g | |
| Vitamin A | 1207.71IU | Vitamin C | 0.00mg |
| Calcium | 448.86mg | Iron | 0.57mg |
| | | | |

Sausage Gravy

| Servings: | 1.00 | Category: | Entree |
|-----------------------------|---------------------------|------------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7392 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instruction | s DistPart # |
| GRAVY SAUS CNTRY 6-10 CHEFM | I 1/2 Cup | | 464694 |

Preparation Instructions

Heat ingredients as instructed on package.

Microwaving works bests

Use 4 oz. portion ladle

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 1.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

| Amount Per Serving | | | | | |
|--------------------|--------|-----------|----------|--|--|
| Calories | | 180.00 | | | |
| Fat | | 16.00g | | | |
| SaturatedFa | at | 4.00g | | | |
| Trans Fat | | 0.00g | 0.00g | | |
| Cholesterol | | 30.00mg | | | |
| Sodium | | 480.00mg | 480.00mg | | |
| Carbohydrates | | 4.00g | | | |
| Fiber | | 0.00g | | | |
| Sugar | | 0.00g | | | |
| Protein | | 4.00g | 4.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 0.00mg | Iron | 0.00mg | | |
| | | | | | |

Chicken Nuggets

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|------------------|
| Serving Size: | 5.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8556 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS | 5 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 281831 |
| WG Dinner Roll Aunt Millie's | 1 1 roll | | 4375 |

Preparation Instructions

Directions:

Item Yield

1 Case = 512 Ounces (4 x 128 Ounces per Bag) of Chicken Nuggets, Crispy, Whole Grain, Breaded, Cooked, Frozen

Thawing Instructions

COOK FROM FROZEN

Shelf Life

FROZEN = 270 DAYS

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

*COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS**WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED** SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY**SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 0.00 | |
| Grain | 2.81 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.00 | |
| OtherVeg | 0.00 | |

| Legumes | 0.00 |
|---------|------|
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 5.00 Each

| - | | | | | |
|--------------------|---------|-----------|--------|--|--|
| Amount Per Serving | | | | | |
| Calories | | 362.50 | | | |
| Fat | | 16.50g | 16.50g | | |
| SaturatedFa | at | 2.50g | | | |
| Trans Fat | | 0.00g | 0.00g | | |
| Cholesterol | | 25.00mg | | | |
| Sodium | | 525.00mg | | | |
| Carbohydrates | | 35.25g | | | |
| Fiber | | 4.50g | | | |
| Sugar | | 4.25g | | | |
| Protein | | 20.25g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 37.50mg | Iron | 2.50mg | | |
| | | | | | |

Beef Nachos

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8557 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|----------------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 Ounce | | 722330 |
| CHIP TORTL RND YEL 5-1.5 KE | 22 Each | | 163020 |
| SALSA CUP 84-3Z REDG | 1 Each | READY_TO_EAT None | 677802 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 Ounce | | 150250 |

Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

1.) Using a one time use glove, place 12 chips in a #3 paper Tray

2.) Place 2oz. Taco Meat on Chips

* Portion with No. 16 scoop (1/4 cup)

3.) Top with 1 oz Shredded Cheese

* If student does not want Meat, then substitute with 3 oz. of Shredded Cheese Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

| Amount Per Serving | |
|--------------------|-------|
| Meat | 2.26 |
| Grain | 15.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.50 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| | |

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 1770.28 | |
| Fat | | 66.09g | |
| SaturatedF | at | 13.14g | |
| Trans Fat | | 0.18g | |
| Cholestero | I | 52.08mg | |
| Sodium | | 1774.16mg | |
| Carbohydra | ates | 250.15g | |
| Fiber | | 25.26g | |
| Sugar | | 3.26g | |
| Protein | | 39.08g | |
| Vitamin A | 706.94IU | Vitamin C | 3.15mg |
| Calcium | 704.87mg | Iron | 5.58mg |

Chicken Tenders

| Servings: | 1.00 | Category: | Entree |
|-----------------------------|---------------------------|--|--------------------------|
| Serving Size: | 4.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8558 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | DistPart # |
| CHIX TNDR WGRAIN FC 4-8 TYS | 3 Piece | BAKE Appliances vary, adjust accor Conventional Oven 8-10 minutes at 400°F from fro CONVECTION Appliances vary, adjust accor Convection Oven 6-8 minutes at 375°F from froz | ozen. 283951 rdingly. |

Preparation Instructions

Directions:

Item Yield

1 Case = 450 Average Count (4 x 112.5 Average Count per Bag) Chicken Tenders, Crispy, Whole Grain, Breaded, CN Labeled, Cooked, Frozen

READY_TO_EAT

4372

Thawing Instructions

DINNER ROLL, W GRAIN, AM

PREPARE FROM FROZEN STATE

Shelf Life

FROZEN = 270 DAYS AT 0* OR LESS FROM DATE OF PRODUCTION.

1 roll

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN. *COMPLIES WITH THE NEW USDA REGULATIONS FOR K12 SCHOOLS**WHITE AND DARK MEAT CHOPPED & FORMED CHICKEN NUGGET 51% WHOLE GRAIN RICH BREADING EACH SERVING PROVIDES EXACTLY 2 OZ. M/MA KID TESTED, KID APPROVED, CN LABELED, FULLY COOKED** SCHOOLS, K12, HEALTHCARE, COLLEGE AND UNIVERSITY**SERVE WITH A DIPPING SAUCE OR IN A WRAP OR SALAD APPLICATION

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.00 |

| 0.00 |
|------|
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 4.00 Each

| Amount Per S | Serving | | | | |
|---------------|---------|-----------|---------|--|--|
| Calories | | 350.00 | | | |
| Fat | | 16.50g | | | |
| SaturatedFat | | 2.50g | | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol | | 25.00mg | 25.00mg | | |
| Sodium | | 515.00mg | | | |
| Carbohydrates | | 33.00g | | | |
| Fiber | | 5.00g | | | |
| Sugar | | 3.00g | | | |
| Protein | | 19.00g | | | |
| Vitamin A (| 0.00IU | Vitamin C | 0.00mg | | |
| Calcium 4 | 10.00mg | Iron | 10.00mg | | |

Tacos Beef - HS

| Servings: | 100.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 3.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8559 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 19 Pound | | 722330 |
| TORTILLA FLOUR ULTRGR 6 30-12CT | 200 Each | | 882690 |

Preparation Instructions

Directions:

Cook Taco Meat as instructed

Stir frequently over medium heat.

CCP: Heat to 165° F.

1.) Using a one time use glove, line, folded, 2 tortilla shells in a , 4 inch full pan

2.) Steam taco meat in package, steam for an hour.

3.) Place cook taco meat in a 4 inch full pan

4.) Serve taco meat, with a 3 oz scoop

* If student does not want Meat, then substitute with 2 oz. of Shredded Cheese

* Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. A new nutrient analysis will be coming. Updated July 2020. Re standardization in progress.

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: 3.00 Ounce | | |
| Amount Per Serving | | |
| Calories | 286.83 | |
| Fat | 9.70g | |
| SaturatedFat | 3.73g | |
| Trans Fat | 0.28g | |
| Cholesterol | 33.56mg | |
| Sodium | 429.93mg | |
| Carbohydrates | 34.79g | |

| Fiber | | 5.92g | |
|-----------|----------|-----------|--------|
| Sugar | | 3.92g | |
| Protein | | 16.28g | |
| Vitamin A | 618.55IU | Vitamin C | 4.79mg |
| Calcium | 87.32mg | Iron | 3.92mg |
| | | | |

Baked Fish Sandwich

| Servings: | | 1.00 | | Category: | Entree | |
|--|---------|------------|---|--|---|---------------|
| Serving Size | : | 1.00 | Each | HACCP Process: | Same Day Se | ervice |
| Meal Type: | | Lunc | h | Recipe ID: | R-8560 | |
| School: | | EAS SCH | T NOBLE HIGH OOL | | | |
| Ingredi | ents | | | | | |
| Description | Measure | ment | Prep Instructions | 5 | | DistPart # |
| POLLOCK BRD WDG WGRAIN 3.6Z 1-10 | 1 Each | | THAWING IS NOT RECO CONVECTION OVEN: PR LIGHTLY GREASED BAK CRISP. TURN PRODUCT RESULTS. CONVENTION PRODUCT ON LIGHTLY MINUTES UNTIL CRISP. FOR BEST RESULTS. MI COOKING TIMES AND TE INTERNAL TEMPERATU PRODUCE A FULLY /u20 | S:* KEEP FROZEN UNTIL RE/ MMENDED /u2013 COOK FRO EHEAT TO 375° F. PLACE FR (ING SHEET, COOK FOR 15 TO HALFWAY THROUGH BAKE AL OVEN: PREHEAT TO 425° GREASED BAKING SHEET, CO TURN PRODUCT HALFWAY T CROWAVE COOKING IS NOT EMPERATURES MAY VARY SI RE SHOULD BE AT LEAST 163 1CBONELESS/u201D PRODU SIONAL BONES MAY STILL BI | M FROZEN. DZEN PRODUCT ON D 18 MINUTES UNTIL TIME FOR BEST F. PLACE FROZEN DOK FOR 20 TO 26 HROUGH BAKE TIME RECOMMENDED. * UBSTANTIALLY. 5°F. WE STRIVE TO CT. AS WITH ALL | 327162 |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 1 bun | | UNSPECIFIED | | | 3159 |

Preparation Instructions

Follow instructions on package

Serve at or over 140 degrees F.

Serving: 1 sandwich

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 3.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| | |

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| Amount Pe | r Serving | | |
|-------------|-----------|-----------|---------|
| Calories | | 360.00 | |
| Fat | | 11.00g | |
| SaturatedFa | at | 1.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 45.00mg | |
| Sodium | | 490.00mg | |
| Carbohydra | ates | 44.00g | |
| Fiber | | 4.00g | |
| Sugar | | 4.00g | |
| Protein | | 21.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 24.00mg | Iron | 11.08mg |
| | | | |

BBQ Pulled Pork on Bun

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8878 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| Pulled Pork Bar-B-Q with vinegar sauce | 3 Ounce | STEAM Remove the Bar-B-Q from the box and place in a steam pan. Cook in the steamer for about 30 min. Remove and check the temperature before placing on the serving line. CCP: Heat to 145 degrees or higher for at least 15 seconds. CCP: Hold for hot service at 140 degrees or higher | |
| 4 inch whole grain hamburger buns - 30 ct | 1 bun | | 3480 |

Preparation Instructions

Cook as directed. Cook to 165 degrees F., Hold at 140 degrees F.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.26 |
| 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 Serving

Amount Per Serving

| Calories | | 306.62 | |
|------------|--------|-----------|---------|
| Fat | | 8.54g | |
| SaturatedF | at | 2.37g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 42.86mg | |
| Sodium | | 582.48mg | |
| Carbohydra | ates | 2.14g | |
| Fiber | | 2.00g | |
| Sugar | | 4.00g | |
| Protein | | 25.85g | |
| Vitamin A | 0.47IU | Vitamin C | 0.32mg |
| Calcium | 0.16mg | Iron | 12.97mg |

Chicken or Turkey and Noodles

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------------------------|----------------|------------------|
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8879 |
| School: | EAST NOBLE MIDDLE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| PARSLEY CURLY 1-60CT | 1 Ounce | | 150871 |
| TURKEY & GRAVY 4-7 | 3 Ounce | | 722460 |
| PASTA NOODL KLUSKI 1/8 2-5 GCHC | 4 Ounce | | 270385 |

Preparation Instructions

Directions:

Heat chicken as directed on package

Cook Pasta, using 2:1 water to pasta ratio. until Al Dente

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK OR DRAIN.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1cup)

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

- 2: Cooking Process #2: Same Day Service
- 3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

| Meat | 0.01 |
|-------|------|
| Grain | 0.40 |

| 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 Cup

| Amount Pe | r Servina | | |
|-------------|-----------|-----------|--------|
| Calories | j | 538.73 | |
| Fat | | 9.56g | |
| SaturatedFa | at | 2.52g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 131.77mg | |
| Sodium | | 361.77mg | |
| Carbohydra | ites | 81.52g | |
| Fiber | | 4.00g | |
| Sugar | | 4.00g | |
| Protein | | 28.15g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 4.35mg |
| | | | |

Roasted Turkey

| Servings: | 50.00 | Category: | Entree |
|---------------|---------------------------|----------------|-------------------|
| Serving Size: | 3.00 Ounce | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-8881 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|-------------------|------------|
| TURKEY RST 4-10 COMM | 10 Pound | | 110560 |
| GRAVY MIX CHIX 8-1 LEGO | 2 Package | | 762067 |

Preparation Instructions

Wash hands. Slice turkey to 3 oz portions Place in a 4 inch full pan, add gravy. Reheat to 165 Degrees F. Hold at 150 degrees or above. One slice per serving

Meal Components (SLE)

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 2.00 | |
| Grain | 0.00 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.00 | |
| OtherVeg | 0.00 | |
| Legumes | 0.00 | |
| Starch | 0.00 | |
| | | |

Nutrition Facts

Calcium

Servings Per Recipe: 50.00 Serving Size: 3.00 Ounce

| Amount Per | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 121.00 | |
| Fat | | 6.32g | |
| SaturatedFa | at | 2.11g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 48.42mg | |
| Sodium | | 421.22mg | |
| Carbohydra | ites | 0.16g | |
| Fiber | | 0.00g | |
| Sugar | | 0.04g | |
| Protein | | 16.88g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| | | | |

Iron

0.00mg

0.00mg

Baked Sweet Potatoes and Apples

| Servings: | 50.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8882 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|-------------------|------------|
| POTATO SWT WHL L/S 6-10 GCHC | 2 #10 CAN | | 271713 |
| APPLE SLCD W/P 6-10 GCHC | 2 #10 CAN | | 117773 |
| cinnamon | 2 Tablespoon | READY_TO_EAT | |
| SPICE NUTMEG GRND 16Z TRDE | 2 Teaspoon | | 224944 |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 1 Pound | | 840860 |

Preparation Instructions

Directions:

Place 3 lb 13 oz (2 qt $\frac{3}{4}$ cup) sweet potatoes into each steamtable pan (12" x 20" x 2 $\frac{1}{2}$ ") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Place 3 lb 11 oz (2 qt ½ cup) apples over sweet potatoes in each pan.

Combine brown sugar, cinnamon, and nutmeg (optional).

Sprinkle ¾ cup sugar mixture over apples in each pan.

Dot each pan with cup margarine, and sprinkle remaining sugar.

Add ¾ cup water to each pan.

Bake: Conventional oven: 350° F for 25-30 minutes. Convection oven: 300° F for 15-20 minutes. CCP: Heat to 140° For higher.

CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

Notes:

1: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Meal Components (SLE)

Amount Per Serving

| Meat | 0.00 |
|----------|------|
| Grain | 0.00 |
| Fruit | 0.25 |
| GreenVeg | 0.00 |

| RedVeg | 0.25 |
|----------|------|
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 0.50 Cup

| Amount Per | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 216.11 | |
| Fat | | 7.04g | |
| SaturatedFa | at | 2.88g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 84.61mg | |
| Carbohydra | ites | 38.67g | |
| Fiber | | 5.16g | |
| Sugar | | 26.30g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 13.08mg | Iron | 0.00mg |

Pork Tenderloin Sandwich

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8883 |
| School: | EAST NOBLE MIDDLE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| PORK CHOP CNTRY FRD CN 100-3.1Z PIER | 1 Each | conventional oven: from the frozen state, bake at 350 degrees f in conventional oven for 14 minutes. Convection oven: from thefrozen state, bake at 350 degrees f in convection oven for 10 minutes. Microwave: on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate. | 849014 |
| 4 inch whole grain hamburger buns - 30 ct | 1 bun | | 3480 |

Preparation Instructions

WASH HANDS.

1. Cook pork tenderloin as directed on package.

2. Layer cooked tenderloin on bottom of roll. Top with remaining half of roll. 3. Serve.

1 tenderloin provides: 2 oz. eq meat/meat alternate & 2.5 oz. eq. grain

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 2.75 |
| 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 Serving

| Amount Pe | r Serving | | |
|------------------|-----------|-----------|--------|
| Calories | | 430.00 | |
| Fat | | 19.00g | |
| SaturatedFa | at | 4.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 90.00mg | |
| Sodium | | 570.00mg | |
| Carbohydra | ites | 15.00g | |
| Fiber | | 4.00g | |
| Sugar | | 5.00g | |
| Protein | | 19.00g | |
| Vitamin A | 100.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 1.80mg |

Scalloped Potatoes & Ham

| Servings: | | 36.00 | | Category: | Entr | ree |
|--|----------|-------------------|--|----------------|---|----------------|
| Serving Size: | | 6.00 Ound | ce | HACCP Process: | Sam | ne Day Service |
| Meal Type: | | Lunch | | Recipe ID: | R-88 | 884 |
| School: | | EAST NO SCHOOL | BLE HIGH | | | |
| Ingredier | its | | | | | |
| Description | Meas | urement | Prep Instruc | tions | | DistPart # |
| POTATO SCALLOPED CLSC R/SOD 6-2.25 | 1 Cartor | ı | BAKE 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in convection oven at 300°F for 45- 60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same. | | a 2 1 issolved. 118567 °F for 45- minutes. | |
| Ham, Cubed Frozen | 6 1/6 Po | und | | | | 100188-H |

Preparation Instructions

Directions:

Rehydrate potatoes according to package instructions or cover potatoes with boiling water. Let stand for 5 minutes. Drain well.

Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 1 lb 5 oz (1 qt 2 cups) potatoes. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

In a pot melt margarine or butter. Add onions and cook over medium heat for 5-10 minutes.

Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.

Slowly stir in milk, salt, pepper, and parsley (optional). Blend well. Cook over medium heat. Stirring frequently until slightly thickened, 10-15 minutes.

Pour 1 qt 2 cups liquid mixture over potatoes in each pan. Stir to combine.

Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 4 oz (¾ cup) per pan.

Product should be evenly golden brown on top: Conventional oven: 350° F for 45-60 minutes Convection oven: 300° F for 35-45 minutes CCP not needed.

Continue to bake at 190° F for 30 minutes. CCP: Hold at 140° F or warmer.

Portion with 3/4 cup).

Notes:

1: * See Marketing Guide

Meal Components (SLE) Amount Per Serving

| Meat | 2.25 | | |
|----------|------|--|--|
| Grain | 0.00 | | |
| Fruit | 0.00 | | |
| GreenVeg | 0.00 | | |
| RedVeg | 0.00 | | |
| OtherVeg | 0.00 | | |
| Legumes | 0.00 | | |
| Starch | 0.25 | | |
| | | | |

Nutrition Facts

Servings Per Recipe: 36.00 Serving Size: 6.00 Ounce

| Amount Per | r Serving | | |
|---------------|-----------|-----------|--------|
| Calories | | 86.03 | |
| Fat | | 2.27g | |
| SaturatedFa | at | 2.25g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 40.46mg | |
| Sodium | | 527.19mg | |
| Carbohydrates | | 5.12g | |
| Fiber | | 0.03g | |
| Sugar | | 2.35g | |
| Protein | | 11.29g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.04mg | Iron | 0.01mg |
| | | | |

Philly Steak & Cheese

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-8885 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| Aunt Millie's Whole Grain Mini Sub Buns | 1 Each | | 5157 |
| BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM | 1 Each | | 720861 |
| PEPPERS & ONION FLME RSTD 6-2.5 | 2 1/4 Ounce | | 847208 |
| CHEESE SWS 160CT SLCD PROC 4-5 GCHC | 1 Slice | | 164348 |

Preparation Instructions

- 1. Cook philly meat according to directions, CCP: Hot hold at 135F or higher
- 2. Cook peppers & onions according to directions, CCP: Hot hold at 135F or higher
- 3. Place 3oz philly meat, 1 slice of cheese & mixed peppers & onions into an 8" sub bun

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 2.00 | |
| Grain | 2.25 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.00 | |
| OtherVeg | 0.22 | |
| Legumes | 0.00 | |
| Starch | 0.00 | |
| | | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each | | | | | |
|---|---------------------|--|--|--|--|
| Amount Per Serving | | | | | |
| Calories | 398.89 | | | | |
| Fat | 16.07g | | | | |
| SaturatedFat | 6.40g | | | | |
| Trans Fat | 0.52g | | | | |
| Cholesterol | 52.50mg | | | | |
| Sodium | 946.91mg | | | | |
| Carbohydrates | 38.26g | | | | |
| Fiber | 4.34g | | | | |
| Sugar | 9.63g | | | | |
| Protein | 22.29g | | | | |
| Vitamin A 0.00IU | Vitamin C 0.00mg | | | | |
| Calcium 111.92mg | Iron 11.75mg | | | | |

Corn Bread

| Servings: | 1.00 | Category: | Grain |
|----------------------------|---------------------------|-------------------|------------------|
| Serving Size: | 2.50 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8886 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | s DistPart # |
| CORNBREAD PRE-CUT 4-30CT C | CP 1 Piece | | 579785 |

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

| Serving Size: 2.50 Ounce | | | | |
|--------------------------|---------|-----------|--------|--|
| Amount Per Serving | | | | |
| Calories | | 210.00 | | |
| Fat | | 10.00g | | |
| SaturatedFa | at | 2.00g | | |
| Trans Fat | | 0.24g | | |
| Cholesterol | | 40.00mg | | |
| Sodium | | 260.00mg | | |
| Carbohydrates | | 25.00g | | |
| Fiber | | 0.40g | | |
| Sugar | | 11.00g | | |
| Protein | | 3.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 20.00mg | Iron | 1.00mg | |
| | | | | |

Marinated Cucumbers

| Servings: | 50.00 | Category: | Entree |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 4.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-8925 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|--------------|--|------------|
| CUCUMBER 1-24CT P/L | 1 Carton | Washed, Sliced, unpeeled, #15 double slicer. | 238653 |
| SUGAR CANISTER 24-20Z GCHC | 2 Cup | | 449237 |
| VINEGAR WHT DISTILLED 4 4-1GAL | 1 Cup | | 517582 |
| SPICE CELERY SEED GRND 16Z TRDE | 1 Tablespoon | | 513679 |
| SALT IODIZED 24-26Z GFS | 1 Teaspoon | | 108308 |

Preparation Instructions

In a clean mixing bowl Add all ingredients, EXCEPT CUCUMBERS Mix well. Put cucumbers in a Full Pan, pour marinate over Serve next day Wrap, label and date Store for 1 days in a cooler at 135-141 degrees F. Serve chiiled. You can substitute Ranch Dressing, for Marinade Serving size : 1/2 cup For K-2 place in 5.5 souffle cups For 3-12, place in pan, with 4 oz Spoodle

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |

| 0.25 |
|------|
| 0.00 |
| 0.00 |
| |

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 4.00 Ounce

| Amount Per Serving | | | | | |
|--------------------|--------|-----------|--------|--|--|
| Calories | | 28.97 | 28.97 | | |
| Fat | | 0.00g | 0.00g | | |
| SaturatedFa | at | 0.00g | | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol | | 0.00mg | 0.00mg | | |
| Sodium | | 46.91mg | | | |
| Carbohydra | ites | 7.72g | | | |
| Fiber | | 0.01g | | | |
| Sugar | | 7.70g | | | |
| Protein | | 0.01g | | | |
| Vitamin A | 1.14IU | Vitamin C | 0.03mg | | |
| Calcium | 0.21mg | Iron | 0.00mg | | |

Buffalo Pizza

| Servings: | | 8.00 | | Category: | Entree | |
|---|---------|--------------|--|---|--|---------------|
| Serving Size: | | 1.00 \$ | Slice | HACCP Process: | Same Day S | ervice |
| Meal Type: | | Lunch | ו | Recipe ID: | R-8986 | |
| School: | | EAST SCHO | NOBLE HIGH | | | |
| Ingredie | ents | | | | | |
| Description | Measure | ement | Prep Instruction | s | | DistPart # |
| CRUST PIZZA SHTD OVN RSNG 20-16RICH | 1 Each | | REMOVE DESIRED NUM CASE AND RETURN TO CHEESE AND TOPPING TURNS GOLDEN BROW MINUTES. CONVEYOR (MINUTES. REMOVE PIZ SERVE WHILE HOT. TH ROOM TEMPERATURE BAKE UNTIL CHEESE M CONVECTION OVEN: 37 OVEN: 500°F (260°C) FC | TO -10°F (-18°F TO -23°C) V IBER OF UNITS FROM CAS FREEZER. FREEZER TO O S. BAKE UNTIL CHEESE MI N. CONVECTION OVEN: 37 OVEN: 500 - 550°F (260 - 290 ZA FROM OVEN. ALLOW TO AWED: COVER AND THAW 75°F (23°C). ADD SAUCE, C IELTS AND CRUST TURNS 5°F (190°C) FOR 8 - 10 MIN PR 4 - 5 MINUTES. REMOVE NE MINUTE. SERVE WHILE | E AND THEN RESEAL VEN: ADD SAUCE, ELTS AND CRUST 5°F (190°C) FOR 9 - 11 0°C) FOR 4.5 - 6.5 O SET FOR ONE MINUTE. (UP TO 2 HOURS AT HEESE AND TOPPINGS. GOLDEN BROWN. UTES. CONVEYOR PIZZA FROM OVEN. | 626930 |
| Chicken, diced, cooked, frozen | 2 Cup | | | | | 100101 |
| SAUCE BUFF WNG REDHOT 4- 1GAL FRNKS | 1/2 Cup | | | | | 704229 |
| DRESSING RANCH LT 4- 1GAL KENS | 1/2 Cup | | | | | 834941 |
| CHEESE BLND MOZZ/PROV DCD 4-5 PG | 3 Cup | | | | | 529249 |

Preparation Instructions

Directions:

Combine Redhot and cooked chicken. Blend in a bowl. Reserve

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of ranch dressing onto each pizza crust.

