

Cookbook for EAST NOBLE HIGH SCHOOL

Created by HPS Menu Planner

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WG PIZZA, CHEESE

WG PIZZA, SAUSAGE

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Brunch for Lunch

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Turkey Club Wrap

Pea Salad

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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	139.88
Fat	0.72g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	187.25mg
Carbohydrates	25.21g
Fiber	4.48g
Sugar	6.08g
Protein	6.58g

Vitamin A	1.74IU	Vitamin C	0.00mg
Calcium	59.28mg	Iron	1.40mg

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 Instructions	DistPart #
COLE SLAW CRMY CLSC 10 GCHC	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 ½ cup) into each shallow pan (12" x 20" x 2 ½") 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

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
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

OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00
Serving Size: 4.00 Ounce

Amount Per Serving

Calories	400.78
Fat	28.86g
SaturatedFat	7.68g
Trans Fat	0.00g
Cholesterol	19.20mg
Sodium	482.29mg
Carbohydrates	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 Instructions	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 Per Serving			
Calories	14.40		
Fat	0.19g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.92mg		
Carbohydrates	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 Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	3 1/4 Gallon		768146

Preparation Instructions

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

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 Serving

Calories	0.38		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.64mg		
Carbohydrates	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

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	DistPart #
CUCUMBER SELECT 24CT MRKN	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 beginning 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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	3.74		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.48mg		
Carbohydrates	0.96g		
Fiber	0.14g		
Sugar	0.48g		
Protein	0.14g		
Vitamin A	26.21IU	Vitamin C	0.70mg
Calcium	3.99mg	Iron	0.07mg

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 Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	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

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Notes:

Portion 1 cup of lettuce

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 Per Serving			
Calories	9.60		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	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

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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

Sugar	1.50g
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 Serving

Calories	6.59		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.13mg		
Carbohydrates	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

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		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.54mg		
Carbohydrates	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

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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

Sugar	148.76g
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 12-15CT 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.

PEEL RIND, 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.

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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

Amount Per Serving

Calories	9.30
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	4.35mg
Carbohydrates	2.48g
Fiber	0.18g
Sugar	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 Per Serving

Calories	3.65		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.12mg		
Carbohydrates	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 HIGH SCHOOL		

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 until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees F.	100640
4 inch whole grain hamburger buns - 30 ct	100 bun		3480
SAUCE BBQ 6-.5GAL GCHC	3 Gallon		734152

Preparation Instructions

Directions:

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

Add BBQ sauce and water.

Wrap with parchment paper and 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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	542.89
Fat	12.38g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	2286.01mg
Carbohydrates	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 Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	308.00
Fat	12.00g
SaturatedFat	3.60g
Trans Fat	0.60g
Cholesterol	39.00mg
Sodium	459.00mg
Carbohydrates	2.00g
Fiber	3.00g

Sugar			4.00g
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, in a 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

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 398.00

Fat 19.00g

SaturatedFat 6.95g

Trans Fat 0.90g

Cholesterol 67.50mg

Sodium 749.00mg

Carbohydrates 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.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	650.00mg
Carbohydrates	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.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 430.00

Fat 17.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 590.00mg

Carbohydrates 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 Service
Meal Type:	Lunch	Recipe ID:	R-6901
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNQ 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	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 Per Serving			
Calories	291.25		
Fat	9.00g		
SaturatedFat	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 Service
Meal Type:	Lunch	Recipe ID:	R-6903
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	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.

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: 8.00

Serving Size: 1.00 Slice

Amount Per 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:	8.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6905
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	2 Cup	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Piece

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		
Fiber	1.43g		
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.

Meal Components (SLE)

Amount Per Serving

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

Amount Per Serving

Calories	1770.28		
Fat	66.09g		
SaturatedFat	13.14g		
Trans Fat	0.18g		
Cholesterol	52.08mg		
Sodium	1774.16mg		
Carbohydrates	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 (¼ 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

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	685.89		
Fat	34.33g		
SaturatedFat	12.98g		
Trans Fat	0.00g		
Cholesterol	155.28mg		
Sodium	917.44mg		
Carbohydrates	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 Service
Meal Type:	Lunch	Recipe ID:	R-6921
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	40 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	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 (¼ 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.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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Grain	2.00
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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 Per Serving

Calories	324.05		
Fat	9.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	84.00mg		
Sodium	332.78mg		
Carbohydrates	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.

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: 96.00

Serving Size: 1.00 Each

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		

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.

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: 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 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: 96.00

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 HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Each	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 rack, 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 rack, above 140°F in a dry heat environment.	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.

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

Meal Components (SLE)

Amount Per Serving

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

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00
Fat	16.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	780.00mg
Carbohydrates	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

Meal Components (SLE)

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: 4.00 Each

Amount Per Serving

Calories	352.50		
Fat	16.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	525.00mg		
Carbohydrates	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 4-.5GAL 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:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	534.38		
Fat	20.08g		
SaturatedFat	3.86g		
Trans Fat	0.00g		
Cholesterol	30.90mg		
Sodium	1410.31mg		
Carbohydrates	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

Servings Per Recipe: 80.00

Serving Size: 12.00 Each

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..