Sprinkle (3 cups) shredded cheese evenly over each pizza pan.

Top with 1 pound of chicken mixture

Bake until crust is lightly browned: Convection oven: 300° F , HIGH HEAT, for 10 minutes, turn and bake for another 10 minutes

Temp and record

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.31 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.25 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| Servings Per Recipe: 8.00 Serving Size: 1.00 Slice | | | | | | | |
|---|--------------------|-----------|--------|--|--|--|--|
| Amount Pe | Amount Per Serving | | | | | | |
| Calories | | 375.00 | | | | | |
| Fat | | 18.25g | | | | | |
| SaturatedF | at | 8.75g | | | | | |
| Trans Fat | | 0.00g | | | | | |
| Cholestero | I | 66.25mg | | | | | |
| Sodium | | 1025.00mg | | | | | |
| Carbohydra | ates | 32.50g | | | | | |
| Fiber | | 1.00g | | | | | |
| Sugar | | 2.50g | | | | | |
| Protein | | 21.50g | | | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | | | |
| Calcium | 300.50mg | Iron | 1.80mg | | | | |

Taco Pizza

| Servings: | | 8.00 | | Category: | Entree | |
|---|---------|--------------|--|---|---|---------------|
| Serving Size: | | 1.00 \$ | Slice | HACCP Process: | Same Day Se | ervice |
| Meal Type: | | Lunch | ו | Recipe ID: | R-8990 | |
| School: | | EAST SCH0 | NOBLE HIGH | | | |
| Ingredie | ents | | | | | |
| Description | Measure | ment | Prep Instruction | S | | DistPart # |
| CRUST PIZZA SHTD OVN RSNG 20-16RICH | 1 Each | | REMOVE DESIRED NUM CASE AND RETURN TO CHEESE AND TOPPING TURNS GOLDEN BROW MINUTES. CONVEYOR (MINUTES. REMOVE PIZ SERVE WHILE HOT. TH ROOM TEMPERATURE BAKE UNTIL CHEESE M CONVECTION OVEN: 37 OVEN: 500°F (260°C) FO | TO -10°F (-18°F TO -23°C) WH IBER OF UNITS FROM CASE A FREEZER. FREEZER TO OVE S. BAKE UNTIL CHEESE MELT N. CONVECTION OVEN: 375°F OVEN: 500 - 550°F (260 - 290°C ZA FROM OVEN. ALLOW TO S AWED: COVER AND THAW (UN 75°F (23°C). ADD SAUCE, CHE IELTS AND CRUST TURNS GC 5°F (190°C) FOR 8 - 10 MINUT R 4 - 5 MINUTES. REMOVE PIJ IE MINUTE. SERVE WHILE HO | AND THEN RESEAL N: ADD SAUCE, IS AND CRUST (190°C) FOR 9 - 11) FOR 4.5 - 6.5 ET FOR ONE MINUTE. P TO 2 HOURS AT ESE AND TOPPINGS. DLDEN BROWN. ES. CONVEYOR ZZA FROM OVEN. | 626930 |
| TACO FILLING BEEF REDC FAT 6-5 COMM | 1 Pound | | | | | 722330 |
| SALSA 103Z 6-10 REDG | 6 Ounce | | READY_TO_EAT None | | | 452841 |
| CHEESE CHED MLD SHRD 4-5 LOL | 2 Cup | | | | | 150250 |
| Cheese, Mozzarella light, Shred FRZ | 1 Cup | | | | | 100034 |
| CHIP TORTL SCOOP BKD 72- .875Z TOSTIT | 2 Cup | | first. Use in your to go n | o rotate product so the oldest p nenu, place on display rack or epsiCo Foodservice for display | include in catering | 696871 |
| Diced Tomatoes cnd | 2 Cup | | BAKE | | | 100329 |
| Lettuce 1/8 Shredded 5# | 1 Cup | | | | | 2793 |

Preparation Instructions

Directions:

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of salsa onto each pizza crust.

Sprinkle (3 cups) shredded cheese evenly over each pizza pan.

Top with 1 pound of taco meat

Bake until crust is lightly browned: Convection oven: 325° F for 10- 15 minutes

CCP: Hold at 135° F or higher.

Top with Shredded Lettuce, Crushed Chips and diced tomatoes

Cut each pizza pan into (1/8 slices)

Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.76 |
| Grain | 0.31 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.38 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts Servings Per Recipe: 8.00 Serving Size: 1.00 Slice Amount Per Serving Calories 417.78 Fat 17.22g **SaturatedFat** 9.64g **Trans Fat** 0.18g Cholesterol 57.08mg Sodium 939.91mg Carbohydrates 42.40g Fiber 3.01g Sugar 5.26g Protein 22.08g Vitamin A 706.94IU Vitamin C 3.15mg Calcium 252.37mg Iron 3.64mg

Ham Sub

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-9010 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 2 Ounce | | 100187 |
| CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED | 1 Ounce | READY_TO_EAT | 100018 |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun | BAKE | 3480 |

Preparation Instructions

Directions:

Place 4 slices = Ham slices and 2 slices of cheese on each hoagie bun

CCP: Hold for cold service at 41° F or lower.

Wrap each choice in a paper wrap assemble in 2" serving pans

For line service

CCP: Hold for cold service at 41° F or lower.

Notes:

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: 1.00 Serving Size: 1.00 Each

| Amount Per Serving | | |
|--------------------|-----------|--------|
| Calories | 330.66 | |
| Fat | 14.28g | |
| SaturatedFat | 6.64g | |
| Trans Fat | 0.00g | |
| Cholesterol | 54.51mg | |
| Sodium | 840.33mg | |
| Carbohydrates | 34.28g | |
| Fiber | 2.00g | |
| Sugar | 6.64g | |
| Protein | 19.20g | |
| Vitamin A 0.00IU | Vitamin C | 0.00mg |

| Calcium | 0.00mg | Iron | 0.00mg |
|---------|--------|------|--------|
| | | | |

Potato Salad

| Servings: | 1.00 | Category: | Grain |
|---------------|----------|----------------|---------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-9300 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| SALAD POT AMISH RECIPE 2-5 SANDR | 1/2 Cup | | 524387 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 230.00 | |
| Fat | | 9.00g | |
| SaturatedF | at | 1.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 30.00mg | |
| Sodium | | 480.00mg | |
| Carbohydra | ates | 34.00g | |
| Fiber | | 2.00g | |
| Sugar | | 15.00g | |
| Protein | | 2.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 0.50mg |

Chicken Quesadilla

| Servings: | 96.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10365 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| QUESADILLA CHIX WGRAIN 96-5Z MAX | 1 Each | ВАКЕ | 231750 |

Preparation Instructions

Directions:

Item Yield

1 Case = 96 Quesadilla, Cheese, Whole Grain, 100% Mozzarella, Frozen, 4.4 Ounce

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 365 DAYS FROM DATE OF PRODUCTION

Basic Preparation

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. PLACE 1 FROZEN SHEET (8 SERVINGS) INTO PREPARED PAN. PREHEAT OVEN. CONVECTION OVEN: 450 DEGREES F FOR 14-15 MINUTES. COOKING TIME MAY VARY.

| 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: 96.00 Serving Size: 1.00 Each | | | |
|--|---------|-----------|--------|
| Amount Per | Serving | | |
| Calories | | 2.92 | |
| Fat | | 0.08g | |
| SaturatedFa | t | 0.02g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.16mg | |
| Sodium | | 6.88mg | |
| Carbohydra | tes | 0.40g | |
| Fiber | | 0.04g | |
| Sugar | | 0.03g | |
| Protein | | 0.18g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |

| Calcium | 2.60mg | Iron | 0.03mg |
|---------|--------|------|--------|
| | | | |

CHICKEN Quesadilla

| Servings: | 96.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10366 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| QUESADILLA CHIX WGRAIN 96-5Z MAX | 96 Each | BAKE | 231750 |

Preparation Instructions

Directions:

Item Yield

1 Case = 96 Quesadilla, Cheese, Whole Grain, 100% Mozzarella, Frozen, 4.4 Ounce

Thawing Instructions

COOK FROM FROZEN.

Shelf Life

FROZEN = 365 DAYS FROM DATE OF PRODUCTION

Basic Preparation

COOK TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. PLACE 1 FROZEN SHEET (8 SERVINGS) INTO PREPARED PAN. PREHEAT OVEN. CONVECTION OVEN: 450 DEGREES F FOR 14-15 MINUTES. COOKING TIME MAY VARY.

| 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: 96.00 Serving Size: 1.00 Each | 0 | |
|--|-----------|--------|
| Amount Per Serving | | |
| Calories | 280.00 | |
| Fat | 8.00g | |
| SaturatedFat | 2.00g | |
| Trans Fat | 0.00g | |
| Cholesterol | 15.00mg | |
| Sodium | 660.00mg | |
| Carbohydrates | 38.00g | |
| Fiber | 4.00g | |
| Sugar | 3.00g | |
| Protein | 17.00g | |
| Vitamin A 0.00IU | Vitamin C | 0.00mg |

| Calcium | 250.00mg | Iron | 2.90mg |
|---------|----------|------|--------|
| | | | |

BBQ Pizza

| Servings: | | 8.00 | | Category: | Entree | |
|---|---------|--------------|--|--|---|---------------|
| Serving Size: | : | 1.00 \$ | Slice | HACCP Process: | Same Day Se | ervice |
| Meal Type: | | Lunch | ו | Recipe ID: | R-10418 | |
| School: | | EAST SCHO | NOBLE HIGH | | | |
| Ingredie | ents | | | | | |
| Description | Measure | ement | Prep Instruction | S | | DistPart # |
| CRUST PIZZA SHTD OVN RSNG 20-16RICH | 1 Each | | REMOVE DESIRED NUM CASE AND RETURN TO CHEESE AND TOPPING TURNS GOLDEN BROW MINUTES. CONVEYOR (MINUTES. REMOVE PIZ SERVE WHILE HOT. TH ROOM TEMPERATURE BAKE UNTIL CHEESE M CONVECTION OVEN: 37 OVEN: 500°F (260°C) FO | TO -10°F (-18°F TO -23°C) WI IBER OF UNITS FROM CASE FREEZER. FREEZER TO OV S. BAKE UNTIL CHEESE MEI N. CONVECTION OVEN: 375° OVEN: 500 - 550°F (260 - 290° ZA FROM OVEN. ALLOW TO AWED: COVER AND THAW (U 75°F (23°C). ADD SAUCE, CH IELTS AND CRUST TURNS G 5°F (190°C) FOR 8 - 10 MINUT PR 4 - 5 MINUTES. REMOVE P NE MINUTE. SERVE WHILE H | AND THEN RESEAL EN: ADD SAUCE, LTS AND CRUST F (190°C) FOR 9 - 11 C) FOR 4.5 - 6.5 SET FOR ONE MINUTE. JP TO 2 HOURS AT EESE AND TOPPINGS. OLDEN BROWN. TES. CONVEYOR IZZA FROM OVEN. | 626930 |
| Cheese, Mozzarella, Part Skim, Shredded | 3 Cup | | 50/50 Blend of Commod | ity Mozzarella and LOL Mozz | arella | 100021 |
| Chicken, diced, cooked, frozen | 1 Pound | | | | | 100101 |
| SAUCE BBQ 4- 1GAL GCHC | 4 Ounce | | | | | 734136 |

Preparation Instructions

Directions:

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 4 oz of BBQ onto each pizza crust.

Top with diced chicken

Sprinkle (3 cups) shredded cheese evenly over each pizza pan.

Bake until crust is lightly browned: Convection oven: 300° F for 10 minutes, then turn, bake for another 10 minutes Temp, and record

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

A new nutrient analysis will be coming. Updated July 2019. Re standardization in progress.

Meal Components (SLE)

Amount Per Serving

| Meat | 3.00 |
|----------|------|
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Servings Per Recipe: 8.00 Serving Size: 1.00 Slice Amount Per Serving Calories 396.05 Fat 15.55g SaturatedFat 9.00g Trans Fat 0.00g Cholesterol 79.50mg Sodium 923.35mg Carbohydrates 37.50g Fiber 1.15g Sugar 7.50g Protein 27.15g Vitamin A 0.00IU Vitamin C 0.00mg | Nutrition Facts | | | | |
|---|-----------------|---------------|-----------|--------|--|
| Amount Per Serving Calories 396.05 Fat 15.55g SaturatedFat 9.00g Trans Fat 0.00g Cholesterol 79.50mg Sodium 923.35mg Carbohydrates 37.50g Fiber 1.15g Sugar 7.50g Protein 27.15g Vitamin A 0.00IU | Servings Pe | r Recipe: 8.0 | 0 | | |
| Calories 396.05 Fat 15.55g SaturatedFat 9.00g Trans Fat 0.00g Cholesterol 79.50mg Sodium 923.35mg Carbohydrates 37.50g Fiber 1.15g Sugar 7.50g Protein 27.15g Vitamin A 0.00IU | Serving Size | e: 1.00 Slice | | | |
| Fat 15.55g SaturatedFat 9.00g Trans Fat 0.00g Cholesterol 79.50mg Sodium 923.35mg Carbohydrates 37.50g Fiber 1.15g Sugar 7.50g Protein 27.15g Vitamin A 0.00IU Vitamin C 0.00mg | Amount Pe | r Serving | | | |
| SaturatedFat 9.00g Trans Fat 0.00g Cholesterol 79.50mg Sodium 923.35mg Carbohydrates 37.50g Fiber 1.15g Sugar 7.50g Protein 27.15g Vitamin A 0.00IU | Calories | | 396.05 | | |
| Trans Fat 0.00g Cholesterol 79.50mg Sodium 923.35mg Carbohydrates 37.50g Fiber 1.15g Sugar 7.50g Protein 27.15g Vitamin A 0.00IU | Fat | | 15.55g | | |
| Cholesterol 79.50mg Sodium 923.35mg Carbohydrates 37.50g Fiber 1.15g Sugar 7.50g Protein 27.15g Vitamin A 0.00IU Vitamin C 0.00mg | SaturatedFa | at | 9.00g | | |
| Sodium 923.35mg Carbohydrates 37.50g Fiber 1.15g Sugar 7.50g Protein 27.15g Vitamin A 0.00IU Vitamin C 0.00mg | Trans Fat | | 0.00g | | |
| Carbohydrates 37.50g Fiber 1.15g Sugar 7.50g Protein 27.15g Vitamin A 0.00IU Vitamin C 0.00mg | Cholestero | l | 79.50mg | | |
| Fiber 1.15g Sugar 7.50g Protein 27.15g Vitamin A 0.00IU Vitamin C 0.00mg | Sodium | | 923.35mg | | |
| Sugar 7.50g Protein 27.15g Vitamin A 0.00IU Vitamin C 0.00mg | Carbohydra | ates | 37.50g | | |
| Protein 27.15g Vitamin A 0.00IU Vitamin C 0.00mg | Fiber | | 1.15g | | |
| Vitamin A 0.00IU Vitamin C 0.00mg | Sugar | | 7.50g | | |
| | Protein | | 27.15g | | |
| Calcium 20.00mg Iron 1.80mg | Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| | Calcium | 20.00mg | Iron | 1.80mg | |

BBQ Chicken

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10419 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|--------------|-------------------|------------|
| CHIX DRUMSTICK IF 12-2.5# TYS | 0/1 | | 558811 |
| SAUCE BBQ 4-1GAL GCHC | 1 Tablespoon | | 734136 |

Preparation Instructions

Directions:

Item Yield

1 Case = 473.6 Ounces (4 x 118.4 Ounces per Bag) of Chicken Drumsticks, Breaded, Whole Grain, Cooked, Frozen Thawing Instructions

Prepare from frozen state.

Shelf Life

Frozen = 365 days from date of production

Basic Preparation

Conventional Oven: Preheat oven to 350 degrees F. Place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140 degrees F in a dry heat environment. Appliances vary, adjust accordingly. CCP: Hold for hot service at 140° F or warmer.

| Meat 0.00 Grain 0.00 Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00 Starch 0.00 | Meal Components (SLE) Amount Per Serving | | | |
|--|---|------|--|--|
| Fruit 0.00 GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00 | Meat | 0.00 | | |
| GreenVeg 0.00 RedVeg 0.00 OtherVeg 0.00 Legumes 0.00 | Grain | 0.00 | | |
| RedVeg 0.00 OtherVeg 0.00 Legumes 0.00 | Fruit | 0.00 | | |
| OtherVeg 0.00 Legumes 0.00 | GreenVeg | 0.00 | | |
| Legumes 0.00 | RedVeg | 0.00 | | |
| | OtherVeg 0.00 | | | |
| Starch 0.00 | Legumes | 0.00 | | |
| | Starch | 0.00 | | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each | | | |
|---|-----------|--------|--|
| Amount Per Serving | | | |
| Calories | 29.05 | | |
| Fat | 0.05g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 222.35mg | | |
| Carbohydrates | 7.00g | | |
| Fiber | 0.15g | | |
| Sugar | 4.00g | | |
| Protein | 0.15g | | |
| Vitamin A 0.00IU | Vitamin C | 0.00mg | |

| Calcium | 0.00mg | Iron | 0.00mg |
|---------|--------|------|--------|
| | | | |

Italian Wrap

| Servings: | 1.00 | | Category: | Entree | |
|---|-------------|--|--|--|---------------|
| Serving Size: | 1.00 V | Vrap | HACCP Process: | No Cook | |
| Meal Type: | Lunch | l | Recipe ID: | R-10452 | |
| Ingredie | ents | | | | |
| Description | Measurement | Prep Instructio | ns | | DistPart # |
| TORTILLA FLOUR 10 ULTRGR 12- 12CT | 1 Each | TEMPERATURE. Rem temperature. HEATING more than 3 dozen hig GRILL: Heat grill to 40 MICROWAVE: Stack r high(microwaves vary | nt: Ready to use. Refrigerate ove from case and let standin GSTEAM CABINET: Place in s gh. Heatto 160°F. Do not hold 00°F. Heat tortillas on each sin to more than 6 tortillas and h for power setting and time). r until ready to use (maximur | h bag 4 - 6 hours at room steam cabinet. Stack no for more than 2 hours. de for 10 - 15 seconds. eat 45 - 60 seconds on STAGINGStore in steam | 690141 |
| HAM VIRGINIA BKD DELI SLCD 6- 2 GFS | 3 Ounce | | | | 680656 |
| CHEESE AMER 160CT SLCD R/F 6- 5 LOL | 2 Slice | | | | 722360 |
| PEPPERONI SLCD 14-16/Z 2-5 GCHC | 8 Each | | | | 729981 |

Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.

2. Place 5 slices of ham, 2 slice of cheese & 8 pepperoni into 10" tortilla

3. Wrap, label and date for 3 days.

CCP: Keep cold 41F or below.

| Amount Per Serving | 、 |
|--------------------|----------|
| Meat | 2.64 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Wrap

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 395.00 | |
| Fat | | 17.75g | |
| SaturatedF | at | 7.75g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 60.00mg | |
| Sodium | | 1500.50mg | |
| Carbohydra | ates | 32.50g | |
| Fiber | | 3.00g | |
| Sugar | | 4.50g | |
| Protein | | 28.50g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 312.00mg | Iron | 2.34mg |

Turkey and Cheese Wrap

| Servings: | | 1.00 | | Category: | | Entree | |
|---|----------|--------------------------------------|---|---|--|--|---------------|
| Serving Size: | | 1.00 Wraj | р | HACCP Process | 6: | No Cook | |
| Meal Type: | I | Lunch | | Recipe ID: | | R-10453 | |
| School: | | EAST NC SCHOOL | DBLE HIGH - | | | | |
| Ingredie | ents | | | | | | |
| Description | Measurer | nent Pr | rep Instruction | S | | | DistPart # |
| TORTILLA FLOUR 10 ULTRGR 12- 12CT | 1 Each | PR TE ten MIC hig cal | MPERATURE. Remove mperature. HEATINGS ore than 3 dozen high RILL: Heat grill to 400 CROWAVE: Stack no gh(microwaves vary f | : Ready to use. Refrigera ve from case and let star STEAM CABINET: Place . Heatto 160°F. Do not he °F. Heat tortillas on each more than 6 tortillas and or power setting and tim until ready to use (maxin | ndin bag 4 - in steam ca old for mor side for 10 d heat 45 - (e). STAGIN | 6 hours at room abinet. Stack no e than 2 hours. 0 - 15 seconds. 60 seconds on IGStore in steam | 690141 |
| Turkey Breast Deli | 3 Ounce | | | | | | 100121 |
| LETTUCE SALAD SEP BAGS 4-5 RSS | 1 Cup | | | | | | 242071 |
| CHEESE CHED SHRD 6-5 COMM | 2 Ounce | | | | | | 199720 |
| Buttermilk ranch dipping cup | 1 Each | | EADY_TO_EAT eady to eat | | | | 3098 |

Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below

2. Place 3 slices of turkey, cheese and salad mix into 10" tortilla

3. Wrap, label and date for 2 days.

CCP: Keep cold 41F or below.

| Amount Per Serving | | | | | |
|--------------------|------|--|--|--|--|
| Meat | 3.00 | | | | |
| Grain | 2.00 | | | | |
| Fruit | 0.00 | | | | |
| GreenVeg | 0.00 | | | | |

| RedVeg | 0.00 |
|----------|------|
| OtherVeg | 0.50 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Wrap

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 643.18 | |
| Fat | | 38.77g | |
| SaturatedF | at | 17.39g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 122.83mg | |
| Sodium | | 1359.07mg | |
| Carbohydra | ates | 35.19g | |
| Fiber | | 4.15g | |
| Sugar | | 5.15g | |
| Protein | | 35.13g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 133.83mg | Iron | 1.62mg |
| | | | |

Chicken Ceasar Wrap

| Servings: | 1.00 | Category: | Entree | |
|--|--------------|---|---|---------------|
| Serving Size: | 1.00 Wra | p HACCP Process: | No Cook | |
| Meal Type: | Lunch | Recipe ID: | R-10454 | |
| Ingredient | S | | | |
| Description | Measurement | Prep Instructions | | DistPart # |
| TORTILLA FLOUR 10 ULTRGR 12-12CT | 1 Each | STEAM PREPARATIONAmbient: Ready to use. Refrigerate TEMPERATURE. Remove from case and let standi room temperature. HEATINGSTEAM CABINET: Pla Stack no more than 3 dozen high. Heatto 160°F. Do than 2 hours. GRILL: Heat grill to 400°F. Heat tortil 10 - 15 seconds. MICROWAVE: Stack no more that 45 - 60 seconds on high(microwaves vary for powe STAGINGStore in steam cabinet or bun warmer un (maximum 1 hour toprevent drying). | n bag 4 - 6 hours at ice in steam cabinet. o not hold for more las on each side for n 6 tortillas and heat er setting and time). | 690141 |
| Diced Chicken | 2 Ounce | | | |
| DRESSING CAESAR 4- 1GAL PMLL | 2 Tablespoon | | | 705051 |
| SALAD MIX, GARDEN ICEBERG SEPARATE W/ RED CABBAGE CARROT CHOPPED BAG FRESH | 1 Сир | | | 9332305 |

Preparation Instructions

1. Thaw chicken according to directions. CCP: Keep cold 41F or below.

2. mix chicken, salad mix and dressing, place into 10" tortilla

3. Wrap, label and date for 3 days.

CCP: Keep cold 41F or below.

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.13 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Wrap

| Amount Pe | er Serving | | | |
|------------|------------|-----------|--------|--|
| Calories | | 372.00 | | |
| Fat | | 18.00g | | |
| SaturatedF | at | 4.00g | | |
| Trans Fat | | 0.00g | | |
| Cholestero | l | 52.00mg | | |
| Sodium | | 546.00mg | | |
| Carbohydra | ates | 33.00g | | |
| Fiber | | 4.00g | | |
| Sugar | | 5.00g | | |
| Protein | | 19.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 161.00mg | Iron | 1.62mg | |

Chicken Buffalo Wrap

| Servings: | 1.00 | | Category: | Entree | |
|---|--------------|---|--|---|---------------|
| Serving Size: | 1.00 V | Vrap | HACCP Process: | No Cook | |
| Meal Type: | Lunch | | Recipe ID: | R-10455 | |
| Ingredie | nts | | | | |
| Description | Measurement | Prep Instructio | ns | | DistPart # |
| TORTILLA FLOUR 10 ULTRGR 12- 12CT | 1 Each | TEMPERATURE. Rem room temperature. HE Stack no more than 3 2 hours. GRILL: Heat seconds. MICROWAV seconds on high(micr | nt: Ready to use. Refrigerated ove from case and let standin ATINGSTEAM CABINET: Plac dozen high. Heatto 160°F. Do grill to 400°F. Heat tortillas on E: Stack no more than 6 tortill owaves vary for power setting im cabinet or bun warmer unti revent drying). | bag 4 - 6 hours at e in steam cabinet. not hold for more than each side for 10 - 15 as and heat 45 - 60 and time). | 690141 |
| Diced Chicken | 2 Ounce | | | | |
| SAUCE BUFF WNG REDHOT 4- 1GAL FRNKS | 2 Tablespoon | | | | 704229 |
| DRESSING RANCH LT 4- 1GAL KENS | 2 Tablespoon | | | | 834941 |
| LETTUCE SALAD SEP BAGS 4-5 RSS | 1 Cup | | | | 242071 |
| CHEESE SHRED FANCY CHEDDAR 12/8Z | 2 Ounce | | | | 939551 |

Preparation Instructions

1. Thaw chicken according to directions. CCP: Keep cold 41F or below.

2. mix chicken and dressing,

add salad mix place into 10" tortilla

3. Wrap, label and date for 2 days.

CCP: Keep cold 41F or below.

Meal Components (SLE)

Amount Per Serving

Meat

3.00

| 2.00 |
|------|
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Wrap

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 333.52 | |
| Fat | | 14.00g | |
| SaturatedF | at | 3.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 47.00mg | |
| Sodium | | 907.52mg | |
| Carbohydra | ates | 32.30g | |
| Fiber | | 4.15g | |
| Sugar | | 4.15g | |
| Protein | | 19.15g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 133.83mg | Iron | 1.62mg |
| | | | |

Green Bean Casserole

| Servings: | 30.00 | Category: | Vegetable |
|---------------|--------------|----------------|------------------|
| Serving Size: | 0.50 1/2 cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10724 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|--|------------|
| BEAN GREEN CUT FNCY 4SV 6-10 GCHC | 1 Gallon | Drain liquid from 3 cans and place in full size steam table. The 4th can can be placed in the steam table liquid and beans. | 118737 |
| SOUP CRM OF MUSHRM 12-5 CAMP | 1 #5 CAN | In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often. | 101346 |
| SAUCE SOY 4-1GAL GCHC | 1 Tablespoon | | 124524 |
| 1 % White Milk | 2 1/2 Cup | | |
| SEASONING ORIG 500CT MDASH - Mrs. Dash - M | 2 Tablespoon | | 825221 |
| ONION FREN FRIED 6- 24Z GFS | 5 Cup | | 403592 |

Preparation Instructions

Preparation Instructions

WASH HANDS.

- 1. Stir the soup, milk, soy sauce, Mrs. Dash, and beans, and 2/3rds fried onions in a 1.5 quart casserole dish.
- 2. Baked at 350 degrees F. for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture
- 3. Add remaining onions. (optional)
- 4. Baked for an additional 5 minutes or until onions are golden brown

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 1350F.

Child Nutrition: 1/2 cup provides= 1/2 cup 'other' vegetable

| Amount Per Serving | | | |
|--------------------|------|--|--|
| Meat | 0.02 | | |
| Grain | 0.17 | | |
| Fruit | 0.08 | | |
| GreenVeg | 0.00 | | |

| RedVeg | 0.42 |
|----------|------|
| OtherVeg | 0.55 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 30.00 Serving Size: 0.50 1/2 cup

| Amount Per Serv | ing | |
|-----------------|-----------------|--------|
| Calories | 119.88 | |
| Fat | 6.49g | |
| SaturatedFat | 0.24g | |
| Trans Fat | 0.00g | |
| Cholesterol | 2.43mg | |
| Sodium | 408.44mg | |
| Carbohydrates | 12.68g | |
| Fiber | 2.61g | |
| Sugar | 3.29g | |
| Protein | 2.21g | |
| Vitamin A 0.83 | U Vitamin C | 0.17mg |
| Calcium 34.6 | 4mg Iron | 0.43mg |

Fruited Jello

| Servings: | 20.00 | Category: | Fruit |
|---------------|----------|----------------|---------|
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-10725 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| GELATIN MIX ASST RED 12-24Z GCHC | 1 Package | Follow package instructions. Reduce liquid by 2 cups | 500135 |
| FRUIT COCKTAIL IN JCE 6-10 GCHC | 1 #10 CAN | Well drained | 610232 |
| MARSHMALLOW 12-1 GCHC | 2 Cup | Just for garnish | 112771 |

Preparation Instructions

This is an no cook recipe

- 1.) Prepare Jell-O as directed on package
- 2.) Add drained fruit or fresh fruit.
- 3.) Stir gently, place in cooler unwrapped for an hour.

4.) top with marshmallows and plastic wrap until needed.

CCP:Keep product at 35 degrees F. at after prepared.

Meal Components (SLE)

Amount Per Serving

| Meat | 0.00 |
|----------|------|
| | |
| Grain | 0.00 |
| Fruit | 0.65 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 20.00 Serving Size: 1.00 Cup

| Amount Pe | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 81.85 | |
| Fat | | 0.00g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | l | 0.00mg | |
| Sodium | | 2.50mg | |
| Carbohydra | ates | 21.72g | |
| Fiber | | 2.59g | |
| Sugar | | 16.34g | |
| Protein | | 1.34g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 11.69mg | Iron | 0.00mg |
| | | | |

Roasted Potato Bowl- Pork

| Servings: | 1.00 | Category: | Entree | |
|--------------------------------------|--------------------|--|---|------------|
| Serving Size: | 1.00 Servii | ng HACCP Process: | Same Day S | Service |
| Meal Type: | Lunch | Recipe ID: | R-10846 | |
| School: | EAST NOE SCHOOL | BLE HIGH | | |
| Ingredien | ts | | | |
| Description | Measurement | Prep Instructions | | DistPart # |
| POTATO SEAS DELI ROASTERS 6-5 MCC | 4 Ounce | BAKE PREHEAT OVEN TO 425° F. SPREAD FROZE SINGLE LAYER ON A DARK, NON-STICK BA SHALLOW BAKING PAN. BAKE FOR 10 MINU OVER AND CONTINUE BAKING AN ADDITION MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 375° F. SPREAD FROZE EVENLY ON A SHALLOW BAKING PAN. BAK MINUTES, TURNING ONCE FOR UNIFORM CO | KING SHEET OR UTES, FLIP PRODUCT NAL 8 TO 12 N ROASTERS KE FOR 10 TO 12 | 726590 |
| PORK SHRDD BBQ 6- 5 JTM | 2 Ounce | | | 366320 |
| Shredded Cheddar Cheese | 1 Ounce | | | 100003 |

Preparation Instructions

- 1. Prepare potatoes as instructed on package
- 2. Heat Taco Meat or Pork as instructed on package
- 3. Prepare cheese as instructed on package
- 4. in a #2 paper tray, place 4oz. of potatoes into container.
- 5. Top with 2 oz. Meat
- 6 Top with 1 oz cheese
- CCP Cook all foods to 165 F degrees
- CCP Hold at 135 F degrees

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 1.50 | |
| Grain | 0.00 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.10 | |

| 0.00 |
|------|
| 0.65 |
| |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| | | 0 | |
|-------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 339.72 | |
| Fat | | 14.71g | |
| SaturatedFa | at | 7.05g | |
| Trans Fat | | 0.02g | |
| Cholesterol | | 52.00mg | |
| Sodium | | 460.28mg | |
| Carbohydra | ites | 33.84g | |
| Fiber | | 3.31g | |
| Sugar | | 8.00g | |
| Protein | | 18.32g | |
| Vitamin A | 0.00IU | Vitamin C | 6.27mg |
| Calcium | 15.00mg | Iron | 0.94mg |
| | | | |

Hot Dog Chili Sauce

| Servings: | 6.00 | Category: | Condiments or Other |
|---------------|------------|----------------|---------------------|
| Serving Size: | 2.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10847 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|----------------|----------------------|------------|
| Beef, Fine Ground 85/15, Frozen | 1 Pound | | 100158 |
| SAUCE TOMATO 6-10 REDPK | 1/2 Cup | READY_TO_EAT None | 235102 |
| KETCHUP BOTTLE 24-14Z HNZ | 1/2 Cup | | 100153 |
| SPICE CHILI POWDER HOT 17Z TRDE | 2 1/2 Teaspoon | | 224707 |
| Black Pepper | 1/2 Teaspoon | BAKE | 24108 |
| SPICE ONION POWDER 14Z BADIA | 1/2 Teaspoon | | 430888 |
| SAUCE WORCESTERSHIRE 24-5FLZ L&P | 1 Teaspoon | | 109835 |

Preparation Instructions

Place ground beef in a large saucepan with water and mash the beef with a potato masher to break apart. Stir in tomato sauce, ketchup, chili powder, salt, black pepper, sugar, onion powder, and Worcestershire sauce. Bring to a boil and cook over medium heat until the chili has thickened slightly and the beef is fully cooked, about 20 minutes. Cook to 160 degrees F. or until ground beef is cooked.

| Meal Components (SLE) Amount Per Serving | | | |
|---|------|--|--|
| Meat | 2.67 | | |
| Grain | 0.00 | | |
| Fruit | 0.00 | | |
| GreenVeg 0.00 | | | |
| RedVeg 0.02 | | | |
| OtherVeg 0.00 | | | |
| Legumes 0.00 | | | |
| Starch | 0.00 | | |

| Nutrition Servings Per Serving Size | Recipe: 6.0 | | |
|---|-------------|-----------|--------|
| Amount Per | Serving | | |
| Calories | | 246.93 | |
| Fat | | 16.00g | |
| SaturatedFa | it | 5.33g | |
| Trans Fat | | 2.67g | |
| Cholesterol | | 69.33mg | |
| Sodium | | 353.33mg | |
| Carbohydra | tes | 6.97g | |
| Fiber | | 0.07g | |
| Sugar | | 5.57g | |
| Protein | | 18.67g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |

| Calcium | 0.28mg | Iron | 0.00mg |
|---------|--------|------|--------|
| | | | |

Mongolian Beef

| Servings: | 160.00 | Category: | Entree |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10849 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM | 160 Each | | 720861 |
| 4-5-SAUCE GENERAL TSOS - 73050 | 4 Gallon | | 943415 |

Preparation Instructions

Mix together, cover with parchment and foil and steam until 165 degrees F.

Serve with Rice

Hold at 140 degrees F.

Meal Components (SLE)

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 2.00 | |
| Grain | 0.00 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.00 | |
| OtherVeg | 0.00 | |
| Legumes | 0.00 | |
| Starch | 0.00 | |

Nutrition Facts

| Amount Per Serving Calories 143.10 Fat 8.40g SaturatedFat 3.40g Trans Fat 0.52g Cholesterol 40.00mg Sodium 388.50mg Carbohydrates 3.00g Fiber 0.00g Sugar 2.00g Protein 12.90g Vitamin A 0.00IU Vitamin C 0.00mg | Servings Per Recipe: 160.00 Serving Size: 1.00 Each | | | |
|--|--|---------------------|-----------|--------|
| Fat 8.40g SaturatedFat 3.40g Trans Fat 0.52g Cholesterol 40.00mg Sodium 388.50mg Carbohydrates 3.00g Fiber 0.00g Sugar 2.00g Protein 12.90g Vitamin A 0.00IU Vitamin C 0.00mg | Amount Pe | r Serving | | |
| SaturatedFat 3.40g Trans Fat 0.52g Cholesterol 40.00mg Sodium 388.50mg Carbohydrates 3.00g Fiber 0.00g Sugar 2.00g Protein 12.90g Vitamin A 0.00IU | Calories | | 143.10 | |
| Trans Fat 0.52g Cholesterol 40.00mg Sodium 388.50mg Carbohydrates 3.00g Fiber 0.00g Sugar 2.00g Protein 12.90g Vitamin A 0.00IU Vitamin C 0.00mg | Fat | | 8.40g | |
| Cholesterol 40.00mg Sodium 388.50mg Carbohydrates 3.00g Fiber 0.00g Sugar 2.00g Protein 12.90g Vitamin A 0.00IU | SaturatedFa | at | 3.40g | |
| Sodium 388.50mg Carbohydrates 3.00g Fiber 0.00g Sugar 2.00g Protein 12.90g Vitamin A 0.00IU Vitamin C 0.00mg | Trans Fat | Trans Fat 0.52g | | |
| Carbohydrates 3.00g Fiber 0.00g Sugar 2.00g Protein 12.90g Vitamin A 0.00IU Vitamin C 0.00mg | Cholestero | Cholesterol 40.00mg | | |
| Fiber 0.00g Sugar 2.00g Protein 12.90g Vitamin A 0.00IU Vitamin C 0.00mg | Sodium 388.50mg | | | |
| Sugar 2.00g Protein 12.90g Vitamin A 0.00IU Vitamin C 0.00mg | Carbohydrates 3.00g | | | |
| Protein 12.90g Vitamin A 0.00IU Vitamin C 0.00mg | Fiber | | 0.00g | |
| Vitamin A 0.00IU Vitamin C 0.00mg | Sugar | | 2.00g | |
| | Protein | | 12.90g | |
| Calcium 10.00mg Iron 1.44mg | Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| | Calcium | 10.00mg | Iron | 1.44mg |

Egg Breakfast Slider

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10951 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|---------------|
| EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR | 1 Each | BAKE Convection or Combination Oven: Preheat oven to 350ŰF, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes | 663091 |
| Dinner Roll, WG | 1 Each | READY_TO_EAT | 4372 |
| Sliced American Cheese | 1/2 Ounce | | 100018 |

Preparation Instructions

Turn oven to 350 degrees F. Prepare sandwiches.

Place Biscuit, then egg, then cheese, top with dinner roll. Wrap in sandwich paper , and heat in oven until 165 degrees F.

```
Bake on low heat. Serve immediately.
```

For Turkey sausage use #227241

Meal Components (SLE)

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 1.50 | |
| 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: 1.00 Serving Size: 1.00 Each

| Amount Per Serving | |
|---------------------------|----------|
| Calories | 195.00 |
| Fat | 9.50g |
| SaturatedFat | 3.50g |
| Trans Fat | 0.00g |
| Cholesterol | 112.50mg |
| Sodium | 285.00mg |
| Carbohydrates | 18.00g |
| Fiber | 2.00g |

| Protein | | 9.50g | |
|-----------|---------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 0.36mg |

Cinnamon Roll

| Servings: | 1.00 | Category: | Entree |
|---------------------------|---------------------------|-----------------|------------------|
| Serving Size: | 2.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10952 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instructio | ns DistPart # |
| DOUGH ROLL CINN WGRAIN 24 | 0-1.25Z 2 Each | | 230312 |
| | | | |

Preparation Instructions

Read instruction on box.

For better quality, Thaw onto sheet pan, day before, place on rack at room temp. Then bake for 8 minutes at 300 degrees F.

For even better results, place in a hot box, after its been turned off for 30 minutes. Then bake.

Drizzle with glaze before serving.

Serve immediately

Meal Components (SLE)

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 0.00 | |
| Grain | 2.00 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.00 | |
| OtherVeg | 0.00 | |
| Legumes | 0.00 | |
| Starch | 0.00 | |
| | | |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 2.00 Each

| Amount Per | r Serving | | |
|---------------|-----------|-----------|--------|
| Calories | | 180.00 | |
| Fat | | 1.00g | |
| SaturatedFat | | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 140.00mg | |
| Carbohydrates | | 38.00g | |
| Fiber | | 4.00g | |
| Sugar | | 10.00g | |
| Protein | | 4.00g | |
| Vitamin A | 269.76IU | Vitamin C | 0.44mg |
| Calcium | 24.78mg | Iron | 1.74mg |

Sausage or Ham Egg Bites

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|------------------|
| Serving Size: | 3.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10953 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| EGG SCRMBD CKD W/BCN & CHS 4-5 SNY | 2 Ounce | | 533034 |
| HAM FZ W/A 4-10 COMM | 1 Ounce | | 110600 |
| Cheese, Cheddar Reduced fat, Shredded | 1 Ounce | | 100012 |

Preparation Instructions

Turn oven on to 350 degrees F.

Using a muffin Pan, place muffin liners in muffin pan.

Spray muffin liners with Pan Coat

In a clean bowl, mix all ingredients.

Scoop 3oz, of egg mixture into lined muffin pan.

Bake until 165 degrees F.

Top with Cheddar Cheese

Place on a 2 inch full pan, place in warmer until service

Keep warm to 140 degrees F.

* You can substitute liquid eggs for pork substitute.

Meal Components (SLE)

Amount Per Serving

| Meat | 2.71 |
|----------|------|
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| Servings Per Recipe: 1.00 | | | |
|----------------------------|----------|--|--|
| Serving Size: 3.00 Serving | | | |
| Amount Per Serving | | | |
| Calories | 230.83 | | |
| Fat | 7.67g | | |
| SaturatedFat | 7.83g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 205.00mg | | |
| Sodium | 673.33mg | | |
| Carbohydrates | 3.67g | | |
| Fiber | 0.00g | | |
| Sugar | 1.83g | | |
| | | | |

| Protein | | 19.17g | |
|-----------|--------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Breakfast Burrito

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|------------------|
| Serving Size: | 3.00 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10954 |
| School: | EAST NOBLE ELEMENTARY | | |
| Ingredients | | | |

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| BURRITO BN/EGG/CHS WGRAIN CN 90- 3.5Z | 1 Each | | 497601 |

Preparation Instructions

See instructions on package.

Cook to 165 degrees F.

Starch

Keep warm to 140 degrees F.

Meal Components (SLE)

| Amount Per Serving | , |
|--------------------|------|
| Meat | 1.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

0.00

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 3.00 | | |
|--|-----------|--------|
| Amount Per Serving | | |
| Calories | 210.00 | |
| Fat | 7.00g | |
| SaturatedFat | 3.50g | |
| Trans Fat | 0.00g | |
| Cholesterol | 55.00mg | |
| Sodium | 340.00mg | |
| Carbohydrates | 28.00g | |
| Fiber | 4.00g | |
| Sugar | 1.00g | |
| Protein | 10.00g | |
| Vitamin A 0.00IU | Vitamin C | 0.00mg |
| Calcium 100.00mg | Iron | 1.80mg |

Muffin Square

| Servings: | 72.00 | Category: | Entree |
|-------------------------------|--------------------------|------------------|------------------|
| Serving Size: | 2.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10955 |
| School: | EAST NOBLE ELEMENTARY | | |
| Ingredients | | | |
| Description | Measurement | Prep Instruction | ns DistPart # |
| MUFFIN MIX BASIC L/F 6-4.5 KR | UST 1 Package | | 526045 |
| | | | |

Preparation Instructions

See instructions on package.

Add Frozen Blueberries, and Strawberries, Oatmeal and Raisins, Also Chocolate Chips Keep warm to 140 degrees F.

| 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 | |
| | | |

| Servings Per Recipe: 72.00Serving Size: 2.00 OunceAmount Per ServingCalories56.82Fat0.57gSaturatedFat0.38gTrans Fat0.00g | Nutrition Facts | | | |
|---|-----------------|--------------|-----------|--------|
| Amount Per ServingCalories56.82Fat0.57gSaturatedFat0.38gTrans Fat0.00g | Servings Pe | r Recipe: 72 | 00 | |
| Calories 56.82 Fat 0.57g SaturatedFat 0.38g Trans Fat 0.00g | Serving Size | e: 2.00 Ounc | e | |
| Fat0.57gSaturatedFat0.38gTrans Fat0.00g | Amount Pe | r Serving | | |
| SaturatedFat0.38gTrans Fat0.00g | Calories | | 56.82 | |
| Trans Fat 0.00g | Fat | | 0.57g | |
| | SaturatedF | at | 0.38g | |
| | Trans Fat 0.00g | | | |
| Cholesterol 1.89mg | Cholesterol | | 1.89mg | |
| Sodium 102.27mg | | | | |
| Carbohydrates 11.74g | Carbohydra | ates | 11.74g | |
| Fiber 0.00g | Fiber | | 0.00g | |
| Sugar 6.06g | Sugar | | 6.06g | |
| Protein 0.76g | Protein | | 0.76g | |
| Vitamin A 0.00IU Vitamin C 0.00mg | Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium 7.58mg Iron 0.27mg | Calcium | 7.58mg | Iron | 0.27mg |

Omelette, Cheese

| Servings: | 72.00 | Category: | Entree |
|---------------|--------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10956 |
| School: | EAST NOBLE ELEMENTARY | | |
| | | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|---------------|
| EGG OMELET CHS COLBY 225-2.1Z SNYFR | 1 Each | BAKE Convection or Combination Oven: Preheat oven to 350ŰF, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes | 554470 |

Preparation Instructions

See instructions on package. Cookto165 degrees F. Keep warm to 140 degrees F.

Meal Components (SLE)

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 2.00 | |
| Grain | 0.00 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.00 | |
| OtherVeg | 0.00 | |
| Legumes | 0.00 | |
| Starch | 0.00 | |
| | | |

Nutrition Facts

Servings Per Recipe: 72.00 Serving Size: 1.00 Each

| Amount Per Serving | |
|--------------------|--------------------|
| Calories | 1.53 |
| Fat | 0.11g |
| SaturatedFat | 0.04g |
| Trans Fat | 0.00g |
| Cholesterol | 2.29mg |
| Sodium | 3.19mg |
| Carbohydrates | 0.01g |
| Fiber | 0.00g |
| Sugar | 0.00g |
| Protein | 0.11g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 1.11mg | Iron 0.01mg |

Yogurt Parfait- K-5 (NEW)

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-10957 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| YOGURT VAN L/F PARFPR 6-4 YOPL | 4 Ounce | READY_TO_EAT Ready to use with pouch & serving tip. | 811500 |
| STRAWBERRIES SLCD IQF 6-5# COMM | 4 Ounce | | 105302 |
| CHEESE COLBY JK CUBED 6-1 GCHC | 1 Ounce | | 471461 |
| CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY | 3/4 Cup | READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers | 711664 |

Preparation Instructions

Method Add 4 oz. of Yogurt Then add 4 oz strawberries or fruit 4 cheese cubes 4 oz Cheerios Serve cold 41 degrees F or below 1 Serving is 1 Parfait CCP: Hold parfait at 40 degrees F

Meal Components (SLE)

 Meat
 2.00

 Grain
 3.00

 Fruit
 0.00

 GreenVeg
 0.00

 RedVeg
 0.00

 OtherVeg
 0.00

 Legumes
 0.00

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| | Corving Cizo. 1.00 Each | | | |
|------------------|-------------------------|-----------|--------|--|
| Amount Pe | r Serving | | | |
| Calories | | 481.94 | | |
| Fat | | 18.75g | | |
| SaturatedFa | at | 6.37g | | |
| Trans Fat | | 0.00g | | |
| Cholestero | l | 30.00mg | | |
| Sodium | | 419.70mg | | |
| Carbohydrates | | 63.13g | | |
| Fiber | | 3.00g | | |
| Sugar | | 31.42g | | |
| Protein | | 14.73g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 328.33mg | Iron | 1.50mg | |
| | | | | |

Peanut Butter Sandwich

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|---------|
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-10961 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|-------------------|------------|
| 380 - Aunt Millie's WG Honey White Bread | 2 Slice | | 380 |
| USDA Commodity Smooth Peanut Butter | 2 TBSP. | | 100396 |
| JELLY APPLE-GRAPE 6-10 GCHC | 1 Tablespoon | | 100927 |

Preparation Instructions

Make sandwich on clean counter

change gloves

Bag individually and store at 41 degrees F or below

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 1.00 | |
| Grain | 2.00 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.00 | |
| OtherVeg | 0.00 | |
| Legumes | 0.00 | |
| Starch | 0.00 | |
| | | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Serving | | | | |
|--|-----------|-----------|---------|--|
| Amount Pe | r Serving | | | |
| Calories | | 430.00 | | |
| Fat | | 18.00g | | |
| SaturatedFa | at | 3.00g | | |
| Trans Fat | Trans Fat | | | |
| Cholesterol | | 0.00mg | | |
| Sodium | | 485.00mg | | |
| Carbohydra | ites | 55.00g | | |
| Fiber | | 6.00g | | |
| Sugar | | 20.00g | | |
| Protein | | 13.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 4.00mg | Iron | 12.00mg | |

Beef Taco Meat- Fresh

| Servings: | 53.00 | Category: | Entree |
|---------------|------------|----------------|------------------|
| Serving Size: | 3.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-11126 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|-------------------|------------|
| BEEF, GROUND 81/19 FINE RAW REF CHUB | 10 Pound | | 6567077 |
| Salsa, Low-Sodium, Canned | 1 #10 CAN | READY_TO_EAT | 100330 |
| Taco Seasoning | 4 Tablespoon | UNPREPARED | 16423 |
| SPICE ONION POWDER 19Z TRDE | 1 Tablespoon | | 126993 |
| SPICE CUMIN GRND 15Z TRDE | 2 Tablespoon | | 273945 |
| ONION DEHY CHPD 15 P/L | 2/3 Cup | | 263036 |
| SPICE CHILI POWDER HOT 17Z TRDE | 1 Tablespoon | | 224707 |

Preparation Instructions

Blend all ingredients together and store at 41 degrees or below. Label and date

Meal Components (SLE)

| Amount Per Serving | . , |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.24 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| Servings Per Recipe: 53.00 | | | | |
|----------------------------|--------------------|-----------|--------|--|
| Serving Size: 3.00 Ounce | | | | |
| Amount Per | Amount Per Serving | | | |
| Calories | | 304.31 | | |
| Fat | | 21.14g | | |
| SaturatedFa | at | 7.55g | | |
| Trans Fat | | 0.00g | | |
| Cholesterol | | 80.00mg | | |
| Sodium | | 150.36mg | | |
| Carbohydra | tes | 4.77g | | |
| Fiber | | 2.03g | | |
| Sugar | | 2.01g | | |
| Protein | | 19.69g | | |
| Vitamin A | 9.45IU | Vitamin C | 0.01mg | |
| | | | | |

| Calcium | 1.07mg | Iron | 0.19mg |
|---------|--------|------|--------|
| - | | | |

Orange Chicken

| Servings: | 80.00 | Category: | Entree |
|---------------|-------------|----------------|------------------|
| Serving Size: | 12.00 Piece | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-11201 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|---|------------|
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 16 2/5 Pound | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 327120 |
| SAUCE ORNG GINGR 45GAL ASIAN | 1 1/2 Gallon | | 802860 |

Preparation Instructions

Directions:

Place chicken on a sheet pan. Bake to 165 degrees F.