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: 100.00

Serving Size: 4.00 Each

Amount Per Serving

Calories 1.48

Fat 0.04g

SaturatedFat 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 TNRD 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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 3.00 Each

Amount Per Serving

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	Vitamin C	0.00mg
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:

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	280.00		
Fat	17.50g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	690.00mg		
Carbohydrates	22.00g		
Fiber	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

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	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

16: your kids a meal that is sure to please!

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 Per 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

Meal Components (SLE)

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 30 TYS	48 Serving	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven 38 - 42 minutes at 375°F from Frozen. 32 - 37 minutes at 375°F from Thawed. Place pan of water in bottom of oven during cooking. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven 28 - 30 minutes at 375°F from Frozen. 22 - 27 minutes at 375°F from Thawed. Place pan of water in bottom of oven during cooking.	591160
SPICE GARLIC POWDER 16Z BADIA	1 Ounce		708481
SPICE PAPRIKA 16Z TRDE	2 Tablespoon		518331
SPICE ONION POWDER 19Z TRDE	1 1/3 Cup		126993
SPICE CHILI POWDER 38Z MEXENE	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 provide
- 2: an average of 24 and 48
- 3: servings based on the minimum rate
- 4: with chicken weight listed with
- 5: the description. When purchasing
- 6: raw chicken, ensure that the
- 7: average weight of the raw chicken pieces meets the minimum
- 8: individual piece weight listed.

Meal Components (SLE)

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 Per Serving

Calories	163.58		
Fat	10.05g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	321.76mg		
Carbohydrates	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 #
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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 Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	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

Fresh Fruit and Vegetable Bar

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7068
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE, RED DELICIOUS 138 COUNT WASHINGTON FANCY FRESH REF	100 Each	BAKE	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 Serving

Calories	65.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	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 Service
Meal Type:	Lunch	Recipe ID:	R-7069
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	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 Per Serving

Calories	385.68
Fat	18.13g
SaturatedFat	10.53g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1066.83mg
Carbohydrates	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

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	364.66
Fat	16.64g
SaturatedFat	10.34g
Trans Fat	0.00g
Cholesterol	75.51mg
Sodium	1160.33mg
Carbohydrates	29.28g
Fiber	2.00g
Sugar	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.

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			
Calories	100.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.25mg		
Carbohydrates	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		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.14mg		
Carbohydrates	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
- 5.) Then put back onto the 4 inch pan.
- 6.) serve immediately

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
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	95.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	420.00mg		
Carbohydrates	21.00g		
Fiber	0.50g		
Sugar	0.50g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 16.13mg **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 degrees 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 135oF.

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

Meal Components (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 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

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	62.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	58.00mg		
Carbohydrates	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: 100.00

Serving Size: 0.50 Cup

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

Sugar	0.03g		
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 Cup	READY_TO_EAT	
KETCHUP 12-38Z HNZ	3 Cup		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:

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	0.50

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per 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 Instructions	DistPart #
CARROT BABY WHL MED 12-2 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:

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 Serving

Calories	14.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	21.45mg		
Carbohydrates	3.34g		
Fiber	0.95g		
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 Per Serving			
Calories		33.89	
Fat		0.22g	
SaturatedFat		0.04g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		50.76mg	
Carbohydrates		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:

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 Serving

Calories	38.09
Fat	4.19g
SaturatedFat	0.84g
Trans Fat	0.05g
Cholesterol	0.00mg
Sodium	0.63mg
Carbohydrates	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 (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 Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	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

Mashed Potatoes and Chicken Gravy

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7083
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	4 Pound	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
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:

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	0.46

Nutrition Facts

Servings Per Recipe: 100.00

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	0.00IU	Vitamin C	0.00mg
Calcium	11.54mg	Iron	0.27mg

Roasted Redskin Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7084
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RDSKN ROSMRY GARL RSTD 4-4	4 Ounce	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 12 TO 14 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 400° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 15 TO 17 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	178522

Preparation Instructions

Directions:

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.

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

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		
SaturatedFat	0.00g		
Trans Fat	0.00g		
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 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7085
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL VEG WGRAIN 130-3.1Z MINH	100 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	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

Amount Per Serving

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		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.30mg	Iron	0.01mg

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 $\frac{3}{4}$ cups liquid mixture. For 48 servings, add enough cold water to peach syrup to make 3 $\frac{1}{2}$ cups liquid mixture.

Mix cornstarch with about $\frac{1}{4}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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
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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		
SaturatedFat	3.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	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

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 Recipe: 120.00

Serving Size: 0.50 cup

Amount Per Serving			
Calories	5.44		
Fat	0.25g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.29mg		
Carbohydrates	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.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.64
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

Calories	67.31
Fat	0.64g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	144.17mg
Carbohydrates	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

Meal Components (SLE)

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 Per Serving			
Calories		330.00	
Fat		14.50g	
SaturatedFat		2.50g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		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 styro 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.