Pour baked chicken into a 4inch full pan.

Add Sauce and blend AS NEEDED.

Paper and foil, Bake for an 15 at 350 degrees F. Serve

CCP: Bake to 165° F or higher.

CCP: Hold for hot service at 145° F or warmer. Portion with 1/2 cup serving

Notes:

Meal Components (SLE)

Amount Per Serving

| Amount Fer Serving | |
|--------------------|------|
| Meat | 2.20 |
| Grain | 1.10 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 80.00 Serving Size: 12.00 Piece | | | |
|--|----------|--|--|
| Amount Per Serving | | | |
| Calories | 375.67 | | |
| Fat | 13.10g | | |
| SaturatedFat | 2.52g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 20.16mg | | |
| Sodium | 664.45mg | | |
| Carbohydrates | 52.47g | | |
| Fiber | 3.02g | | |
| Sugar | 34.58g | | |
| Protein | 14.11g | | |

| IU Vitam | nin C 0.00mg |
|-----------------|--------------|
| 6mg Iron | 2.02mg |
| | |

Sweet Potato Parfait

| Servings: | 23.00 | Category: | Entree |
|---------------|----------|----------------|---------|
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-11223 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|---|------------|
| Sweet Potatoes, Extra Light Syrup, canned | 1 1/2 Pound | BAKE Open cans, drain and bake | 100317 |
| YOGURT VAN L/F PARFPR 6-4 YOPL | 6 Pound | READY_TO_EAT Ready to use with pouch & serving tip. | 811500 |
| SPICE CINN-MAPL SPRINKLE 29Z TRDE | 1 Tablespoon | on each parfait | 565911 |
| BUTTER PRINT UNSLTD GRD AA 36-1 GCHC | 1 Cup | Melted | 299405 |

Preparation Instructions

Method

In a 14 oz cup

Blend , canned sweet potatoes, in a bowl, Add melted butter and 1 T of cinnamon sprinkle, blend Place 1/2 cup of Swt Potatoes, in Parfait Cup, then add 1/3 cup of yogurt.

Spinnkle with cinnamon

1 Serving is 1 Parfait

CCP: Hold parfait at 40 degrees F

| A | D | 0 | |
|------------|------|---------|--|
| Amount | Per | Serving | |
| / 11100111 | 1 01 | COLVING | |

| Meat | 1.04 |
|----------|------|
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.07 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

| Nutrition Facts Servings Per Recipe: 23.00 Serving Size: 1.00 Cup | |
|---|----------|
| Amount Per Serving | |
| Calories | 1010.74 |
| Fat | 13.88g |
| SaturatedFat | 7.98g |
| Trans Fat | 0.00g |
| Cholesterol | 20.87mg |
| Sodium | 500.40mg |
| Carbohydrates | 195.27g |
| Fiber | 0.13g |
| Sugar | 138.49g |

| Protein | | 31.15g | |
|-----------|-----------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1121.35mg | Iron | 0.00mg |

Manwich on Bun

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-11252 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| BEEF GRND CKD 6-5 COMM | 3 Ounce | Heat meat to 155 degrees F. Hold for 15 seconds. | 135081 |
| SAUCE SLOPPY JOE 4-10 MANWICH | 4 Ounce | | 860166 |
| 4 inch whole grain hamburger buns - 30 ct | 1 bun | | 3480 |

Preparation Instructions

Serve using 3/8 cup using a #10 or tan scoop.

Provides 2 oz of meat/meat alternate and 1/4 cup red vegetable.

| Amount | Per | Serving |
|--------|-----|---------|
|--------|-----|---------|

| 0 | |
|----------|------|
| 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: 1.00 Serving Size: 1.00 Serving | | | | |
|--|--------------|-----------|-----------|--|
| Amount Pe | r Serving | | | |
| Calories | | 442.50 | | |
| Fat | | 8.00g | | |
| SaturatedFa | SaturatedFat | | | |
| Trans Fat | Trans Fat | | | |
| Cholesterol | Cholesterol | | 82.50mg | |
| Sodium | Sodium | | 1508.00mg | |
| Carbohydra | ites | 32.00g | | |
| Fiber | | 10.00g | | |
| Sugar | | 28.00g | | |
| Protein | | 29.50g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 21.00mg | Iron | 4.44mg | |

Baked Fish

| Servings: | 1.00 | Category: | Entree | |
|---|---|---|--|---------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Se | ervice |
| Meal Type: | Lunch | Recipe ID: | R-11800 | |
| School: | EAST NOBLE HIGH SCHOOL | | | |
| Ingredients | | | | |
| Description Measure | ement Prep Instruction | IS | | DistPart # |
| POLLOCK BRD WDG WGRAIN 1 Each 3.6Z 1-10 | THAWING IS NOT REC CONVECTION OVEN: F LIGHTLY GREASED B/ CRISP. TURN PRODUC RESULTS. CONVENTIO PRODUCT ON LIGHTL MINUTES UNTIL CRISF FOR BEST RESULTS. I COOKING TIMES AND INTERNAL TEMPERAT PRODUCE A FULLY /u | ONS:* KEEP FROZEN UNTIL READY OMMENDED /u2013 COOK FROM F PREHEAT TO 375° F. PLACE FROZE AKING SHEET, COOK FOR 15 TO 18 THALFWAY THROUGH BAKE TIM ONAL OVEN: PREHEAT TO 425° F. F Y GREASED BAKING SHEET, COOF P. TURN PRODUCT HALFWAY THRO MICROWAVE COOKING IS NOT REO TEMPERATURES MAY VARY SUBS URE SHOULD BE AT LEAST 165°F. 201CBONELESS/u201D PRODUCT. IAL BONES MAY STILL BE PRESEN | ROZEN. EN PRODUCT ON MINUTES UNTIL E FOR BEST PLACE FROZEN & FOR 20 TO 26 DUGH BAKE TIME COMMENDED. * STANTIALLY. WE STRIVE TO AS WITH ALL FISH, | 327162 |

Preparation Instructions

Bake frozen Moisture 20% 250 degrees 10 minutes Bake to 155 degrees. Serve immediately in a 2 inch full pan

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| | |

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| eer ring eize | | | |
|---------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 200.00 | |
| Fat | | 9.00g | |
| SaturatedFa | at | 1.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 45.00mg | |
| Sodium | | 300.00mg | |
| Carbohydra | ites | 15.00g | |
| Fiber | | 2.00g | |
| Sugar | | 0.00g | |
| Protein | | 15.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 1.08mg |
| | | | |

Rattatouille

| Servings: | 100.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-12276 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| TOMATO & ZUCCHINI 6-10 REDPK | 6 #10 CAN | BAKE Heat via Stove Top, Oven, Steaming, Microwave, or Boiling | 219169 |
| SQUASH ZUCC SLC IQF 12-2AVG SIMPLOT | 12 Pound | | 448892 |
| SQUASH SLCD YEL IQF GRD A 12- 2 SIMPL | 12 Pound | | 229592 |
| SEASONING A/P HERB NO SALT 13Z TRDE | 1 Cup | | 647240 |

Preparation Instructions

In a roasting pan, add canned zucchini and tomatoes Top with sliced squash Top with seasonings Roast for 30-45 minutes.

Serve at 135 Degrees F.

Meal Components (SLE)

| Amount Per Serving | . , |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.33 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.50 Cup **Amount Per Serving** Calories 57.78 0.00g Fat **SaturatedFat** 0.00g **Trans Fat** 0.00g Cholesterol 0.00mg Sodium 392.19mg Carbohydrates 13.08g Fiber 2.00g 10.63g Sugar **Protein** 2.00g Vitamin A 83.84IU Vitamin C 0.00mg

| Calcium | 40.02mg | Iron | 0.16mg |
|---------|---------|------|--------|
| | | | |

Beef Walking Taco

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-12277 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 3 Ounce | | 722330 |
| CHIP TORTL SCOOP BKD 72875Z TOSTIT | 1 Package | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 696871 |

Preparation Instructions

Directions:

Cook Taco Meat as instructed Add seasoning and mix.

Stir frequently over medium heat.

CCP: Heat to 165° F or higher for at least 15 seconds.

Serve immediately

Self Serve

serving size. 1 package, 3 oz Beef

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| | |

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| ee | | | |
|-------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 215.43 | |
| Fat | | 7.14g | |
| SaturatedFa | at | 1.70g | |
| Trans Fat | | 0.27g | |
| Cholesterol | | 33.12mg | |
| Sodium | | 401.25mg | |
| Carbohydra | ites | 23.73g | |
| Fiber | | 2.89g | |
| Sugar | | 1.89g | |
| Protein | | 14.11g | |
| Vitamin A | 610.41IU | Vitamin C | 4.73mg |
| Calcium | 68.80mg | Iron | 2.19mg |
| | | | |

Biscuit

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-12479 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS | 1 Each | BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits. | 631902 |

Preparation Instructions

Heat ingredients as instructed on package.

Microwaving works bests

Use 3 oz. portion ladle

Use #846891 is Jimmy Dean unavailable

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

| Amount Per Serving | 、 , |
|--------------------|------------|
| Meat | 0.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Serving | | |
|--|-----------|--------|
| Amount Per Serving | | |
| Calories | 200.00 | |
| Fat | 9.00g | |
| SaturatedFat | 7.00g | |
| Trans Fat | 0.00g | |
| Cholesterol | 0.00mg | |
| Sodium | 410.00mg | |
| Carbohydrates | 27.00g | |
| Fiber | 2.00g | |
| Sugar | 2.00g | |
| Protein | 4.00g | |
| Vitamin A 0.00IU | Vitamin C | 0.00mg |

| Calcium | 150.00mg | Iron | 1.08mg |
|---------|----------|------|--------|
| | | | |

TERIYAKII CHICKEN

| Servings: | 80.00 | Category: | Entree |
|---------------|------------|----------------|------------------|
| Serving Size: | 12.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-12722 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 16 2/5 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 327120 |
| SAUCE GEN TSO 45GAL ASIAN | 1/2 Gallon | | 802850 |
| SAUCE TERIYAKI GLAZE 6-80Z KIKKOMAN | 1 Gallon | | 311502 |

Preparation Instructions

Directions:

Place chicken in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. .

Bake until lightly browned. Conventional oven: 425° F for 30 minutes. Convection oven: 375° F for 30 minutes.

In a sauce pan, bottled sauce. Simmer for 15 minutes.

Place cooked chicken into a 4-inch full pan

Pour BOTH sauces over chicken.

Bake until golden brown: Convection oven: 325° F for 30 minutes. Baste every 15 minutes for a glazed appearance. CCP: Heat to 165° F or higher.

CCP: Hold for hot service at 140° F or warmer. Portion with No. 10 scoop (cup). Notes:

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.04 |
| Grain | 0.02 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| | |

0.00

Nutrition Facts

Servings Per Recipe: 80.00 Serving Size: 12.00 Each

| Amount Per | r Serving | | |
|---------------|-----------|-----------|--------|
| Calories | | 60.19 | |
| Fat | | 0.22g | |
| SaturatedFa | at | 0.04g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.34mg | |
| Sodium | | 282.84mg | |
| Carbohydrates | | 13.10g | |
| Fiber | | 0.05g | |
| Sugar | | 11.27g | |
| Protein | | 0.25g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.56mg | Iron | 0.03mg |
| | | | |

Candied Carrots

| Servings: | 164.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-12916 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| CARROT BABY WHL 30 KE | 30 Pound | | 360240 |
| BUTTER ALT LIQ 3-1GAL SAVORY | 2 Cup | | 756261 |
| brown sugar | 4 Cup | READY_TO_EAT | |
| cinnamon | 4 Teaspoon | READY_TO_EAT | |

Preparation Instructions

Directions:

If using Frozen carroits

- 1.) One case equals, 4 -4 inch pans
- 2.) Use Steam Pans
- 3.) Cook at 212 degrees F., 100% moisture, for 15 minutes.
- 4.) Transfer cooked carrots onto 4 inch full pans
- 5) Add seasonings
- 1 cup Brown Sugar, 1 tsp Cinnamon, 1/2 c butter
- 6.) Cook for 10 more min., same settings.

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

- 4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup red/orange vegetable and 1/4 cup fruit.
- 5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) 1/4 cup vegetable and 1/4 cup fruit.

Meal Components (SLE)

Amount Per Serving

| Meat | 0.00 |
|-------|------|
| Grain | 0.00 |
| Fruit | 0.00 |

| 0.00 |
|------|
| 0.50 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

Nutrition Facts

Servings Per Recipe: 164.00 Serving Size: 0.50 Cup

| Amount Per Serving | | | | | |
|--------------------|--------|-----------|--------|--|--|
| Calories | | 29.93 | | | |
| Fat | | 0.00g | | | |
| SaturatedFa | ıt | 0.00g | | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol | | 0.00mg | | | |
| Sodium | | 2.00mg | 2.00mg | | |
| Carbohydrates | | 7.08g | | | |
| Fiber | | 2.00g | 2.00g | | |
| Sugar | | 4.09g | 4.09g | | |
| Protein | | 0.00g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 0.00mg | Iron | 0.00mg | | |

Beef Spaghetti

| Servings: | 40.00 | Category: | Entree |
|---------------|--------------------------|----------------|------------------|
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-13117 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| SAUCE SPAGHETTI BF REDC FAT 6-5 COMM | 10 Pound | | 573201 |
| PASTA SPAGHETTI 2-10# BARIL | 2 1/2 Pound | BOIL Cooking Time: 9 Minutes Pre-cooking time: 6 Minutes | 504260 |

Preparation Instructions

Directions:

Follow instruction on package.

CCP: Heat to 165° F or higher.

Stir cooked macaroni, noodles, or spaghetti into meat sauce. Spread mixture into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

CCP: Hold at 140° F or warmer. Portion with No. 10 scoop (cup).

Notes:

1: * See Marketing Guide

Meal Components (SLE)

Amount Per Serving

| Amount Fer Serving | |
|--------------------|------|
| Meat | 2.29 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.57 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Fact | S | | |
|----------------------|---------|--|--|
| Servings Per Recipe | : 40.00 | | |
| Serving Size: 6.00 O | unce | | |
| Amount Per Servin | g | | |
| Calories | 219.29 | | |
| Fat | 5.50g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 39.29mg | | |
| | | | |

| | 8 |
|---------------|----------|
| Cholesterol | 39.29mg |
| Sodium | 207.14mg |
| Carbohydrates | 27.43g |
| Fiber | 2.43g |
| Sugar | 6.00g |
| Protein | 14.21g |

| Vitamin A | 462.14IU | Vitamin C | 13.57mg |
|-----------|----------|-----------|---------|
| Calcium | 31.43mg | Iron | 2.33mg |

BBQ Meatball Sub

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-13118 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| MEATBALL CKD .65Z 6-5 COMM | 6 Each | | 785860 |
| Aunt Millie's Whole Grain Mini Sub Buns | 1 Each | | 5157 |
| SAUCE BBQ 65GAL GCHC | 1/2 cup | | 734152 |

Preparation Instructions

Directions:

Bake BBQ Pork in 4 in. serving pans, shingle them in pan

Add BBQ sauce and water.

Wrap with parchment paperand foil,

Bake until temperature reaches 165 or higher.

CCP: Heat to 165° F or higher for at least 15 seconds

Remove from oven, put on line and hold.

CCP: Hold at 135° F or higher.

Assemble sandwich at time of service. 1 bun and 4 oz BBQ pork.

Notes:

| Amount Per Serving | |
|--------------------|------|
| Meat | 3.00 |
| Grain | 2.25 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each | 0 |
|---|------------------|
| Amount Per Serving | |
| Calories | 397.41 |
| Fat | 16.00g |
| SaturatedFat | 5.75g |
| Trans Fat | 0.90g |
| Cholesterol | 54.00mg |
| Sodium | 610.95mg |
| Carbohydrates | 35.72g |
| Fiber | 4.50g |
| Sugar | 7.13g |
| Protein | 24.00g |
| Vitamin A 7.50IU | Vitamin C 1.50mg |

| Calcium | 102.00mg | Iron | 13.00mg |
|---------|----------|------|---------|
| | | | |

Hummus

| Servings: | 50.00 | Category: | Vegetable |
|---------------|------------|----------------|-----------|
| Serving Size: | 4.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-14793 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|--------------|-------------------|------------|
| BEAN GARBANZO 6-10 GCHC | 1 #10 CAN | | 118753 |
| LEMON JUICE 100 12-30FLZ MINMD | 1 Cup | | 270989 |
| Extra Virgin Olive Oil 12/16.9oz | 1 Cup | | 131221 |
| GARLIC PLD FRESH 5 RSS | 1/2 Cup | | 428353 |
| SPICE PEPPER SHAKER 48-1.5Z | 2 Tablespoon | | 225201 |

Preparation Instructions

Directions:

Combine all ingredients in a food processor and puree to a smooth consistency.

Spread 5 lb $\frac{1}{2}$ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 $\frac{1}{2}$ ") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service.

Portion with No. 8 scoop (1/2 cup).

Notes:

- 1: Comments:
- 2: *See Marketing Guide.
- 3: Special Tip:
- 4: Serve with pita bread;
- 5: warning for service contains peanut butter.

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.26 |
| | |

0.00

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 4.00 Ounce

| eer mig eize | | , | |
|--------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 57.71 | |
| Fat | | 1.03g | |
| SaturatedFa | at | 0.26g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 155.20mg | |
| Carbohydra | ites | 9.47g | |
| Fiber | | 2.59g | |
| Sugar | | 1.55g | |
| Protein | | 3.10g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 31.04mg | Iron | 0.37mg |
| | | | |

Pasta Salad

| Servings: | 200.00 | Category: | Vegetable |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-14873 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------------------|------------|
| PASTA ROTINI PLUS 2-10 BARILLA | 5 Pound | | 830770 |
| Grape Tomatoes-pint | 1 Carton | READY_TO_EAT Sliced inhalf | 4281 |
| RED ONION | 6 Each | Clean and diced | 15N63 |
| Cheese, Mozzarella light, Shred FRZ | 2 Pound | | 100034 |
| DRESSING ITALIAN CREAMY | 1 Gallon | | 272963 |

Preparation Instructions

Use 1 gallon of Dressing when mixing. Try to make a day ahead. Add 1/2 gallon the next day.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.16 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.01 |
| OtherVeg | 0.03 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 200.00 Serving Size: 4.00 Ounce

| Calories | 11.70 | | |
|------------------|----------------|------|--|
| •••••• | | | |
| Fat | 0.48g | | |
| SaturatedFat | 0.32g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 1.60mg | | |
| Sodium | 27.20mg | | |
| Carbohydrates | 0.64g | | |
| Fiber | 0.10g | | |
| Sugar | 0.22g | | |
| Protein | 0.07g | | |
| Vitamin A 7.50IU | Vitamin C 0. | 27mg | |
| Calcium 0.96mg | Iron 0. | 02mg | |

Cauliflower Salad

| Servings: | 60.00 | Category: | Vegetable |
|---------------|------------|----------------|-----------|
| Serving Size: | 4.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-14884 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| CAULIFLOWER BITE SIZE 2-3 RSS | 6 Pound | | 732486 |
| PEAS 6-10 COMM | 8 cup | | 150550 |
| RED ONION | 1 Each | | 15N63 |
| Mild Cheddar Shredded RF | 4 Cup | | 652742 |
| DRESSING RNCH 6-32Z HVALL - Hidden Valley - M | 1 1/2 Quart | | 282041 |

Preparation Instructions

Prepare all ingredients, blend well. Serve at 41 degrees

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 0.00 | |
| Grain | 0.00 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.00 | |
| OtherVeg | 0.47 | |
| Legumes | 0.00 | |
| Starch | 0.13 | |
| | | |

| Nutrition Facts Servings Per Recipe: 60.00 Serving Size: 4.00 Ounce | | | | | |
|---|-------------|-----------|----------|--|--|
| Amount Pe | r Serving | | | | |
| Calories | | 108.07 | | | |
| Fat | | 8.09g | | | |
| SaturatedFa | at | 1.29g | | | |
| Trans Fat | | 0.00g | 0.00g | | |
| Cholestero | Cholesterol | | | | |
| Sodium | | 242.91mg | 242.91mg | | |
| Carbohydra | ates | 5.78g | | | |
| Fiber | | 2.03g | | | |
| Sugar | | 2.88g | | | |
| Protein | | 2.81g | | | |
| Vitamin A | 0.00IU | Vitamin C | 22.01mg | | |
| Calcium | 19.89mg | Iron | 0.24mg | | |

Fruit Cobbler

| Servings: | 75.00 | Category: | Fruit |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-15000 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|------------------|-------------------|------------|
| APPLE SLCD W/P 6-10 GCHC | 4 1/2 #10 CAN | | 117773 |
| SUGAR BROWN LT 12-2 P/L | 6 Сир | | 860311 |
| cinnamon | 4 1/2 Tablespoon | READY_TO_EAT | |
| BISCUIT MIX BTRMLK 6-5 KRUST - Krusteaz - M | 1 1/2 Package | | 359800 |

Preparation Instructions

Mix all ingredients Cook for at 300 degrees F. for 1 hour. Serve at 145 degrees

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.78 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 75.00 Serving Size: 0.50 Cup | | | |
|---|-----------|--------|--|
| Amount Per Serving | | | |
| Calories | 96.64 | | |
| Fat | 0.36g | | |
| SaturatedFat | 0.09g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 47.64mg | | |
| Carbohydrates | 22.49g | | |
| Fiber | 3.13g | | |
| Sugar 16.32g | | | |
| Protein | 0.18g | | |
| Vitamin A 0.00IU | Vitamin C | 0.00mg | |
| Calcium 1.21mg | Iron | 0.09mg | |

Polish Sausage

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16139 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| SAUSAGE POLISH CKD 4/ 2-5 GFS | 1 Each | | 271942 |
| Aunt Millie's 2.0 Hot Dog Bun - Himes | 1 Each | | 4040 |

Preparation Instructions

Wash Hands.

- 1. Place Polish in 4 inch fullpan
- 2. Add one cup water
- 3. Wrap in parchment and foil
- 4.) Bake at 350, convection oven, for 45 minutes
- 5.) Temp at 165 degrees or higher
- Serving size 1 each

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.75 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| Amount Per Ser | ving | | |
|----------------|------|-----------|--------|
| Calories | | 480.00 | |
| Fat | | 32.00g | |
| SaturatedFat | | 11.00g | |
| Trans Fat | | 1.00g | |
| Cholesterol | | 80.00mg | |
| Sodium | | 1210.00mg | |
| Carbohydrates | | 30.00g | |
| Fiber | | 2.00g | |
| Sugar | | 5.00g | |
| Protein | | 20.00g | |
| Vitamin A 0.0 | UI0 | Vitamin C | 0.12mg |
| Calcium 6.9 | 9mg | Iron | 1.17mg |

ENSC Salad Dressing

| Servings: | 25.00 | Category: | Condiments or Other |
|---------------|------------------|----------------|---------------------|
| Serving Size: | 2.00 Fluid Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-17141 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|--------------|-------------------|------------|
| SUGAR CANE GRANUL 25 GCHC | 1 Cup | | 108642 |
| Mustard | 1 Tablespoon | | 320220 |
| SPICE CELERY SEED GRND 16Z TRDE | 3 Teaspoon | | 513679 |
| SPICE ONION POWDER 19Z TRDE | 3 Teaspoon | | 126993 |
| VINEGAR WHT DISTILLED 4 4-1GAL | 1 Cup | | 517582 |
| OIL CANOLA 9-48FLZ P/L | 3 1/2 Cup | | 330252 |

Preparation Instructions

Mix all ingredients, except oil. Mix well. Then drizzle oil into mixture slowly. Serve Same Day. Keep at 35 F degrees

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 |
| | |

| Ν | lut | tri | ti | 0 | n | Fa | act | S | |
|----|-----|-----|----|----|------|-----|------|------|---|
| Se | erv | inc | 15 | Pe | er F | Red | cine | · 25 | (|

Servings Per Recipe: 25.00 Serving Size: 2.00 Fluid Ounce

| Calories 28.80 Fat 0.00g SaturatedFat 0.00g Trans Fat 0.00g Cholesterol 0.00mg Sodium 0.64mg Carbohydrates 8.16g Fiber 0.00g Sugar 7.68g Protein 0.00g | | ng | er Ser | Amount Pe |
|--|--------------------|----------|--------|-------------|
| SaturatedFat 0.00g Trans Fat 0.00g Cholesterol 0.00mg Sodium 0.64mg Carbohydrates 8.16g Fiber 0.00g Sugar 7.68g Protein 0.00g | | Calories | | |
| Trans Fat0.00gCholesterol0.00mgSodium0.64mgCarbohydrates8.16gFiber0.00gSugar7.68gProtein0.00g | | | | Fat |
| Cholesterol0.00mgSodium0.64mgCarbohydrates8.16gFiber0.00gSugar7.68gProtein0.00g | | | at | SaturatedFa |
| Sodium0.64mgCarbohydrates8.16gFiber0.00gSugar7.68gProtein0.00g | | | | Trans Fat |
| Carbohydrates8.16gFiber0.00gSugar7.68gProtein0.00g | g | |) | Cholestero |
| Fiber 0.00g Sugar 7.68g Protein 0.00g | g | | | Sodium |
| Sugar7.68gProtein0.00g | | | ates | Carbohydra |
| Protein 0.00g | | | | Fiber |
| | | | | Sugar |
| | | | | Protein |
| Vitamin A 0.00IU Vitamin C 0.00mg | in C 0.00mg | J | 0.0 | Vitamin A |
| Calcium 0.00mg Iron 0.00mg | 0.00mg | ng | 0.0 | Calcium |

Philly Steak & Cheese - Elementary

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-19993 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| Aunt Millie's Whole Grain Mini Sub Buns | 1 Each | | 5157 |
| BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM | 1 Each | | 720861 |
| CHEESE SLCD YEL 6-5 COMM | 1 Slice | | 334450 |

Preparation Instructions

- 1. Cook Philly meat according to directions, CCP: Hot hold at 165F or higher
- 2. Place 1 each, Philly meat, 1 slice of cheese on an 8" sub bun
- 3. serve immediately

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.50 |
| Grain | 2.25 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each | | | | | |
|---|-----------|-----------|----------|--|--|
| Amount Pe | r Serving | | | | |
| Calories | | 368.10 | | | |
| Fat | | 15.40g | | | |
| SaturatedFa | at | 6.40g | 6.40g | | |
| Trans Fat | | 0.52g | | | |
| Cholesterol | | 52.50mg | 52.50mg | | |
| Sodium | | 803.50mg | 803.50mg | | |
| Carbohydra | ates | 32.00g | | | |
| Fiber | | 3.00g | 3.00g | | |
| Sugar | Sugar | | | | |
| Protein | | 21.40g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 16.00mg | Iron | 11.44mg | | |

Yogurt Pack

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-19996 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| YOGURT STRAWB BAN BASH L/F 48-4Z TRIX | 1 Each | READY_TO_EAT Ready to eat single serving | 551760 |
| CRACKER GLDFSH CHED WGRAIN 300- .75Z | 1 Package | | 736280 |
| CHEESE STRING MOZZ LT IW 168-1Z LOL | 1 Each | | 786801 |

Preparation Instructions

No Preparation Instructions available.

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each | | | |
|---|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 240.00 | |
| Fat | | 7.00g | |
| SaturatedF | at | 3.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 15.00mg | |
| Sodium | | 415.00mg | |
| Carbohydrates | | 30.00g | |
| Fiber | | 1.00g | |
| Sugar | | 10.00g | |
| Protein | | 14.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 448.00mg | Iron | 1.00mg |

Teriyaki Chicken

| Servings: | 50.00 | Category: | Entree | |
|--|---------------------------|---|---|------------|
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day | / Service |
| Meal Type: | Lunch | Recipe ID: | R-20587 | |
| School: | EAST NOBLE HIGH SCHOOL | 4 | | |
| Ingredients | | | | |
| Description | Measurement | Prep Instructions | | DistPart # |
| CHICKEN FAJITA STRIPS, COOKED, FROZEN | 15 Pound | BAKE PLACE ONE BAG ON SPRAYED BAK CONVENTIONAL OVEN 350 DEGREE CCP: REHEAT 25 - 30 MINUTES FROM TEMPERATURE REACHES 165 DEGR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZE TEMPERATURE REACHES 165 DEGR HIGHER CCP: HOLD FOR HOT SERVICE @ 13 HIGHER FOR NO LONGER THAN 4 H | S F M FROZEN TIL REES OR N TIL REEES OR 5 DEGREES OR | 100117 |
| SAUCE TERIYAKI GLAZE 6- 80Z KIKKOMAN | 1 Gallon | | | 311502 |
| Dinner Roll, WG | 2 Each | READY_TO_EAT | | 4372 |

Preparation Instructions

| Preparation: |
|-------------------------------|
| Mix all ingredients together, |
| Heat until 165 F |
| Hold over 145 F |
| Serve Hot |
| Serve 3 oz portion. |

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 2.50 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

0.00

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 4.00 Ounce

| Corving Cizo. 1.00 Carloo | | | |
|---------------------------|-----------|-----------|--------|
| Amount Per | r Serving | | |
| Calories | | 303.71 | |
| Fat | | 5.71g | |
| SaturatedFa | at | 2.82g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 104.47mg | |
| Sodium | | 2959.12mg | |
| Carbohydrates | | 34.19g | |
| Fiber | | 0.08g | |
| Sugar | | 28.48g | |
| Protein | | 30.69g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |
| | | | |

Asian Chicken Salad

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-20601 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|-------------------|------------|
| LETTUCE ROMAINE HERITAGE BLND 4-2 | 1 Cup | | 165761 |
| CHIX FAJT 30 COMM | 3 Ounce | | 154900 |
| SAUCE TERIYAKI GLAZE 6-80Z KIKKOMAN | 2 Tablespoon | | 311502 |
| NOODLE CHOW MEIN 1.5/CAN 6-10 GFS | 1/4 Cup | | 124516 |
| ORANGES MAND BRKN L/S 6-10 GCHC | 1/4 Cup | | 152811 |
| PEAS 6-10 COMM | 1/4 Cup | | 150550 |
| Carrots Shredded 5# | 1/4 Cup | | 2767 |

Preparation Instructions

Mix Chicken and Teriyaki Glaze In a Salad Container layer all ingredients. Store at 41 degrees F

Meal Components (SLE)

| Amount Per Serving | 、 , |
|--------------------|------------|
| Meat | 1.76 |
| Grain | 0.63 |
| Fruit | 0.25 |
| GreenVeg | 0.50 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.25 |
| | |

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Serving **Amount Per Serving** Calories 307.15 Fat 6.53g SaturatedFat 2.76g **Trans Fat** 0.00g Cholesterol 65.29mg Sodium 1559.71mg Carbohydrates 39.26g Fiber 4.00g 24.26g Sugar

| Protein | | 22.88g | |
|-----------|---------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 29.00mg | Iron | 1.76mg |

Fajita Chicken - HS

| Servings: | | 40.00 | | Category: | Entree | |
|---|----------|--------------|--|--|---|---------------|
| Serving Size: | | 4.00 C | Junce | HACCP Process: | Same Day S | ervice |
| Meal Type: | | Lunch | | Recipe ID: | R-20794 | |
| School: | | EAST SCHO | NOBLE HIGH OL | | | |
| Ingredie | nts | | | | | |
| Description | Measu | rement | Prep Instruction | ns | | DistPart # |
| CHICKEN FAJITA STRIPS, COOKED, FROZEN | 10 Pound | | CONVENTIONAL OVE CCP: REHEAT 25 - 30 REACHES 165 DEGRE CONVECTION OVEN 4 CCP: 15 - 20 MINUTES DEGREEES OR HIGHE | MINUTES FROM FROZEN TIL ES OR HIGHER 00 DEGREES F FROM FROZEN TIL TEMPER R SERVICE @ 135 DEGREES O | ATURE REACHES 165 | 100117 |
| TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT | 80 Each | | TEMPERATURE. Remo room temperature. HE Stack no more than 3 2 hours. GRILL: Heat g seconds. MICROWAVI seconds on high(micro | nt: Ready to use. Refrigerated: ove from case and let standin ATINGSTEAM CABINET: Place dozen high. Heatto 160°F. Do r grill to 400°F. Heat tortillas on E: Stack no more than 6 tortilla owaves vary for power setting m cabinet or bun warmer until event drying). | bag 4 - 6 hours at e in steam cabinet. not hold for more than each side for 10 - 15 as and heat 45 - 60 and time). | 690120 |
| VEGETABLE MIX FAJITA CUT 10 RSS | 5 Pound | | | | | 605565 |
| Taco Seasoning | 1/2 Cup | | UNPREPARED | | | 16423 |

Preparation Instructions

Directions:

Cook with 100% moisture, for 30 minutes Add seasoning and mix.

Recook, for 15 minutes, until 165 degrees

Stir frequently over medium heat.

CCP: Heat to 155° F or higher for at least 15 seconds.

1.) Using a one time use glove, place 2 tortilla shells in a #2 paper Tray

2.) Place chicken on Tortilla Shells * Portion with No. 16 scoop (1/4 cup)

- * If student does not want Meat, then substitute with 2 oz. of Shredded Cheese
- * Toppings will be self serve

Notes:

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

| 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: 40.00 Serving Size: 4.00 Ounce | | | | | |
|---|-----------|-----------|---------|--|--|
| Amount Pe | r Serving | | | | |
| Calories | | 373.55 | | | |
| Fat | | 9.71g | | | |
| SaturatedF | at | 4.35g | | | |
| Trans Fat | | 0.00g | 0.00g | | |
| Cholestero | I | 87.06mg | 87.06mg | | |
| Sodium | | 993.33mg | | | |
| Carbohydra | ates | 44.36g | 44.36g | | |
| Fiber | | 6.00g | | | |
| Sugar | | 10.35g | 10.35g | | |
| Protein | | 27.18g | | | |
| Vitamin A | 1.57IU | Vitamin C | 0.00mg | | |
| Calcium | 160.02mg | Iron | 2.16mg | | |

Taco Soup

| Servings: | 35.00 | Category: | Vegetable |
|---------------|-----------------------------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-21311 |
| School: | EAST NOBLE MIDDLE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|----------------------|------------|
| BEANS BLACK LO SOD 6-10 BUSH | 1 #10 CAN | Drain and rinse | 231981 |
| BEAN VEGTAR 6-10 GCHC | 1 #10 CAN | Drain and rinse | 298913 |
| CORN WHL KERNEL FCY GRADE 6-10 GCHC | 1 #10 CAN | Drain | 118966 |
| SALSA 103Z 6-10 REDG | 2 #10 CAN | READY_TO_EAT None | 452841 |
| TOMATO DCD IN JUICE 6-10 REDG - Red Gold - M | 2 #10 CAN | READY_TO_EAT None | 501031 |
| BASE BEEF NO MSG 6-1 MAGGI | 2 Each | | 548752 |
| 85/15 Ground Beef, Frozen | 8 Pound | Cooked ground beef | |
| PEPPERS GREEN BELL BUSHEL 21.5AVG | 6 Each | | 852751 |
| ONION SPANISH JUMBO BAG 2 50 | 4 Each | | 570109 |
| McCorm Fajitas Seasoning Mix 12-1.12z | 2 Package | | 240263 |
| Cold Water | 2 Gallon | | 0000 |

Preparation Instructions

Add all ingredients and simmer for an hour.

| Amount Per Serving | |
|--------------------|------|
| Meat | 4.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 1.50 |

| 0.00 |
|------|
| 0.25 |
| 0.25 |
| |

Nutrition Facts

Servings Per Recipe: 35.00 Serving Size: 0.50 Cup

| Amount Pe | r Serving | | | |
|---------------|-----------|-----------|--------|--|
| Calories | | 593.86 | | |
| Fat | | 17.86g | | |
| SaturatedFa | at | 5.46g | | |
| Trans Fat | | 2.73g | | |
| Cholestero | | 70.96mg | | |
| Sodium | | 1275.97mg | | |
| Carbohydrates | | 74.28g | 74.28g | |
| Fiber | | 11.77g | | |
| Sugar | | 20.82g | | |
| Protein | | 33.56g | | |
| Vitamin A | 0.78IU | Vitamin C | 2.88mg | |
| Calcium | 93.20mg | Iron | 7.11mg | |
| | | | | |

WG Trix Cereal

| Servings: | 1.00 | Category: | Grain |
|---------------|--------------------------|----------------|---------|
| Serving Size: | 1.00 Package | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-21407 |
| School: | EAST NOBLE ELEMENTARY | | |
| | | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CEREAL TRIX R/S WGRAIN BWL 96CT GENM | 1 Package | READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl. | 265782 |

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: 1.00 Serving Size: 1.00 Package **Amount Per Serving** Calories 110.00 1.50g Fat **SaturatedFat** 0.00g **Trans Fat** 0.00g Cholesterol 0.00mg Sodium 140.00mg Carbohydrates 24.00g Fiber 1.00g 7.00g Sugar Protein 1.00g Vitamin A 0.00IU Vitamin C 0.00mg Calcium 130.00mg Iron 3.00mg

WG Cinn Toast Crunch

| Servings: | 1.00 | Category: | Grain |
|---------------|--------------|----------------|---------|
| Serving Size: | 1.00 Package | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-21408 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| CEREAL CINN TOAST R/S BWL 96CT GENM | 1 Each | READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl. | 365790 |

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

| <u>ee:g</u> ee | | .92 | |
|----------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 120.00 | |
| Fat | | 2.50g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 0.00mg | |
| Sodium | | 160.00mg | |
| Carbohydra | ates | 22.00g | |
| Fiber | | 3.00g | |
| Sugar | | 6.00g | |
| Protein | | 1.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 90.00mg | Iron | 2.50mg |
| | | | |

WG Honey Nut Cheerios

| Servings: | 1.00 | Category: | Grain |
|---------------|--------------|----------------|---------|
| Serving Size: | 1.00 Package | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-21409 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CEREAL CHEERIOS HNYNUT BWL 96CT GENM | 1 Each | READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl. | 509396 |

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

| <u>ee</u> g ee | | .92 | |
|----------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 110.00 | |
| Fat | | 1.50g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 0.00mg | |
| Sodium | | 160.00mg | |
| Carbohydra | ates | 23.00g | |
| Fiber | | 2.00g | |
| Sugar | | 9.00g | |
| Protein | | 2.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 60.00mg | Iron | 2.70mg |
| | | | |

WG Cocoa Puffs

| Servings: | 1.00 | Category: | Grain |
|---------------|--------------|----------------|---------|
| Serving Size: | 1.00 Package | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-21410 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| CEREAL COCOA PUFFS WGRAIN R/S 96CT | 1 Each | READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl. | 270401 |

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

| | | 5- | |
|------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 110.00 | |
| Fat | | 1.50g | |
| SaturatedF | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 0.00mg | |
| Sodium | | 120.00mg | |
| Carbohydra | ates | 25.00g | |
| Fiber | | 2.00g | |
| Sugar | | 8.00g | |
| Protein | | 2.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 100.00mg | Iron | 4.50mg |
| | | | |

WG Lucky Charms

| Servings: | 1.00 | Category: | Grain |
|---------------|--------------|----------------|---------|
| Serving Size: | 1.00 Package | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-21411 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| CEREAL LUCKY CHARMS WGRAIN BWL 96CT | 1 Package | READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl. | 265811 |

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

| | | , | |
|------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 110.00 | |
| Fat | | 1.00g | |
| SaturatedF | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 0.00mg | |
| Sodium | | 180.00mg | |
| Carbohydra | ates | 23.00g | |
| Fiber | | 2.00g | |
| Sugar | | 9.00g | |
| Protein | | 2.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 110.00mg | Iron | 3.60mg |
| | | | |

Breakfast Pizza

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-21542 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z | 1 Each | BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. | 160432 |

Preparation Instructions

Follow instruction on package

Serve at above 135 Degrees F

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 1.00 |
| Grain | 1.50 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| Calories 223.00 Fat 7.40g SaturatedFat 2.10g Trans Fat 0.00g Cholesterol 16.00mg Sodium 372.30mg Carbohydrates 29.00g Fiber 3.20g Sugar 5.00g Protein 9.60g | Amount Per | r Serving | | |
|---|-------------|-----------|-----------|--------|
| SaturatedFat 2.10g Trans Fat 0.00g Cholesterol 16.00mg Sodium 372.30mg Carbohydrates 29.00g Fiber 3.20g Sugar 5.00g Protein 9.60g | Calories | | 223.00 | |
| Trans Fat 0.00g Cholesterol 16.00mg Sodium 372.30mg Carbohydrates 29.00g Fiber 3.20g Sugar 5.00g Protein 9.60g | Fat | | 7.40g | |
| Cholesterol 16.00mg Sodium 372.30mg Carbohydrates 29.00g Fiber 3.20g Sugar 5.00g Protein 9.60g | SaturatedFa | at | 2.10g | |
| Sodium372.30mgCarbohydrates29.00gFiber3.20gSugar5.00gProtein9.60g | Trans Fat | | 0.00g | |
| Carbohydrates29.00gFiber3.20gSugar5.00gProtein9.60g | Cholesterol | | 16.00mg | |
| Fiber 3.20g Sugar 5.00g Protein 9.60g | Sodium | | 372.30mg | |
| Sugar 5.00g Protein 9.60g | Carbohydra | ites | 29.00g | |
| Protein 9.60g | Fiber | | 3.20g | |
| | Sugar | | 5.00g | |
| Vitamin A 0.00IU Vitamin C 0.00mg | Protein | | 9.60g | |
| | Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium 155.30mg Iron 2.00mg | Calcium | 155.30mg | Iron | 2.00mg |

Scrambled Eggs- Bacon

| Servings: | 1.00 | Category: | Entree | |
|---|---------------------------|-----------------|------------------|--|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service | |
| Meal Type: | Breakfast | Recipe ID: | R-21543 | |
| School: | EAST NOBLE HIGH SCHOOL | | | |
| Ingredients | | | | |
| Description | Measurement | Prep Instructio | ons DistPart # | |
| EGG SCRMBD CKD W/BCN & CHS 4-5 SNY 1/2 Cup 533034 | | | | |

Preparation Instructions

Follow instructions on Package Serve at 165 Degrees F Serving size 1 each

Meal Components (SLE)

Amount Per Serving

| Meat | 3.00 |
|----------|------|
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 0.50 Cup | | | | | |
|--|---------|-----------|----------|--|--|
| Amount Per | Serving | | | | |
| Calories | | 216.00 | | | |
| Fat | | 0.00g | | | |
| SaturatedFa | ıt | 5.40g | | | |
| Trans Fat | | 0.00g | 0.00g | | |
| Cholesterol | | 306.00mg | 306.00mg | | |
| Sodium | | 504.00mg | 504.00mg | | |
| Carbohydra | tes | 1.80g | 1.80g | | |
| Fiber | | 0.00g | | | |
| Sugar | | 1.80g | | | |
| Protein | | 14.40g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 0.00mg | Iron | 0.00mg | | |

Breakfast Sausage Wrap

| Servings: | 1.00 | Category: | Entree |
|---------------------------|---------------------------|------------------|------------------|
| Serving Size: | 3.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-21545 |
| School: | EAST NOBLE HIGH SCHOOL | | |
| Ingredients | | | |
| Description | Measurement | Prep Instruction | ns DistPart # |
| PANCK WRAP TKY WGRAIN MIN | ll 2-5 3 Each | | 696180 |

Preparation Instructions

Follow instruction on package Cook to 165 degrees F. Serving size 4 each

Meal Components (SLE)

Amount Per Serving

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

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 3.00 Each | | | | |
|---|-----------|-----------|---------|--|
| Amount Per | r Serving | | | |
| Calories | | 180.00 | | |
| Fat | | 9.00g | | |
| SaturatedFat | | 2.50g | | |
| Trans Fat | | 0.00g | | |
| Cholesterol | | 25.00mg | 25.00mg | |
| Sodium | | 280.00mg | | |
| Carbohydra | ites | 15.00g | 15.00g | |
| Fiber | | 3.00g | | |
| Sugar | | 4.00g | | |
| Protein | | 6.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 20.00mg | Iron | 1.80mg | |

Maple Pancakes

| Servings: | 1.00 | Category: | Entree |
|---------------------|-----------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-21624 |
| School: | EAST NOBLE MIDDLE SCHOOL | | |
| Ingredients | | | |
| Description Measure | urement Pren Instructi | ons | DistPart |

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|---------------|
| PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS | 1 Package | READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 269220 |

Preparation Instructions

Follow instruction on pkg Serve at 150 degrees F.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per Serving

| Amount Per Serving | | | | |
|--------------------|---------|-----------|--------|--|
| Calories | | 220.00 | | |
| Fat | | 6.00g | 6.00g | |
| SaturatedFat | | 0.50g | 0.50g | |
| Trans Fat | | 0.00g | | |
| Cholesterol | | 0.00mg | 0.00mg | |
| Sodium | | 270.00mg | | |
| Carbohydrates | | 37.00g | | |
| Fiber | | 2.00g | | |
| Sugar | | 11.00g | 11.00g | |
| Protein | | 4.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 70.00mg | Iron | 1.50mg | |
| | | | | |

Breakfast Egg Sandwich

| Servings: | | 1.00 | | Category: | Entree | |
|--|---------|----------|---|---|---|---------------|
| Serving Size: | | 1.00 Ser | ving | HACCP Process: | Same Day S | ervice |
| Meal Type: | | Breakfas | st | Recipe ID: | R-21655 | |
| School: | | EAST NO | OBLE SCHOOL | | | |
| Ingredien | ts | | | | | |
| Description | Measu | rement | Prep Instructi | ons | | DistPart # |
| EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR | 1 Each | | trays with pan liner For bulk product, co individually wrappe pan; no need to cov | bination Oven: Preheat over or parchment paper, Place over with foil prior to placing d product, do not allow wra rer with foil. Heat product pe g time from thawed state 10 utes | product on sheet trays, g in oven. For pper to touch edges of er recommended heating | 663091 |
| SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS | 1 Each | | minutes. CONVECTION Appliances vary, ad Convection Oven Place frozen patties minutes. PAN_FRY Appliances vary, ad Pan Fry | on baking sheet pan. Cook just accordingly. on baking sheet pan. Cook | at 325°F for 5 to 7 | 138941 |
| MUFFIN ENG WGRAIN SLCD 2Z 12-12CT | 1 Each | | Thaw the amount yo or under refrigeration | ns: Product will arrive frozen ou want to use at room temp on overnight. Make sure to c not to dry it out. Return und gerate. | perature for 3-4 hours close bakery bag on any | 687131 |
| American Cheese Sliced RF | 1 Slice | | | | | 666204 |

Preparation Instructions

Follow instructions on pkg for Eggs, Sausage. Cook to 165 degrees F Top English Muffin with hot egg, then sausage, then cheese. Wrap and Serve Serve at 155 Degrees F

Meal Components (SLE) Amount Per Serving

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

Nutrition Facts

| Servings Per Recipe: 1.00 Serving Size: 1.00 Serving | | | | | |
|---|-----------|-----------|--------|--|--|
| Amount Pe | r Serving | | | | |
| Calories | | 305.00 | | | |
| Fat | | 13.00g | | | |
| SaturatedF | at | 3.75g | | | |
| Trans Fat | | 0.00g | | | |
| Cholestero | I | 147.50mg | | | |
| Sodium | | 855.00mg | | | |
| Carbohydra | ates | 23.00g | | | |
| Fiber | | 1.00g | | | |
| Sugar | | 1.50g | | | |
| Protein | | 23.50g | | | |
| Vitamin A | 30.00IU | Vitamin C | 0.00mg | | |
| Calcium | 220.00mg | Iron | 2.96mg | | |

WG White Bread- Aunt Millies

| Servings: | 1.00 | Category: | Grain |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-21672 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| 380 - Aunt Millie's WG Honey White Bread | 1 Each | | 380 |

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

| Amount Pe | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 90.00 | |
| Fat | | 1.00g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 160.00mg | |
| Carbohydra | ates | 17.00g | |
| Fiber | | 2.00g | |
| Sugar | | 3.00g | |
| Protein | | 3.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 2.00mg | Iron | 6.00mg |

Turkey Pepperoni Stuffed Sandwich

| Servings: | 1.00 | Category: | Entree |
|--|---|--|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-21674 |
| School: | EAST NOBLE H SCHOOL | IGH | |
| Ingredients | | | |
| Description Meas | urement Prep Inst | ructions | DistPart # |
| POCKET TKY PEPP WGRAIN 1 Each 48CT | BEFORE EAT serving. Prep 325°F, high fa 23-25 minutes Preheat oven Bake for 28-30 Microwave (1' 1:45 - 2:15 min for additional times and tem | BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 325°F, high fan. Arrange pouches in a single layer on baking sheet. Bake for 23-25 minutes. Rotate product half way through baking time. Conventional Preheat oven to 350°F. Arrange pouches in a single layer on baking sheet. Bake for 28-30 minutes. Rotate product half way through baking time. Microwave (1100W) Place one pouch on microwave safe plate. Cook for 1:45 - 2:15 minutes on HIGH power. Note: Increased cooking time is needed for additional product. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion. | |

Preparation Instructions

Follow instruction on package Cook to 165 degrees F Serve at 140 degrees F and above

| Amount Per Serving | , |
|--------------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.25 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Amount Per ServingCalories300.0Fat11.00SaturatedFat5.000Trans Fat0.000 | |
|--|------|
| Fat 11.00 SaturatedFat 5.00g | |
| SaturatedFat 5.00g | 00 |
| · |)g |
| Trans Fat 0.00g | J |
| |] |
| Cholesterol 40.00 |)mg |
| Sodium 680.0 |)0mg |
| Carbohydrates 32.00 |)g |
| Fiber 3.00g |) |
| Sugar 4.00g |) |
| Protein 18.00 |)g |

| Vitamin A | 400.00IU | Vitamin C | 0.00mg |
|-----------|----------|-----------|--------|
| Calcium | 250.00mg | Iron | 2.70mg |
| | | | |

Asian Rice - Whole Grain

| Servings: | 24.00 | Category: | Grain |
|-----------------------------|-------------|-------------------|------------------|
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-21683 |
| Ingredients | | | |
| Description | Measurement | Prep Instructions | DistPart # |
| RICE BRN ASIAN 6-26.4Z UBEN | 1 Gallon | | 244541 |

Preparation Instructions

Prepare steam table pans.

Mix rice according to package directions. Place 5 boxes per steam table pan. Use a total of 3 pans = 15 boxes for the whole school.

Bake 375 degrees for 1 to 1/12 hours or until rice is tender. Hold in steam table and warming oven.

Meal Components (SLE)

| Amount Per Serving | |
|---------------------------------------|------|
| Meat | 0.00 |
| Grain | 1.33 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| · · · · · · · · · · · · · · · · · · · | |

Nutrition Facts

Servings Per Recipe: 24.00 Serving Size: 4.00 Ounce

| Amount Pe | r Serving | | |
|---------------|-----------|-----------|--------|
| Calories | | 140.00 | |
| Fat | | 1.33g | |
| SaturatedFa | at | 0.33g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 0.00mg | |
| Sodium | | 300.00mg | |
| Carbohydrates | | 28.00g | |
| Fiber | | 1.33g | |
| Sugar | | 2.00g | |
| Protein | | 3.33g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Coloium | 13.33mg | Iron | 0.48mg |
| Calcium | 15.55mg | | 0.40mg |

Mini Waffle

| Servings: | 1.00 | Category: | Grain |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-21699 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|---------------|
| WAFFLE MINI MAPL WGRAIN IW 72-2.47Z | 1 Package | BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350?F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350?F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 269260 |

Preparation Instructions

No Preparation Instructions available.

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

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each | | | | | |
|---|-------------|-----------|--------|--|--|
| Amount Per | r Serving | | | | |
| Calories | | 200.00 | | | |
| Fat | | 5.00g | | | |
| SaturatedFa | at | 1.00g | | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol | Cholesterol | | 0.00mg | | |
| Sodium | | 170.00mg | | | |
| Carbohydra | ites | 37.00g | | | |
| Fiber | | 3.00g | | | |
| Sugar | | 13.00g | | | |
| Protein | | 4.00g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 40.00mg | Iron | 1.10mg | | |

Fruit Frudel

| Servings: | 1.00 | Category: | Grain |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-21700 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| PASTRY CHRY FILLD IW 72-2.29Z FRUDEL | 1 Each | BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes | 838350 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

| Servings Per Recipe: 1.00 Serving Size: 1.00 Each | | | |
|--|-----------|-----------|--------|
| Amount Per | r Serving | | |
| Calories | | 210.00 | |
| Fat | | 6.00g | |
| SaturatedFa | at | 1.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 260.00mg | |
| Carbohydra | ites | 37.00g | |
| Fiber | | 2.00g | |
| Sugar | | 11.00g | |
| Protein | | 4.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 1.50mg |

Mini Pancakes

| Servings: | 1.00 | Category: | Grain |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-21701 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|---------------|
| PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS | 1 Package | READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 269220 |

Preparation Instructions

No Preparation Instructions available.

| Amount | Per | Serving | |
|--------|-----|---------|--|
|--------|-----|---------|--|

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

| Nutrition Servings Pe Serving Size | r Recipe: 1.0 | 0 | |
|--|---------------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 220.00 | |
| Fat | | 6.00g | |
| SaturatedFa | at | 0.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | l | 0.00mg | |
| Sodium | | 270.00mg | |
| Carbohydra | ates | 37.00g | |
| Fiber | | 2.00g | |
| Sugar | | 11.00g | |
| Protein | | 4.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 70.00mg | Iron | 1.50mg |

French Toast

| Servings: | 1.00 | Category: | Grain |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-21702 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| FRENCH TST MINI CHOC CHIP IW 72-3.03Z | 1 Package | HEAT_AND_SERVE Preheat Convection oven to 350 ° Single layer on sheet pan lined with parchment paper. CCP: Heat in convection oven from frozen for 8-10 minutes. From thawed state 5 - 6 minutes CCP:Hold in warming unit for no longer than 3 hours | 498492 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| Amount of Cerving | |
|-------------------|------|
| Meat | 0.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each **Amount Per Serving** Calories 210.00 Fat 6.00g SaturatedFat 1.50g **Trans Fat** 0.00g 0.00mg Cholesterol Sodium 260.00mg Carbohydrates 35.00g Fiber 4.00g 11.00g Sugar Protein 5.00g Vitamin C Vitamin A 0.00IU 0.00mg Calcium 260.00mg 3.60mg Iron

Tornado- Breakfast

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-21703 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| TORNADO BKFST WHLWHE 2.79Z 18-8CT | 1 | | 495932 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.75 |
| Grain | 1.25 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| Amount Pe | r Serving | | |
|---------------|-----------|-----------|--------|
| Calories | | 180.00 | |
| Fat | | 7.00g | |
| SaturatedFa | at | 1.50g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 30.00mg | |
| Sodium | | 280.00mg | |
| Carbohydrates | | 22.00g | |
| Fiber | | 0.00g | |
| Sugar | | 1.00g | |
| Protein | | 7.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Biscuit Sticks

| Servings: | 1.00 | Category: | Grain |
|---------------|-----------|----------------|------------------|
| Serving Size: | 2.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-21704 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--|------------|
| DOUGH BISC STICK 250-1.25Z RICH | 2 Each | BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly. | 149070 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| Servings Per Recipe: 1.00 Serving Size: 2.00 Each | | | | | |
|--|-----------------|-----------|--------|--|--|
| Amount Per | · Serving | | | | |
| Calories | | 220.00 | | | |
| Fat | | 10.00g | | | |
| SaturatedFa | at | 6.00g | | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol 0.00mg | | | | | |
| Sodium | Sodium 740.00mg | | | | |
| Carbohydra | tes | 26.00g | | | |
| Fiber | | 0.00g | | | |
| Sugar | | 2.00g | | | |
| Protein 4.00g | | | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 0.00mg | Iron | 0.00mg | | |

Turkey Pigtail

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|-------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Breakfast | Recipe ID: | R-21705 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| DOUGH PUFF PSTRY SHT 20-12Z PILLS | 4 Ounce | BAKE Standard Prep: Place 12 squares on a parchment lined full sheet pan. Cover with parchment. Thaw at room temperature for 15-30 minutes. Make up desired pieces, spray tops with water. For 4 oz pieces, bake time 22-26 minutes in 350 degrees F convection oven. See package for complete handling and baking instructions. | 266541 |
| SAUSAGE TKY LNK BKFST CKD 160- 1.025Z | 1 Each | GRILL Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked. | 352740 |

Preparation Instructions

Wash Hands Prep dough, cut into 8 squares Wrap pre cooked sausage Baked until 165 degrees F 10 minutes.

| Amount Per Serving | |
|--------------------|------|
| Meat | 1.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts |
|---------------------------|
| Servings Per Recipe: 1.00 |

| Serving Size: 1.00 Each | | |
|-------------------------|-----------|--------|
| Amount Per Serving | | |
| Calories | 574.80 | |
| Fat | 42.80g | |
| SaturatedFat | 20.20g | |
| Trans Fat | 0.36g | |
| Cholesterol | 30.00mg | |
| Sodium | 401.20mg | |
| Carbohydrates | 36.00g | |
| Fiber | 1.20g | |
| Sugar | 0.00g | |
| Protein | 12.40g | |
| Vitamin A 0.00IU | Vitamin C | 0.00mg |

| Calcium | 29.48mg | Iron | 2.40mg |
|---------|---------|------|--------|
| | | | |

Egg Quesadilla

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|-------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Breakfast | Recipe ID: | R-21706 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|---------------|
| EGG OMELET CHS COLBY 225-2.1Z SNYFR | 1 Each | BAKE Convection or Combination Oven: Preheat oven to 350ŰF, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes | 554470 |
| CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED | 1 Ounce | READY_TO_EAT | 100018 |
| TORTILLA FLOUR 10 ULTRGR 12- 12CT | 1 Each | STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying). | 690141 |

Preparation Instructions

Wash Hands

Place tortilla down

Place sliced cheese, then egg, then cheese.

Fold Bake to 165 degrees F, about 8-10 minutes Serve quickly

| 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 |
| | |

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 400.00 | |
| Fat | | 22.00g | |
| SaturatedF | at | 10.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 190.00mg | |
| Sodium | | 710.00mg | |
| Carbohydra | ates | 32.00g | |
| Fiber | | 3.00g | |
| Sugar | | 3.00g | |
| Protein | | 18.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 200.00mg | Iron | 2.34mg |
| | | | |

Ham and Cheese Turnover

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|-------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Breakfast | Recipe ID: | R-21707 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| DOUGH PUFF PSTRY SHT 20-12Z PILLS | 4 Ounce | BAKE Standard Prep: Place 12 squares on a parchment lined full sheet pan. Cover with parchment. Thaw at room temperature for 15-30 minutes. Make up desired pieces, spray tops with water. For 4 oz pieces, bake time 22-26 minutes in 350 degrees F convection oven. See package for complete handling and baking instructions. | 266541 |
| Ham, Cubed Frozen | 3 Ounce | | 100188-H |
| Cheese, Cheddar Reduced fat, Shredded | 1 Ounce | | 100012 |

Preparation Instructions

Wash Hands

Prep dough, cut into 8 squares Add 4 ounces of mixture, Fold over and pinch Baked until 165 degrees F 10 minutes.

| Meal | Com | ponent | s (SLE) |
|------|-----|--------|---------|
| mcui | | ponent | |

| Amount Per Serving | |
|--------------------|------|
| Meat | 3.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each | | | | | |
|---|-----------|-----------|---------|--|--|
| Amount Pe | r Serving | | | | |
| Calories | | 685.78 | | | |
| Fat | | 47.26g | | | |
| SaturatedFat | | 25.66g | | | |
| Trans Fat | | 0.36g | 0.36g | | |
| Cholesterol | | 64.26mg | 64.26mg | | |
| Sodium | | 1081.69mg | | | |
| Carbohydra | ates | 41.92g | | | |
| Fiber | | 1.20g | | | |
| Sugar | | 2.46g | | | |
| Protein | | 25.70g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 29.48mg | Iron | 2.04mg | | |

Ham and Beans w/ Cornbread

| Servings: | 25.00 | Category: | Entree |
|---------------|------------|----------------|-------------------|
| Serving Size: | 6.00 Ounce | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-21730 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|-------------------|------------|
| BEAN GRT NORTHR 6-10 GCHC | 1 #10 CAN | Drained, rinsed | 119075 |
| Ham, Cubed Frozen | 5 Pound | | 100188-H |
| BASE HAM NO ADDED MSG 6-1 MINR | 1 Tablespoon | | 364654 |
| ONION DCD 1/4 2-5 RSS | 2 Cup | | 198307 |
| SPICE PEPR RED CAYENNE GRND 16Z TRDE | 2 Teaspoon | | 225088 |
| Cold Water | 1 Gallon | | 0000 |
| CORNBREAD PRE-CUT 4-30CT CP | 25 Piece | | 579785 |

Preparation Instructions

Wash Hands Add all ingredients and simmer for an hour Cook to 165 degrees F. Serve hot Serving size- 6oz.

Meal Components (SLE)

Amount Per Serving

| <u>J</u> | |
|----------|------|
| Meat | 2.62 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.03 |
| Legumes | 0.52 |
| Starch | 0.00 |
| | |

Nutrition Facts Servings Per Recipe: 25.00

| Serving Size: 6.00 Ounce | | | |
|--------------------------|-----------|--|--|
| Amount Per Serving | | | |
| Calories | 437.62 | | |
| Fat | 12.62g | | |
| SaturatedFat | 4.62g | | |
| Trans Fat | 0.24g | | |
| Cholesterol | 87.21mg | | |
| Sodium | 1141.38mg | | |
| Carbohydrates | 53.74g | | |
| Fiber | 7.64g | | |
| Sugar | 15.30g | | |

| Protein | | 23.36g | |
|-----------|---------|-----------|--------|
| Vitamin A | 96.00IU | Vitamin C | 0.00mg |
| Calcium | 88.55mg | Iron | 3.07mg |

Lunch Munchable

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------------------|----------------|---------|
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-22020 |
| School: | EAST NOBLE ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| Ham, Cubed Frozen | 1/2 Cup | | 100188-H |
| CHEESE COLBY JK CUBE IW 200-1Z LOL | 1 Ounce | BAKE | 680130 |
| GRAPES RED SDLSS 18AVG MRKN | 1/2 Cup | | 197831 |
| CRACKER GLDFSH CHED WGRAIN 300- .75Z | 1 Package | | 736280 |

Preparation Instructions

Wash Hands

Place each item into separate container Store at 41 degrees F or lower

| Amount Per Serving | |
|--------------------|------|
| Meat | 3.05 |
| Grain | 1.00 |
| Fruit | 0.22 |
| 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 Serving | | | | |
|--|-----------|-----------|--------|--|
| Amount Pe | r Serving | | | |
| Calories | | 322.09 | | |
| Fat | | 12.82g | | |
| SaturatedFat | | 7.12g | | |
| Trans Fat | | 0.00g | 0.00g | |
| Cholesterol | | 56.89mg | | |
| Sodium | | 807.08mg | | |
| Carbohydrates | | 33.77g | | |
| Fiber | | 1.73g | | |
| Sugar | | 15.38g | | |
| Protein | | 20.78g | | |
| Vitamin A | 384.00IU | Vitamin C | 3.36mg | |
| Calcium | 321.76mg | Iron | 1.25mg | |

Chicken and Waffles

| Servings: | 1.00 | Category: Entree | |
|---|-------------|---|--------------------------------|
| Serving Size: | 1.00 Ea | ch HACCP Process: Same I | Day Service |
| Meal Type: | Lunch | Recipe ID: R-2213 | 57 |
| Ingredie | nts | | |
| Description | Measurement | Prep Instructions | DistPart # |
| CHIX DRMSTX BRD WGRAIN CKD 4-7.4 | 1 Piece | BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire r above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire r above 140°F in a dry heat environment. | ack, 603391 |
| WAFFLE MINI MAPL WGRAIN IW 72-2.47Z | 1 Package | BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350?F. Place pouches flat on a baking sheet heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350?F. P pouches flat on a baking sheet and heat for 11-13 minutes.* Microw Heat for 30-35 seconds on high. *DO NOT place pouches directly or oven rack or let pouches touch oven sides. Bake times will vary by type and load. Consume within 6 hours of preparing. | and Place 269260 rave: 1 |

Preparation Instructions

Follow the instruction on package. Serve at 140 degrees and above

| Meal Components (SLE) | | |
|-----------------------|------|--|
| Amount Per Serving | | |
| Meat | 0.00 | |
| Grain | 2.75 | |
| Fruit | 0.00 | |
| GreenVeg 0.00 | | |
| RedVeg 0.00 | | |
| OtherVeg 0.00 | | |

| Legumes | 0.00 |
|---------|------|
| Starch | 0.00 |
| | |

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| Amount Pe | r Serving | | |
|---------------|-----------|-----------|--------|
| Calories | | 420.00 | |
| Fat | | 18.00g | |
| SaturatedFa | at | 4.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 60.00mg | |
| Sodium | | 700.00mg | |
| Carbohydrates | | 43.00g | |
| Fiber | | 4.00g | |
| Sugar | | 13.00g | |
| Protein | | 23.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 54.00mg | Iron | 2.10mg |
| | | | |

Turkey and Noodles

| Servings: | 80.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22139 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------------------|------------|
| TURKEY & GRAVY 4-7 | 20 Pound | | 722460 |
| PASTA NOODL KLUSKI 1/8 2-5 GCHC | 5 Pound | 1 oz. of Dry Pasta = 1 oz eq. | 270385 |

Preparation Instructions

Directions:

Heat Turkey package as directed on package

Cook Pasta, using 2:1 water to pasta ratio. until Al Dente

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until Al Dente. Stir occasionally. DO NOT OVERCOOK OR DRAIN.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 0.50 |
| Fruit | 0.00 |

| GreenVeg | 0.00 |
|----------|------|
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 2.00 |
| Starch | 1.00 |

Servings Per Recipe: 80.00 Serving Size: 6.00 Ounce

| Amount Per | Serving | | |
|--------------|---------|-----------|--------|
| Calories | | 241.65 | |
| Fat | | 7.33g | |
| SaturatedFat | | 2.28g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 78.20mg | |
| Sodium | | 460.70mg | |
| Carbohydrate | es | 22.03g | |
| Fiber | | 1.00g | |
| Sugar | | 1.00g | |
| Protein | | 20.20g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 10.00mg | Iron | 1.68mg |

Squash Bake

| Servings: | 100.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22350 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| TOMATO & ZUCCHINI 6-10 REDPK | 6 #10 CAN | BAKE Heat via Stove Top, Oven, Steaming, Microwave, or Boiling | 219169 |
| SQUASH ZUCC SLC IQF 12-2AVG SIMPLOT | 12 Pound | | 448892 |
| SQUASH SLCD YEL IQF GRD A 12- 2 SIMPL | 12 Pound | | 229592 |
| SEASONING A/P HERB NO SALT 13Z TRDE | 1 Cup | | 647240 |
| PASTA SPAGHETTI 10 4-5 GCHC | 5 Pound | | 413370 |
| Cheese, Mozzarella, Part Skim, Shredded | 2 Pound | | 100021 |

Preparation Instructions

In a roasting pan, add canned zucchini and tomatoes Top with sliced squash Top with seasonings Roast for 30-45 minutes. Blend with Pasta Add Cheese Bake for 20 minutes Until 140 Degrees F. Serve at 135 Degrees F.

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 0.00 | |
| Grain | 0.25 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.25 | |
| OtherVeg | 0.00 | |

| Legumes | 0.00 |
|---------|------|
| Starch | 0.00 |
| | |

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

| Am aunt Day | Coming | | |
|-------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 166.58 | |
| Fat | | 2.64g | |
| SaturatedFa | at | 1.60g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 8.00mg | |
| Sodium | | 446.59mg | |
| Carbohydra | ites | 30.20g | |
| Fiber | | 2.80g | |
| Sugar | | 11.75g | |
| Protein | | 6.72g | |
| Vitamin A | 83.84IU | Vitamin C | 0.00mg |
| Calcium | 44.02mg | Iron | 0.88mg |
| | | | |

Chef Salad, Fajita Chicken

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-22394 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| LETTUCE SALAD SEP BAGS 4-5 RSS | 2 1/2 Cup | | 242071 |
| Chicken, Fajita Strips, Cooked, Frozen | 1 Cup | | 100117 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | #20scoop | 150250 |
| TOMATO CHERRY 11 MRKN | 6 Each | | 569551 |

Preparation Instructions

Place ingredients in Chef Salad clam shell
 Top with cherry tomatoes,& cheese
 Offer (2) dinner roll
 CCP: Hold at 41F or lower
 If being held for over 24 hours date mark 3 days
 Chicken- 1 c. = 4.5 oz.
 Cheese- 1 c.= 4.5 oz.

| 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: 1 Serving Size: 1.00 sala | |
|--|----------|
| Amount Per Serving | |
| Calories | 223.14 |
| Fat | 11.29g |
| SaturatedFat | 7.07g |
| Trans Fat | 0.00g |
| Cholesterol | 67.00mg |
| Sodium | 528.29mg |
| Carbohydrates | 12.80g |
| Fiber | 4.46g |
| Sugar | 7.48g |
| Protein | 20.03g |
| | _0.009 |

| Vitamin A | 1379.57IU | Vitamin C | 17.76mg |
|-----------|-----------|-----------|---------|
| Calcium | 246.53mg | Iron | 0.35mg |
| | | | |

Turkey Club Salad

| Servings: | 1.00 | Category: | Entree |
|---------------|------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-22401 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| LETTUCE SALAD SEP BAGS 4-5 RSS | 2 1/2 Cup | | 242071 |
| SPINACH BABY CLND 2-2 RSS | 1/2 Cup | | 560545 |
| TURKEY BRST DCD 2-5 | 1/2 Cup | | 451300 |
| BACON BIT TKY 12-1.25#AVG JENNO | 1/4 Cup | | 653050 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/2 Cup | #20scoop | 150250 |
| TOMATO CHERRY 11 MRKN | 6 Each | | 569551 |

Preparation Instructions

1. Place salad and spinach in clam shell

- 3. Top with cherry tomatoes, turkey, bacon & cheese
- 4. Offer with dressing & dinner roll

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 0.00 | |
| Grain | 0.00 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.75 | |
| OtherVeg | 0.25 | |
| Legumes | 0.00 | |
| Starch | 0.00 | |
| | | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 salad |) |
|--|-------------------|
| Amount Per Serving | |
| Calories | 316.12 |
| Fat | 20.17g |
| SaturatedFat | 12.64g |
| Trans Fat | 0.00g |
| Cholesterol | 72.60mg |
| Sodium | 648.04mg |
| Carbohydrates | 14.18g |
| Fiber | 4.96g |
| Sugar | 6.73g |
| Protein | 23.20g |
| Vitamin A 1679.57IU | Vitamin C 17.76mg |

| Calcium | 465.53mg | Iron | 0.99mg |
|---------|----------|------|--------|
| | | | |

Vegetarian Chef Salad

| Servings: | 1.00 | Category: | Entree |
|---------------|------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-22402 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| LETTUCE SALAD SEP BAGS 4-5 RSS | 2 1/2 Cup | | 242071 |
| SPINACH BABY CLND 2-2 RSS | 1/2 Cup | | 560545 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 Cup | #20scoop | 150250 |
| Grape Tomatoes | 6 Each | | 749041 |
| Cucumber | 1/2 Cup | BAKE | 16P98 |
| RED ONION | 1/4 Cup | | 15N63 |
| BEAN GARBANZO 12-16Z BUSH | 1/2 Cup | | 269543 |

Preparation Instructions

- 2. Place salad and spinach in clam shell
- 3. Top with legumes, vegetables & cheese,
- 4. Offer with dressing & dinner roll
- CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

| Amount Per Serving | |
|--------------------|------|
| Meat | 4.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.25 |
| RedVeg | 1.00 |
| OtherVeg | 0.25 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 salad Amount Per Serving | |
|--|----------|
| Calories | 486.31 |
| Fat | 36.00g |
| SaturatedFat | 24.00g |
| Trans Fat | 0.00g |
| Cholesterol | 120.00mg |
| Sodium | 801.31mg |
| Carbohydrates | 13.76g |
| Fiber | 4.13g |
| Sugar | 4.38g |
| Protein | 31.88g |

| Vitamin A | 1200.00IU | Vitamin C | 0.00mg |
|-----------|-----------|-----------|--------|
| Calcium | 853.57mg | Iron | 0.65mg |
| | | | |

Cheesy Potatoes & Ham

| Servings: | 36.00 | | Category: | Entree | |
|---|-------------------|--|--|--|---------------|
| Serving Size: | 6.00 Oun | се | HACCP Process: | Same Day S | Service |
| Meal Type: | Lunch | | Recipe ID: | R-22463 | |
| School: | EAST NO SCHOOL |)BLE HIGH | | | |
| Ingredien | ts | | | | |
| Description | Measurement | Prep Instru | ctions | | DistPart # |
| POTATO CHS BAKE R/SOD6-34Z REDI SHRED | 2 Carton | a 2 1 2" deep full-size 3: Add potato sh 20 minutes. For [Alternate] For h | ers boiling water (212°F) and steamtable pan. 2: Stir in sau areds. Stir. 4: Bake in a conve conventional oven, bake at 4 alf carton prep, use half of ea time and temperature remain | uce mix until dissolved. ction oven at 350°F for 00°F for 30 minutes. ach ingredient amount | 758906 |
| Ham, Cubed Frozen | 6 Pound | | | | 100188-H |

Preparation Instructions

Directions:

- 1. Heat 1 gallon water
- 2. Add 2 cartons of potatoes and thawed Ham
- 3. Cook at 100% moisture, at 300 degrees.
- 4.) Cook at 300° F for 30 minutes
- CCP not needed ..

Portion with 3/4 cup).

Notes:

1: * See Marketing Guide

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 2.00 | |
| Grain | 0.00 | |
| Fruit | 0.00 | |
| GreenVeg | 0.00 | |
| RedVeg | 0.00 | |
| OtherVeg | 0.00 | |
| Legumes | 0.00 | |

0.25

Nutrition Facts

Servings Per Recipe: 36.00 Serving Size: 6.00 Ounce

| | | - | | | |
|---------------|-----------|-----------|----------|--|--|
| Amount Per | r Serving | | | | |
| Calories | | 87.54 | | | |
| Fat | | 2.35g | | | |
| SaturatedFa | at | 2.30g | | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol | | 39.62mg | | | |
| Sodium | | 522.66mg | 522.66mg | | |
| Carbohydrates | | 5.48g | | | |
| Fiber | | 0.06g | | | |
| Sugar | | 2.35g | | | |
| Protein | | 11.10g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 3.33mg | Iron | 0.02mg | | |
| | | | | | |

Mini Pancakes- Strawberry

| Servings: | 1.00 | Category: | Grain |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-22530 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|---------------|
| PANCAKE STRAWB WGRAIN IW 72-3.17Z | 1 Package | READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 269230 |

Preparation Instructions

No Preparation Instructions available.

| Amount | Per | Serving | |
|--------|-----|---------|--|
| | | | |

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

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each | | | |
|---|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 230.00 | |
| Fat | | 6.00g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 260.00mg | |
| Carbohydra | ites | 39.00g | |
| Fiber | | 2.00g | |
| Sugar | | 14.00g | |
| Protein | | 4.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 60.00mg | Iron | 1.50mg |

Western Burger on Bun

| Servings: | 100.00 | Category: | Entree | |
|--|-------------|---|--|---------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day S | Service |
| Meal Type: | Lunch | Recipe ID: | R-22685 | |
| Ingredient | :S | | | |
| Description | Measurement | Prep Instructions | | DistPart # |
| MEATLOAF CKD SLCD W/CHS 100-2.9Z | 100 Piece | BAKE This product is designed to be heated to 140 degre serving. Verify internal temperature with a meat th cooking times will vary due to differences in applia of product. Always wash work surfaces and your h handling food. Keep raw meats and vegetables se cooked product. Freeze or refrigerate leftovers imp | ermometer, as ances and weight nands before parate from | 765641 |
| CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED | 100 Slice | READY_TO_EAT | | 100018 |
| 4 inch whole grain hamburger buns - 30 ct | 100 bun | | | 3480 |

Preparation Instructions

Directions:

WASH HANDS.

1. Place frozen patties, in a 4- inch full pan,

2.Add 1 cup water,

- 3. Wrap pan with parchment and foil.
- 4. Bake for an hour, or until 165 degrees F.
- 5. Place cooked patty on Bun,
- 6. Top with Bun, Wrap
- * Hold at 145 degrees F

Notes:

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain Updated October 2013

Meal Components (SLE)

Amount Per Serving

| Meat | 2.00 |
|-------|------|
| Grain | 2.00 |
| Fruit | 0.00 |

| 0.00 |
|------|
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

| Amount Per | r Serving | | |
|---------------|-----------|-----------|--------|
| | Derving | 005.00 | |
| Calories | | 385.00 | |
| Fat | | 16.50g | |
| SaturatedFa | at | 7.50g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 42.50mg | |
| Sodium | | 715.00mg | |
| Carbohydrates | | 9.00g | |
| Fiber | | 3.00g | |
| Sugar | | 9.50g | |
| Protein | | 20.50g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 60.00mg | Iron | 1.44mg |
| | | | |

Bean Burrito

| Servings: | 60.00 | Category: | Entree |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22763 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| BURRITO BF/BEAN/CHS WGRAIN CN 60- 5Z | 5/8 Each | | 497221 |

Preparation Instructions

Directions:

Item Yield

1 Case = 96 Burrito, Bean & Cheese, Whole Grain, Frozen

Thawing Instructions

Thaw under refrigeration

Shelf Life

Frozen = 365 days from date of production

Basic Preparation

For best results, thaw product prior to baking. Convection Oven: 325F. Thawed = 14-20 minutes. Convection Oven: 300F. Thawed = 12-18 minutes. Internal temperature should reach 160F. Times and temperature may vary based upon actual equipment.

| 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: 60.00 | | | | | |
| Serving Size | : 1.00 Each | | | | |
| Amount Per | r Serving | | | | |
| Calories | | 3.78 | | | |
| Fat | | 0.16g | | | |
| SaturatedFa | SaturatedFat | | | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol | | 0.26mg | | | |
| Sodium | | 4.83mg | | | |
| Carbohydra | ites | 0.42g | | | |
| Fiber | | 0.05g | | | |
| Sugar | | 0.03g | | | |
| Protein | | 0.17g | | | |
| Vitamin A | 4.20IU | Vitamin C | 0.01mg | | |
| Calcium | 1.05mg | Iron | 0.02mg | | |

Beef Burrito

| Servings: | 60.00 | Category: | Entree |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22764 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| BURRITO BF CHILI/CHS/BN WGRAIN 60-5Z | 1 Each | | 497610 |

Preparation Instructions

Directions: Item Yield 1 Case = 96 Burrito, Bean & Cheese, Whole Grain, Frozen Thawing Instructions Thaw under refrigeration Shelf Life Frozen = 365 days from date of production Basic Preparation

For best results, thaw product prior to baking. Convection Oven: 325F. Thawed = 14-20 minutes. Convection Oven: 300F. Thawed = 12-18 minutes. Internal temperature should reach 160F. Times and temperature may vary based upon actual equipment.

Nutrition Facts

Meal Components (SLE)

Amount Per Serving

| Meat | 3.00 |
|----------|------|
| Grain | 3.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

| Servings Per Recipe: 60.00 Serving Size: 1.00 Each | | | | | |
|---|-----------|-----------|--------|--|--|
| Amount Per | r Serving | | | | |
| Calories | | 6.17 | | | |
| Fat | Fat | | | | |
| SaturatedFat | | 0.12g | | | |
| Trans Fat | Trans Fat | | | | |
| Cholesterol | | 0.33mg | | | |
| Sodium | | 9.17mg | | | |
| Carbohydra | ites | 0.58g | | | |
| Fiber | | 0.12g | 0.12g | | |
| Sugar | | 0.05g | | | |
| Protein | | 0.28g | | | |
| Vitamin A | 6.67IU | Vitamin C | 0.02mg | | |
| Calcium | 2.50mg | Iron | 0.06mg | | |

Chili Frito Casserole

| Servings: | 50.00 | Category: | Entree |
|---------------|------------|----------------|------------------|
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22767 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|---|------------|
| CHILI BEEF W/BEAN 6-5 COMM | 20 Pound | KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned | 344012 |
| Shredded Cheddar redu fat/sodium | 2 Pound | | 344721 |
| CHIP CRN REG BULK 8-16Z FRITO | 16 Ounce | | 334604 |

Preparation Instructions

No Preparation Instructions available.

| Amount Per Serving | | | |
|--------------------|------|--|--|
| Meat | 2.36 | | |
| Grain | 0.00 | | |
| Fruit | 0.00 | | |
| GreenVeg | 0.00 | | |
| RedVeg | 0.42 | | |
| OtherVeg | 0.00 | | |
| Legumes | 0.00 | | |
| Starch | 0.00 | | |
| | | | |

| Servings Per Recipe: 50.00 |
|----------------------------|
| Serving Size: 6.00 Ounce |

| Amount Per Serving | |
|---------------------|-------------------|
| Calories | 181.26 |
| Fat | 6.45g |
| SaturatedFat | 2.51g |
| Trans Fat | 0.00g |
| Cholesterol | 37.23mg |
| Sodium | 281.29mg |
| Carbohydrates | 16.63g |
| Fiber | 4.39g |
| Sugar | 5.49g |
| Protein | 15.55g |
| Vitamin A 1374.41IU | Vitamin C 20.86mg |
| Calcium 87.99mg | Iron 3.29mg |

Beef Cheese Macaroni

| Servings: | 50.00 | Category: | Entree |
|---------------|------------|----------------|------------------|
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22773 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--------------------------------|------------|
| SAUCE SPAGHETTI BF REDC FAT 6-5 COMM | 20 Pound | Prepare as directed on package | 573201 |
| PASTA ELBOW MACAR 8-2.5 PG | 3 Pound | | 664461 |

Preparation Instructions

Directions:

Follow instructions on package

CCP: Heat to 165° F or higher.

Stir cooked macaroni, into meat sauce. Spread mixture into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

CCP: Hold at 140° F or warmer.

Portion 1 cup.

Notes:

1: * See Marketing Guide

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.29 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 6.00 Ounce

| Amount Per Serving | | |
|--------------------|-------------|---------|
| Calories | 286.86 | |
| Fat | 8.48g | |
| SaturatedFat | 3.20g | |
| Trans Fat | 0.00g | |
| Cholesterol | 62.86mg | |
| Sodium | 331.43mg | |
| Carbohydrates | 30.45g | |
| Fiber | 3.25g | |
| Sugar | 8.96g | |
| Protein | 20.50g | |
| Vitamin A 739.43IU | Vitamin C 2 | 21.71mg |
| Calcium 55.09mg | lron 3 | 3.15mg |

Honey Siracha Chicken Nuggets

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22776 |
| School: | EAST NOBLE HIGH SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| CHIX BRST CHNK BRD SRIRACHA 4-7.12 | 5 Each | CONVECTION Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes. | 750892 |

Preparation Instructions

| Follow instruction on label |
|-----------------------------|
| 30 % moisture |
| 250 degrees |
| Bake for 15 minutes |
| until 165 Degrees |

Meal Components (SLE)

| Amount Per Serving | 、 , |
|--------------------|------------|
| Meat | 2.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts | | | | |
|-------------------------|-----------|--------|--|--|
| Servings Per Recipe: 1. | | | | |
| Serving Size: 1.00 Serv | ang | | | |
| Amount Per Serving | | | | |
| Calories | 237.50 | | | |
| Fat | 11.25g | | | |
| SaturatedFat | 1.88g | | | |
| Trans Fat | 0.00g | | | |
| Cholesterol | 43.75mg | | | |
| Sodium | 312.50mg | | | |
| Carbohydrates | 17.50g | | | |
| Fiber | 1.25g | | | |
| Sugar | 2.50g | | | |
| Protein | 18.75g | | | |
| Vitamin A 0.00IU | Vitamin C | 0.00mg | | |

Iron

1.25mg

12.50mg

Calcium

Cuban Taco

| Servings: | 1.00 | Category: | Entree |
|---------------|------------|----------------|------------------|
| Serving Size: | 3.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22925 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|----------------------|------------|
| PORK BUTT BNLS NAT 4-2CT 70AVG P/L | 3 Ounce | | 600470 |
| TORTILLA FLOUR ULTRGR 6 30-12CT | 2 Each | | 882690 |
| Mustard | 1 Tablespoon | | 320220 |
| MAYONNAISE 4GAL HELM | 1 Tablespoon | | 318345 |
| KETCHUP SRIRACHA PKT 1000-8GM HUYFNG | 1 Each | READY_TO_EAT None | 653761 |
| PICKLE DILL SLCD HAMB 4-1GAL GCHC | 1/2 Ounce | | 149195 |

Preparation Instructions

Directions:

Cook Pork in a 4 inch Full Pan, for 6 hours at 200 degrees

- 1.) Pull Pork, to shredded consistency
- 2.) Place tortillas in a 6 oz paper tray
- 3.) Place 3 oz of Pulled Pork
- 4.) Squirt Mustard and Mayo
- 5.) Top with pickles
- Serve immediately
- Stir frequently over medium heat.

CCP: Heat to 165° F.

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 3.00 Ounce

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 467.14 | |
| Fat | | 26.57g | |
| SaturatedF | at | 7.61g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 82.14mg | |
| Sodium | | 510.29mg | |
| Carbohydra | ates | 30.00g | |
| Fiber | | 4.00g | |
| Sugar | | 2.00g | |
| Protein | | 25.69g | |
| Vitamin A | 6.00IU | Vitamin C | 0.51mg |
| Calcium | 63.43mg | Iron | 3.29mg |

Meatloaf with Ketchup Glaze

| Servings: | 75.00 | Category: | Entree |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22927 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|---------------|----------------------|------------|
| MEATLOAF CKD SLCD O/F 30-6Z GFS | 75 Each | | 565555 |
| KETCHUP CAN NAT LO SOD 6-10 REDG | 1 1/2 #10 CAN | READY_TO_EAT None | 200621 |
| SUGAR BROWN LT 12-2 P/L | 1 1/2 Pound | | 860311 |
| SAUCE BBQ 4-1GAL GCHC | 3 Cup | | 734136 |

Preparation Instructions

In a clean bowl, add ketchup, BBQ Sauce and Brown Sugar, Mix well. Reserve In a 2 inch full pan, shingle beef patties, 20-25 to a pan Steam for 30 minutes, uncovered Remove from steamer, top with Tomato Glaze Bake in Convection Oven for 10 minutes at 325 degrees Serve at 170 Degrees.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

| Servings Per Recipe: 75.00 Serving Size: 1.00 Each | | | |
|---|----------|-----------|--------|
| Amount Per Serving | | | |
| Calories | | 491.41 | |
| Fat | | 24.03g | |
| SaturatedFa | at | 10.00g | |
| Trans Fat | | 1.00g | |
| Cholesterol | | 95.00mg | |
| Sodium | | 1359.34mg | |
| Carbohydrates | | 45.04g | |
| Fiber | | 1.10g | |
| Sugar | Sugar | | |
| Protein | | 22.10g | |
| Vitamin A | 500.00IU | Vitamin C | 9.00mg |
| Calcium | 80.00mg | Iron | 2.70mg |
| | | | |

WG PIZZA, PEPPERONI

| Servings: | | 1.00 | | Category: | Entree | |
|---|---------|--------------|--|--|---|---------------|
| Serving Size: | | 1.00 S | Slice | HACCP Process: | Same Day S | ervice |
| Meal Type: | | Lunch | | Recipe ID: | R-22944 | |
| School: | | EAST SCHC | NOBLE HIGH OL | | | |
| Ingredie | ents | | | | | |
| Description | Measur | rement | Prep Instruction | าร | | DistPart # |
| PIZZA PEPP 16 WGRAIN R/E BOLD 9CT | 1 Slice | | Frozen state. PREHEA BEFORE EATING TO A IMPINGEMENT OVEN: high fan for 13-17 minu minutes. Rotate pan ha NOTE: Due to variance may require adjustmer | DNS: COOK BEFORE EATING. T OVEN. FOR FOOD SAFETY A N INTERNAL TEMPERATURE 420°F for 7-9 minutes. CONVE utes. CONVENTIONAL OVEN: 4 alfway through bake cycle in co es in oven regulators, cooking to ths. Pizza is done when cheese in the middle. Refrigerate or dis | ND QUALITY COOK OF 160°F. CTION OVEN: 350°F 50°F for 15-17 onvection oven. time and temperature begins to brown and | 503962 |

Preparation Instructions

Directions:

Spray each pan with Pan Coat. Place frozen Dough on top.

Top with 1 cup of mozz cheese

Bake until crust is lightly browned: Convection oven: 300, HIGH HEAT,° F for 10 minutes,turn, bake another 10 minutes.

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

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 Slice | |
| Amount Per Serving | |
| Calories | 410.00 |
| Fat | 18.00g |
| SaturatedFat | 7.00g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 580.00mg |
| Carbohydrates | 43.00g |
| Fiber | 4.00g |
| | |

| Protein | | 20.00g | |
|-----------|----------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 276.00mg | Iron | 2.80mg |

WG PIZZA, CHEESE

| Servings: | 1.00 | Category: | Entree |
|---------------|------------|----------------|------------------|
| Serving Size: | 1.00 Slice | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22945 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|---------------|
| PIZZA CHS 16 WGRAIN R/E BOLD 9CT | 1 Slice | BAKE COOK BEFORE EATING AND SERVING. FOR BEST RESULTS, COOK FROM FROZEN STATE. ALLOW TO COOL FOR 30 SECONDS BEFORE CUTTING. FOR OPTIMAL QUALITY, BAKE UNTIL INTERNAL TEMPERATURE OF CRUST REACHES 185-190 F. IMPINGEMENT 420 F FOR 7-9 MINUTES. CONVECTION 350 F FOR 13-17 MINUTES. DECK OVEN: 450 F FOR 10-13 MINUTES. PLACE PIZZA ON PARCHMENT LINED BAKING TRAY. FOR EVEN COOKING, ROTATE PANS PART WAY THROUGH BAKING TIME. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIMES AND TEMPERATURES MAY VARY. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN AND IS COMPLETELY MELTED IN THE MIDDLE. REFRIGERATE OR DISCARD ANY UNUSED PORTION. | 236591 |

Preparation Instructions

Directions:

Spray each pan with Pan Coat. Place frozen Dough on top.

Sprinkle (1 cups) shredded cheese evenly over each pizza

Bake until crust is lightly browned: Convection oven: 300° F, HIGH HEAT, for 10 minutes, turn, bake another 10 minutes

Temp and record

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

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 Slice | |
| Amount Per Serving | |
| Calories | 400.00 |
| Fat | 16.00g |
| SaturatedFat | 7.00g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 440.00mg |
| Carbohydrates | 43.00g |
| Fiber | 4.00g |

| Protein | | 19.00g | |
|-----------|----------|-----------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 341.00mg | Iron | 2.40mc |

WG PIZZA, SAUSAGE

| Servings: | 8.00 | Category: Entree | |
|---|-------------|--|---------------|
| Serving Size: | 1.00 Slie | ce HACCP Process: Same Day | Service |
| Meal Type: | Lunch | Recipe ID: R-22946 | |
| Ingredier | nts | | |
| Description | Measurement | Prep Instructions | DistPart # |
| PIZZA CHS 16 WGRAIN R/E BOLD 9CT | 8 Slice | BAKE COOK BEFORE EATING AND SERVING. FOR BEST RESULTS, COOK FROM FROZEN STATE. ALLOW TO COOL FOR 30 SECONDS BEFORE CUTTING. FOR OPTIMAL QUALITY, BAKE UNTIL INTERNAL TEMPERATURE OF CRUST REACHES 185-190 F. IMPINGEMENT 420 F FOR 7-9 MINUTES. CONVECTION 350 F FOR 13-17 MINUTES. DECK OVEN: 450 F FOR 10-13 MINUTES. PLACE PIZZA ON PARCHMENT LINED BAKING TRAY. FOR EVEN COOKING, ROTATE PANS PART WAY THROUGH BAKING TIME. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIMES AND TEMPERATURES MAY VARY. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN AND IS COMPLETELY MELTED IN THE MIDDLE. REFRIGERATE OR DISCARD ANY UNUSED PORTION. | 236591 |
| Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case | 1 Сир | THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas. | 125302 |

Preparation Instructions

Directions:

Spray each pan with Pan Coat. Place frozen Dough on top.

Top with 1 cup of Mozz Cheese

Spread 1 CUP OF SAUSAGE

Bake until crust is lightly browned: Convection oven: 300° F , HIGH HAT, for 10 minutes,, turn, bake another 7 minutes

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

| Amount Per Serving | | | | | |
|--------------------|------|--|--|--|--|
| Meat | 2.00 | | | | |
| Grain | 3.00 | | | | |
| Fruit | 0.00 | | | | |
| GreenVeg | 0.00 | | | | |
| RedVeg | 0.00 | | | | |

| 0.00 |
|------|
| 0.00 |
| 0.00 |
| |

Servings Per Recipe: 8.00 Serving Size: 1.00 Slice

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 415.00 | |
| Fat | | 17.50g | |
| SaturatedF | at | 7.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 36.88mg | |
| Sodium | | 460.00mg | |
| Carbohydra | ates | 43.06g | |
| Fiber | | 4.00g | |
| Sugar | | 7.00g | |
| Protein | | 19.38g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 341.00mg | Iron | 2.53mg |
| | | | |

Roasted Broccoli

| Servings: | 50.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22949 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|------------------------|------------|
| BROCCOLI FLORET BITE SIZE 2-3 RSS | 6 Pound | whole case is 6 pounds | 732451 |
| SPICE BLND ORIG 3-21Z MDASH | 1/2 Cup | | 265103 |
| BUTTER ALT LIQ 3-1GAL SAVORY | 1 Cup | | 756261 |

Preparation Instructions

Directions:

WASH HANDS.

- 1. Place vegetables on a deep roasting pan, top with butter and Mrs. Dash
- 2. Toss gently
- 3. Cook Broccoli in in oven 40% moisture, 300 degrees F. for 12 minutes
- 4. Transfer cooked broccoli onto 4 inch pans and serve intermediately

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

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

4. Serve using a 4z spoodle or menued portion.

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 0.50 Cup

| Amount Per Serving | |
|--------------------|---------|
| Calories | 20.70 |
| Fat | 0.28g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 20.01mg |
| Carbohydrates | 4.14g |
| Fiber | 1.52g |
| Sugar | 1.38g |

| Protein | | 1.66g | |
|-----------|----------|-----------|---------|
| Vitamin A | 378.29IU | Vitamin C | 54.17mg |
| Calcium | 28.54mg | Iron | 0.44mg |

Roasted Cauliflower

| Servings: | 50.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22950 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| CAULIFLOWER BITE SIZE 2-3 RSS | 10 Pound | | 732486 |
| SPICE BLND ORIG 3-21Z MDASH | 1/4 Cup | | 265103 |
| BUTTER ALT LIQ 3-1GAL SAVORY | 1 Cup | | 756261 |
| SPICE CURRY POWDER 17Z TRDE | 1/4 Cup | | 224804 |

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables on a sheet pan, top with butter and Mrs. Dash

2. Cook caulifloweri in in oven 20% moisture, 350 degrees F. for 10 minutes

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

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

4. Serve using a 4z spoodle or menued portion.

Notes:

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: 50.00 | | | | |
| Serving Size: 0.50 Cu | ip | | | |
| Amount Per Serving | | | | |
| Calories | 18.18 | | | |
| Fat | 0.15g | | | |
| SaturatedFat 0.15g | | | | |
| Trans Fat | 0.00g | | | |
| Cholesterol | 0.00mg | | | |
| Sodium | 45.82mg | | | |
| Carbohydrates | 2.91g | | | |
| Fiber | 1.45g | | | |
| Sugar | 1.45g | | | |
| Protein | 1.45g | | | |

| Vitamin A | 0.00IU | Vitamin C | 35.05mg |
|-----------|---------|-----------|---------|
| Calcium | 16.00mg | Iron | 0.31mg |

Baked Apples

| Servings: | 50.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22951 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|-------------------|------------|
| APPLE SLCD W/P 6-10 GCHC | 2 #10 CAN | | 117773 |
| cinnamon | 2 Tablespoon | READY_TO_EAT | |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 1 Pound | | 840860 |
| brown sugar | 1 Pound | READY_TO_EAT | |

Preparation Instructions

Directions:

Place 3 lb 13 oz (2 qt $\frac{3}{4}$ cup) sweet potatoes into each steamtable pan (12" x 20" x 2 $\frac{1}{2}$ ") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Place 3 lb 11 oz (2 qt 1/2 cup) apples over sweet potatoes in each pan.

Combine brown sugar, cinnamon, and nutmeg (optional).

Sprinkle ¾ cup sugar mixture over apples in each pan.

Dot each pan with cup margarine, and sprinkle remaining sugar.

Add ¾ cup water to each pan.

Bake: Conventional oven: 350° F for 25-30 minutes. Convection oven: 300° F for 15-20 minutes. CCP: Heat to 140° For higher.

CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

Notes:

1: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| | |

0.00

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 0.50 Cup

| Amount Per Serving | | | | |
|--------------------|--------|-----------|--------|--|
| Calories | | 115.73 | | |
| Fat | | 7.04g | | |
| SaturatedFa | at | 2.88g | | |
| Trans Fat | | 0.00g | | |
| Cholesterol | | 0.00mg | | |
| Sodium | | 80.75mg | | |
| Carbohydrates | | 12.50g | | |
| Fiber | | 2.07g | | |
| Sugar | | 9.39g | | |
| Protein | | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 0.73mg | Iron | 0.00mg | |
| | | | | |

Garbanzo Bean Salad

| Servings: | 25.00 | Category: | Vegetable |
|---------------|----------|----------------|-----------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-22952 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|------------------------------------|------------|
| BEAN GARBANZO LO SOD 6-10 P/L | 1 #10 CAN | Drained rinsed | 597991 |
| RED ONION | 2 Each | Washed, diced | 15N63 |
| CHERRY TOMATOES | 1 Pint | You can use fresh tomatoes, Diced. | 16P46 |
| CUCUMBER 1-24CT P/L | 5 Each | Washed, diced | 238653 |
| DRESSING ITALIAN LITE | 1 Cup | | 265563 |

Preparation Instructions

Directions:

In a large bowl. Mix all vegetables. Stir well. Add all seasoning and then, mix.. Taste, adjust seasoning Transfer necessary pans. Portion with No. 8 scoop (1/2 cup).

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.04 |
| OtherVeg | 0.28 |
| Legumes | 0.52 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 25.00 Serving Size: 0.50 Cup

| Amount | Per | Serving | |
|--------|-----|---------|--|

| Amountie | Conting | | |
|---------------|---------|-----------|--------|
| Calories | | 111.03 | |
| Fat | | 1.05g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 145.45mg | |
| Carbohydrates | | 21.46g | |
| Fiber | | 4.52g | |
| Sugar | | 1.91g | |
| Protein | | 5.47g | |
| Vitamin A | 10.92IU | Vitamin C | 0.29mg |
| | | | - |

| Calcium | 46.33mg | Iron | 1.65mg |
|---------|---------|------|--------|
| | | | |

Mexican Pizza

| Servings: | 8.00 | | Category: | Entree | |
|---|-------------|---|---|---|---------------|
| Serving Size: | 1.00 \$ | Slice | HACCP Process: | Same Day S | ervice |
| Meal Type: | Lunch | h | Recipe ID: | R-23146 | |
| Ingredie | ents | | | | |
| Description | Measurement | Prep Instruction | S | | DistPart # |
| CRUST PIZZA SHTD OVN RSNG 20-16RICH | 1 Each | REMOVE DESIRED NUI CASE AND RETURN TO CHEESE AND TOPPING TURNS GOLDEN BROW MINUTES. CONVEYOR MINUTES. REMOVE PIZ SERVE WHILE HOT. TH ROOM TEMPERATURE BAKE UNTIL CHEESE M CONVECTION OVEN: 3 OVEN: 500°F (260°C) FO | TO -10°F (-18°F TO -23°C) WH MBER OF UNITS FROM CASE D FREEZER. FREEZER TO OVE SS. BAKE UNTIL CHEESE MEL (N. CONVECTION OVEN: 375° OVEN: 500 - 550°F (260 - 290°C) ZA FROM OVEN. ALLOW TO AWED: COVER AND THAW (U 75°F (23°C). ADD SAUCE, CH MELTS AND CRUST TURNS G 75°F (190°C) FOR 8 - 10 MINUT DR 4 - 5 MINUTES. REMOVE P NE MINUTE. SERVE WHILE HO | AND THEN RESEAL EN: ADD SAUCE, .TS AND CRUST F (190°C) FOR 9 - 11 C) FOR 4.5 - 6.5 SET FOR ONE MINUTE. IP TO 2 HOURS AT EESE AND TOPPINGS. OLDEN BROWN. TES. CONVEYOR IZZA FROM OVEN. | 626930 |
| TACO FILLING BEEF REDC FAT 6-5 COMM | 1 Pound | | | | 722330 |
| SALSA 103Z 6-10 REDG | 1 Cup | READY_TO_EAT None | | | 452841 |
| CHEESE CHED MLD SHRD 4-5 LOL | 3 Cup | | | | 150250 |

Preparation Instructions

Directions:

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of salsa onto each pizza crust.

Sprinkle (3 cups) shredded cheese evenly over each pizza pan.

Top with 1 pound of taco meat

Bake until crust is lightly browned: Convection oven: 300° F for 10 minutes, turn, bake another 10 minutes

Temp and record

Top with 1 cup of cheese

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Notes:

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Meal Components (SLE) Amount Per Serving

| Meat | 2.76 |
|----------|------|
| 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: 1.00 Slice | | | | |
|--|-----------|-----------|--------|--|
| Amount Pe | r Serving | | | |
| Calories | | 402.78 | | |
| Fat | | 19.59g | | |
| SaturatedF | at | 11.64g | | |
| Trans Fat | | 0.18g | | |
| Cholestero | I | 67.08mg | | |
| Sodium | | 911.16mg | | |
| Carbohydra | ates | 35.15g | | |
| Fiber | | 2.26g | | |
| Sugar | | 3.76g | | |
| Protein | | 24.58g | | |
| Vitamin A | 856.94IU | Vitamin C | 3.15mg | |
| Calcium | 344.37mg | Iron | 3.56mg | |

Chicken Alfredo Pizza

| Servings: | 8.00 | | Category: | Entree | |
|---|-------------|--|--|---|---------------|
| Serving Size: | 1.00 | Slice | HACCP Process: | Same Day Se | ervice |
| Meal Type: | Lunc | h | Recipe ID: | R-23147 | |
| Ingredie | ents | | | | |
| Description | Measurement | Prep Instruction | S | | DistPart # |
| CRUST PIZZA SHTD OVN RSNG 20-16RICH | 1 Each | REMOVE DESIRED NUM CASE AND RETURN TO CHEESE AND TOPPING TURNS GOLDEN BROW MINUTES. CONVEYOR (MINUTES. REMOVE PIZ SERVE WHILE HOT. TH ROOM TEMPERATURE BAKE UNTIL CHEESE M CONVECTION OVEN: 37 OVEN: 500°F (260°C) FC | TO -10°F (-18°F TO -23°C) WH MBER OF UNITS FROM CASE A FREEZER. FREEZER TO OVE S. BAKE UNTIL CHEESE MELT N. CONVECTION OVEN: 375°F OVEN: 500 - 550°F (260 - 290°C ZA FROM OVEN. ALLOW TO S AWED: COVER AND THAW (UI 75°F (23°C). ADD SAUCE, CHE MELTS AND CRUST TURNS GC 75°F (190°C) FOR 8 - 10 MINUTI OR 4 - 5 MINUTES. REMOVE PIZ NE MINUTE. SERVE WHILE HO | AND THEN RESEAL N: ADD SAUCE, TS AND CRUST (190°C) FOR 9 - 11) FOR 4.5 - 6.5 ET FOR ONE MINUTE. P TO 2 HOURS AT ESE AND TOPPINGS. DLDEN BROWN. ES. CONVEYOR ZZA FROM OVEN. | 626930 |
| SAUCE ALFREDO FZ 6-5 JTM | 3/4 Cup | | | | 155661 |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 1 Pound | UNSPECIFIED Not currently available | | | 570533 |
| Cheese, Mozzarella light, Shred FRZ | 3 Cup | | | | 100034 |

Preparation Instructions

Directions:

Spray each pan with Pan Coat. Place frozen Dough on top.

Spread 6 oz. of sauce onto each pizza crust.

Sprinkle (3 cups) shredded cheese evenly over each pizza pan.

Top with Chicken, Diced

Bake until crust is lightly browned: Convection oven: 300° F, HIGH HEAT, for 10 minutes, turn bake for another 10 minutes (Bake on bottom shelf)

Temp and Record

CCP: Hold at 135° F or higher.

Cut each pizza pan into (1/8 slices)

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|------|
| Meat | 3.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 8.00 Serving Size: 1.00 Slice

| Amount Pe | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 341.57 | |
| Fat | | 11.09g | |
| SaturatedFa | at | 5.65g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 52.64mg | |
| Sodium | | 747.49mg | |
| Carbohydra | ates | 31.43g | |
| Fiber | | 1.00g | |
| Sugar | | 2.15g | |
| Protein | | 18.31g | |
| Vitamin A | 11.32IU | Vitamin C | 0.00mg |
| Calcium | 34.45mg | Iron | 2.47mg |
| | | | |

BBQ Pulled Pork on Bun- Homemade

| Servings: | 50.00 | Category: | Entree |
|---------------|------------|----------------|------------------|
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-23278 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| PORK BUTT B/I FZ 4-2CT 78AVG P/L | 500 Pound | | 191602 |
| Mrs. Clarks BBQ Sauce 4/1gal | 250 Cup | READY_TO_EAT | 52928 |
| brown sugar | 100 Cup | READY_TO_EAT | |
| VINEGAR APPLE CIDER 5% 4-1GAL HNZ | 50 Cup | | 201812 |
| KETCHUP BIB 3GAL HUNT | 37 1/2 Cup | | 423548 |

Preparation Instructions

Cook as directed. Cook to 165 degrees F., Hold at 140 degrees F.

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 50.00 Serving Size: 4.00 Ounce | | | |
|---|--------------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 2744.00 | |
| Fat | | 0.00g | |
| SaturatedFa | SaturatedFat | | |
| Trans Fat | | 0.00g | |
| Cholestero | | 0.00mg | |
| Sodium | | 11601.60m | 9 |
| Carbohydra | ites | 660.00g | |
| Fiber | | 4.80g | |
| Sugar | | 552.00g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 7.52mg |
| Calcium | 12.00mg | Iron | 0.32mg |

Baked Fish and Chips

| Servings: | | 1.00 | | Category: | Entree | |
|--|---------|------|---|--|--|---------------|
| Serving Size | : | 1.00 | Serving | HACCP Process: | Same Day Se | ervice |
| Meal Type: | | Lunc | h | Recipe ID: | R-23281 | |
| Ingredie | ents | | | | | |
| Description | Measure | ment | Prep Instructions | 5 | | DistPart # |
| POLLOCK BRD WDG WGRAIN 3.6Z 1-10 | 1 Each | | THAWING IS NOT RECO CONVECTION OVEN: PR LIGHTLY GREASED BAN CRISP. TURN PRODUCT RESULTS. CONVENTION PRODUCT ON LIGHTLY MINUTES UNTIL CRISP. FOR BEST RESULTS. MI COOKING TIMES AND TI INTERNAL TEMPERATU PRODUCE A FULLY /u20 | IS:* KEEP FROZEN UNTIL READ MMENDED /u2013 COOK FROM EHEAT TO 375° F. PLACE FROZ (ING SHEET, COOK FOR 15 TO 1 HALFWAY THROUGH BAKE TIN IAL OVEN: PREHEAT TO 425° F. GREASED BAKING SHEET, COO TURN PRODUCT HALFWAY THR CROWAVE COOKING IS NOT RE EMPERATURES MAY VARY SUB RE SHOULD BE AT LEAST 165°F 1CBONELESS/u201D PRODUCT IL BONES MAY STILL BE PRESE | FROZEN. EN PRODUCT ON 8 MINUTES UNTIL IE FOR BEST PLACE FROZEN K FOR 20 TO 26 OUGH BAKE TIME COMMENDED. * STANTIALLY. WE STRIVE TO . AS WITH ALL FISH, | 327162 |
| Potato Wedges A174 | 1/2 Cup | | BAKE | | | 100355 |

Preparation Instructions

Bake frozen Moisture 20% 250 degrees 10 minutes Bake to 155 degrees. Serve immediately in a 2 inch full pan

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Fac | ts |
|---|----------|
| Servings Per Recipe Serving Size: 1.00 S | |
| Amount Per Servin | g |
| Calories | 302.00 |
| Fat | 12.00g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 45.00mg |
| Sodium | 400.00mg |
| Carbohydrates | 31.00g |

| Fiber | | 4.00g | |
|-----------|---------|-----------|--------|
| Sugar | | 0.00g | |
| Protein | | 17.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 1.08mg |
| | | | |

Brunch for Lunch

| Servings: | 1.00 | Category: | Entree |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-23360 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|---------------|
| PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS | 1 Package | READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 269220 |
| SAUSAGE PTY TKY CKD 1Z 10.25 JENNO | 2 Each | | 184970 |

Preparation Instructions

1.) Pull Pancakes 1 day ahead

2.) Place pancake on sheet pan

3.) Place in oven 5-10 minutes, or until 145 degrees F.

4.) Steam Sausage in a 4 inch full pan, with one cup of water. Parchment and foil. Bake for 45 minutes. Until 165 degrees F

5.) Serve Pancakes in a 4 inch full pan

6.) Serve Sausage in a 4 inch full pan

Serve immediately.

CCP: Hold at 145 degrees F.

Serving: 1 pancake pkg, 2 sausage patty.

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| | |

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| Amount Pe | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 340.00 | |
| Fat | | 14.00g | |
| SaturatedFa | at | 2.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 60.00mg | |
| Sodium | | 450.00mg | |
| Carbohydra | ites | 37.00g | |
| Fiber | | 2.00g | |
| Sugar | | 11.00g | |
| Protein | | 16.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 70.00mg | Iron | 2.22mg |

Fajita Chicken Wrap

| Servings: | 1.00 | | Category: | Entree | |
|--|-------------|---|---|---|---------------|
| Serving Size: | 1.00 S | Serving | HACCP Process: | No Cook | |
| Meal Type: | Lunch | I | Recipe ID: | R-23372 | |
| Ingredie | ents | | | | |
| Description | Measurement | Prep Instruction | ns | | DistPart # |
| TORTILLA FLOUR 10 ULTRGR 12- 12CT | 1 Each | TEMPERATURE. Remo temperature. HEATING more than 3 dozen hig GRILL: Heat grill to 400 MICROWAVE: Stack no high(microwaves vary | nt: Ready to use. Refrigerated ove from case and let standin STEAM CABINET: Place in st h. Heatto 160°F. Do not hold f 0°F. Heat tortillas on each sid o more than 6 tortillas and he for power setting and time). S • until ready to use (maximum | bag 4 - 6 hours at room team cabinet. Stack no for more than 2 hours. e for 10 - 15 seconds. at 45 - 60 seconds on STAGINGStore in steam | 690141 |
| LETTUCE SALAD SEP BAGS 4-5 RSS | 1 Cup | | | | 242071 |
| Chicken, Fajita Strips, Cooked, Frozen | 1/2 Cup | | | | 100117 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | #20scoop | | | 150250 |
| 1-6.5 FAJITA CUT VEGETABLE MIX | 1/2 Cup | | | | 430226 |

Preparation Instructions

1. Place ingredients in a 10 inch tortilla shell CCP: Hold at 41F or lower If being held for over 24 hours date mark 2 days Chicken- 1 c. = 4.5 oz. Cheese- 1 c.= 4.5 oz.

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.00 |

| 0.00 |
|------|
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| | | - | |
|------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 332.02 | |
| Fat | | 15.00g | |
| SaturatedF | at | 8.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 48.50mg | |
| Sodium | | 563.02mg | |
| Carbohydra | ates | 32.80g | |
| Fiber | | 4.15g | |
| Sugar | | 3.65g | |
| Protein | | 17.65g | |
| Vitamin A | 300.00IU | Vitamin C | 0.00mg |
| Calcium | 332.83mg | Iron | 1.62mg |
| | | | |

Chef Taco Salad

| Servings: | 1.00 | Category: | Entree |
|---------------|------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-23373 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| TACO FILLING BEEF 4-5# JTM | 2 Ounce | Use yellow scoop for 3 oz eqiv. | 210780 |
| LETTUCE SALAD SEP BAGS 4-5 RSS | 2 Cup | | 242071 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | #20scoop | 150250 |
| BEANS BLACK LO SOD 6- 10 BUSH | 1/2 Cup | | 231981 |
| 84-2.6Z SALSA CUP REDG REDSC2Z | 1 Package | | 536690 |
| CHIP TORTL RND R/F 64- 1.45Z TOSTIT | 1 Each | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED | 662512 |

Preparation Instructions

- Place ingredients in Chef Salad clam shell
 Top with beans,& cheese
 Offer with dinner roll
 CCP: Hold at 41F or lower
 If being held for over 24 hours date mark 3 days
- Chicken- 1 c. = 4.5 oz.

Cheese- 1 c.= 4.5 oz.

| 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: 1.00 Serving Size: 1.00 salad

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 564.39 | |
| Fat | | 24.75g | |
| SaturatedF | at | 10.20g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 49.59mg | |
| Sodium | | 870.78mg | |
| Carbohydra | ates | 60.70g | |
| Fiber | | 12.34g | |
| Sugar | | 4.34g | |
| Protein | | 27.55g | |
| Vitamin A | 683.51IU | Vitamin C | 3.09mg |
| Calcium | 351.40mg | Iron | 3.43mg |
| | | | |

Greek Salad, Diced Chicken

| Servings: | 1.00 | Category: | Entree |
|---------------|------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-23374 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| LETTUCE SALAD MXD 4-5 RSS | 2 Cup | | 206504 |
| SPINACH BABY CLND 2-2 RSS | 1/2 Cup | | 560545 |
| Chicken, Diced, Cooked, Frozen | 1/2 Cup | | 100101 |
| Grape Tomatoes | 4 Each | | 749041 |
| KALAMATA OLIVE PITTED GREEK 6/12z | 6 Each | | 138732 |
| DRESSING GREEK CRMY PKT 60-1.5Z MARZ | 1 Each | | 266337 |
| Shredded Mozzarella Cheese, Part Skim | 1/4 Cup | | 100021 |

Preparation Instructions

1. Wash Hands,

- 2. Place salad mix and spinach in clam shell
- 3. Top with vegetables, chicken, & cheese

4. Offer dinner roll

- CCP: Hold at 41F or lower
- * top with yellow banana peppers

Diced Chicken- 1 c. = 3.5 oz

Shredded Cheddar- 1 c. = 4.5 oz.

| Amount Per Serving | |
|--------------------|------|
| Meat | 2.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| | |

0.00

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 salad

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 406.69 | |
| Fat | | 31.50g | |
| SaturatedF | at | 9.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 39.50mg | |
| Sodium | | 812.69mg | |
| Carbohydra | ates | 17.74g | |
| Fiber | | 8.12g | |
| Sugar | | 9.62g | |
| Protein | | 17.12g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 106.43mg | Iron | 1.10mg |

Turkey Club Wrap

| Servings: | 1.00 | Category: | Entree |
|---------------|------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-23376 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|------------------------------|------------|
| TORTILLA ULTRAGRAIN 10" FLOUR 8- 24CT | 1 Each | | 911607 |
| LETTUCE SALAD SEP BAGS 4-5 RSS | 1 Cup | | 242071 |
| TURKEY BRST DCD 2-5 | 1/2 Cup | | 451300 |
| BACON BIT TKY 12-1.25#AVG JENNO | 1/4 Cup | | 653050 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | #20scoop | 150250 |
| TOMATO 4X5 VINE-RIPENED 40CT MRKN | 4 Slice | | 703788 |
| Buttermilk ranch dipping cup | 1 Each | READY_TO_EAT Ready to eat | 3098 |

Preparation Instructions

1.Layer all ingredients onto tortilla shell

- 2. Roll wrap and package.
- 3. Label and date
- CCP: Hold at 41F or lower

If being held for over 24 hours date mark 2 days

Meal Components (SLE)

| Amount Per Serving | | |
|--------------------|------|--|
| Meat | 2.51 | |
| 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 salad

| Serving Size. 1.00 salau | |
|--------------------------|----------|
| Amount Per Serving | |
| Calories | 295.96 |
| Fat | 23.04g |
| SaturatedFat | 8.10g |
| Trans Fat | 0.00g |
| Cholesterol | 52.60mg |
| Sodium | 675.38mg |
| Carbohydrates | 8.99g |
| Fiber | 2.03g |
| Sugar | 5.40g |
| | |

| Protein | | 13.46g | |
|-----------|----------|-----------|--------|
| Vitamin A | 899.76IU | Vitamin C | 9.86mg |
| Calcium | 225.03mg | Iron | 0.33mg |

Pea Salad

| Servings: | 50.00 | Category: | Vegetable |
|---------------|----------|----------------|-----------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-23855 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|--------------|-------------------|------------|
| PEAS GREEN 6-4 GCHC | 8 Pound | | 610802 |
| EGG HRD CKD DCD IQF 4-5 GCHC | 5 Pound | | 192198 |
| CELERY STIX 4-3 RSS | 3 Сир | Diced | 781592 |
| ONION RED JUMBO 10 MRKN | 2 Each | Diced | 596973 |
| DRESSING SALAD LT 4-1GAL GCHC | 1/2 Gallon | | 429422 |
| SUGAR CANISTER 24-20Z GCHC | 1 Cup | | 449237 |
| SPICE PEPR BLK REG GRIND 16Z TRDE | 4 Tablespoon | | 225037 |

Preparation Instructions

Mix all ingredients Serve at 41 degrees F or below.

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: 50.00 Serving Size: 0.50 Cup

Amount Per Serving

| Amount Pe | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 216.62 | |
| Fat | | 10.89g | |
| SaturatedFa | at | 1.35g | |
| Trans Fat | | 0.00g | |
| Cholestero | l | 192.06mg | |
| Sodium | | 294.21mg | |
| Carbohydra | ates | 20.85g | |
| Fiber | | 2.73g | |
| Sugar | | 12.79g | |
| Protein | | 7.93g | |
| Vitamin A | 0.23IU | Vitamin C | 0.84mg |
| Calcium | 29.91mg | Iron | 1.55mg |
| | | | |

Chicken Wrap (Diced)

| Servings: | 1.00 | | Category: | Entree | |
|---|--------------|---|---|--|---------------|
| Serving Size: | 1.00 \$ | Serving | HACCP Process: | No Cook | |
| Meal Type: | Lunch | 1 | Recipe ID: | R-24078 | |
| Ingredie | ents | | | | |
| Description | Measurement | Prep Instructio | ns | | DistPart # |
| TORTILLA FLOUR 10 ULTRGR 12- 12CT | 1 Each | TEMPERATURE. Reme temperature. HEATINC more than 3 dozen hig GRILL: Heat grill to 40 MICROWAVE: Stack n high(microwaves vary | nt: Ready to use. Refrigerated: ove from case and let standin SSTEAM CABINET: Place in sto h. Heatto 160°F. Do not hold fo 0°F. Heat tortillas on each side o more than 6 tortillas and hea for power setting and time). S r until ready to use (maximum | bag 4 - 6 hours at room eam cabinet. Stack no or more than 2 hours. e for 10 - 15 seconds. It 45 - 60 seconds on TAGINGStore in steam | 690141 |
| LETTUCE SALAD SEP BAGS 4-5 RSS | 1 Cup | | | | 242071 |
| CHIX DCD 40 COMM | 1/2 Cup | | | | 110530 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | #20scoop | | | 150250 |
| DRESSING RNCH LT 4-1GAL GCHC | 2 Tablespoon | | | | 472999 |
| | | | | | |

Preparation Instructions

Place ingredients in a 10 inch tortilla shell
 CCP: Hold at 41F or lower
 If being held for over 24 hours date mark 2 days
 Chicken- 1 c. = 4.5 oz.
 Cheese- 1 c.= 4.5 oz.

| 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: 1.00 Serving Size: 1.00 Serving

| | | 0 | |
|------------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 515.52 | |
| Fat | | 20.50g | |
| SaturatedF | at | 8.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 119.00mg | |
| Sodium | | 703.52mg | |
| Carbohydrates | | 43.30g | |
| Fiber | | 4.15g | |
| Sugar | | 6.15g | |
| Protein | | 37.15g | |
| Vitamin A | 300.00IU | Vitamin C | 0.00mg |
| Calcium | 332.83mg | Iron | 1.62mg |
| | | | |

Chef Chicken Taco Salad

| Servings: | 1.00 | Category: | Entree |
|---------------|------------|----------------|---------|
| Serving Size: | 1.00 salad | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-24079 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| CHIX TACO FILLING CKD 4- 5.03 TYS | 2 Ounce | UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F. | 200511 |
| LETTUCE SALAD SEP BAGS 4-5 RSS | 2 Cup | | 242071 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | #20scoop | 150250 |
| BEANS BLACK LO SOD 6- 10 BUSH | 1/2 Cup | | 231981 |
| 84-2.6Z SALSA CUP REDG REDSC2Z | 1 Package | | 536690 |
| CHIP TORTL RND R/F 64- 1.45Z TOSTIT | 1 Each | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED | 662512 |

Preparation Instructions

- 1. Place ingredients in Chef Salad clam shell
- 2. Offer with dinner roll
- CCP: Hold at 41F or lower
- If being held for over 24 hours date mark 3 days
- Chicken- 1 c. = 4.5 oz.
- Cheese- 1 c.= 4.5 oz.

| Amount Per Ser | ving |
|----------------|------|
|----------------|------|

| Meat | 0.00 |
|----------|------|
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |

| RedVeg | 0.00 |
|----------|------|
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 salad

| Amount Pe | r Serving | | |
|---------------|-----------|-----------|--------|
| Calories | | 563.05 | |
| Fat | | 21.50g | |
| SaturatedF | at | 8.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 95.00mg | |
| Sodium | | 763.05mg | |
| Carbohydrates | | 60.61g | |
| Fiber | | 11.30g | |
| Sugar | | 4.30g | |
| Protein | | 32.30g | |
| Vitamin A | 300.00IU | Vitamin C | 0.00mg |
| Calcium | 326.66mg | Iron | 3.40mg |
| | | | |

Bushes Baked Beans

| Servings: | 50.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-24080 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|--|------------|
| BEAN BAKED 6-10 BUSH | 2 #10 CAN | Heat and serve. Warm in 350 degree oven for approx 30 minutes. | 520098 |

Preparation Instructions

Directions:

WASH HANDS.

1. Open 2 cans per 4 inch pan

2. Place in oven

3. 400 degrees F. 30% moisture, with lid on, 20 minutes

4. Then 20 min. w/o lid on, at 10%.

Serve.

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

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2019

Notes:

Meal Components (SLE)

Amount Per Serving

| 0.00 |
|------|
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| 0.50 |
| |

| Nutrition Facts | | | | |
|-----------------|----------------------------|-----------|--------|--|
| Servings Per | Servings Per Recipe: 50.00 | | | |
| Serving Size | • | | | |
| Amount Per | r Serving | | | |
| Calories | | 155.20 | | |
| Fat | | 0.52g | | |
| SaturatedFa | at | 0.00g | | |
| Trans Fat | | 0.00g | | |
| Cholesterol | | 0.00mg | | |
| Sodium | | 569.06mg | | |
| Carbohydra | ites | 31.04g | | |
| Fiber | | 5.17g | | |
| Sugar | | 12.42g | | |
| Protein | | 7.24g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |

| Calcium | 51.73mg | Iron | 1.97mg |
|---------|---------|------|--------|
| | | | |

Mixed Vegetables

| Servings: | 120.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-24082 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| VEG MIXED 30 KE | 30 Pound | entire case | 283771 |
| BUTTER ALT LIQ PREPOIL 3-1GAL WHIRL | 1/2 Cup | | 425532 |
| SPICE BLND ORIG 3-21Z MDASH | 1/2 Cup | | 265103 |

Preparation Instructions

Directions:

1.) Place all vegetables evenly over 5 - 4 inch steam pans

2.) Cook at 212 degrees F, 100% moisture, 15 minutes.

3.) Transfer over to 4 inch full pans

- 4.) add butter, pepper
- 5.) Cover with lid and serve immediately

CCP: Hold at 140° F or warmer.

Portion with 4 oz spoodle

Notes:

120 servings equals 5 - 4inch pans

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.50 |
| Legumes | 0.00 |
| Starch | 0.00 |
| | |

| Nutrition Facts Servings Per Recipe: 120.00 Serving Size: 1.00 Cup | | | |
|--|---------------|--------|--|
| Amount Per Serving | | | |
| Calories | 49.98 | | |
| Fat | 0.93g | | |
| SaturatedFat | 0.17g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | odium 19.93mg | | |
| Carbohydrates | 9.24g | | |
| Fiber | 2.52g | | |
| Sugar | 3.36g | | |
| Protein | 1.68g | | |
| Vitamin A 0.00IU | Vitamin C | 0.00mg | |

| Calcium | 0.00mg | Iron | 0.42mg |
|---------|--------|------|--------|
| | | | |