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: 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 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7092
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB 59-2.7Z ADV	59 Each	GRILL Flat grill: preheat flat grill to 350 degrees f. Heat frozen product for 2-4 minutes per side or until internal temperature reaches 165 degrees f. Conventional oven: preheat oven to 375 degrees f. Heat frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	571730
MIX GRAVY BRN LO SOD 8-16Z TRIO	32 Ounce	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY ADD FULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE	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	1.80mg

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.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.00mg		
Carbohydrates	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 SERVE
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

Sugar	0.00g
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 A	0.00IU
Vitamin C	0.00mg

Calcium 6.00mg **Iron** 10.36mg

Ham & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7244
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING/STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
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.

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 Serving

Amount Per Serving

Calories	504.75
Fat	26.28g
SaturatedFat	15.64g
Trans Fat	0.00g
Cholesterol	89.51mg
Sodium	1008.42mg
Carbohydrates	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 300-.75Z	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 Per Serving			
Calories	270.00		
Fat	8.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	470.00mg		
Carbohydrates	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:

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	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

Sugar	22.33g
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	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7248
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	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
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Grain	2.00
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: 1.00 Each

Amount Per Serving

Calories	315.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	570.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	4.00g
Protein	20.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	444.00mg	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 Per Serving	
Calories	319.78
Fat	8.61g
SaturatedFat	2.42g
Trans Fat	0.00g
Cholesterol	48.48mg
Sodium	649.50mg
Carbohydrates	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 Instructions	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: 6.00 Ounce

Amount Per Serving			
Calories	280.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	670.00mg		
Carbohydrates	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

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00		
Fat	7.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	152.00mg		
Carbohydrates	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

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	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

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	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

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	300.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	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:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-7367
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY 120-2.25Z OREI	1 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

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

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

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
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 Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 380.00

Serving Size: 0.50 Cup

Amount Per Serving	
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 GARLKNQ	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		
SaturatedFat	0.40g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	21.09mg		
Carbohydrates	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

Amount Per Serving

Calories	76.80		
Fat	8.96g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	70.40mg		
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

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		

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 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	628100

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 Serving

Amount Per Serving

Calories	119.62		
Fat	4.49g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	179.43mg		
Carbohydrates	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	DistPart #
GRAVY MIX BF IW 8-12.16Z LEGO	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

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	600.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10800.00mg		
Carbohydrates	120.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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 Instructions	DistPart #
GRAVY CHIX W/MEAT 12-5 LEGO	1 Cup		270261

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

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	160.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	1160.00mg		
Carbohydrates	16.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	0.00mg

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 Instructions	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

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
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

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.75
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	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			
Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories	0.96		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	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	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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	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	DistPart #
SOUR CREAM CUP 100-1Z PAULY	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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	5.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	30.00mg		
Carbohydrates	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 Instructions	DistPart #
CHEESE AMER SHRD R/F 4-5 LOL	1 Ounce		861950

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	35.00		
Fat	2.25g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	235.00mg		
Carbohydrates	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 POUZ 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

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	17.50		
Fat	1.25g		
SaturatedFat	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 Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z 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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	3.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	200.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	198.00mg	Iron	0.00mg

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 Per Serving			
Calories	80.39		
Fat	0.42g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	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.

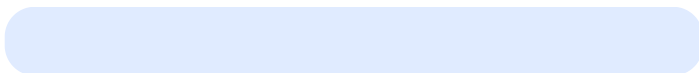
Add cornstarch and water to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.

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

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 Serving			
Calories	61.25		
Fat	0.42g		
SaturatedFat	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

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: 4.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 330.50

Fat 33.10g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	209.64		
Fat	6.55g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	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 NOBLE HIGH SCHOOL		

Ingredients

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	<p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVENTIONAL OVEN: 25-30 MINUTES AT 350°F FROM FROZEN., CONVECTION OVEN: 5-8 MINUTES IN A SINGLE LAYER AT 400°F FROM ,FROZEN. BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	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

- Place 1 cup romaine, 1 cup spinach in clam shell
- Top with cherry tomatoes, bacon, croutons & cheese
- 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

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 Per Serving

Calories	267.84
Fat	18.86g
SaturatedFat	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

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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	941.31
Fat	53.00g
SaturatedFat	18.00g
Trans Fat	0.00g
Cholesterol	150.00mg
Sodium	3031.31mg
Carbohydrates	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

- Place salad and spinach in clam shell
- Top with cherry tomatoes, popcorn chix & cheese ,
- 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

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 Cup	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

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
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	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 Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	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	14.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	500.00mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.20mg

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

Meal Components (SLE)

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			
<hr/>			
Calories	362.50		
Fat	16.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	525.00mg		
Carbohydrates	35.25g		
Fiber	4.50g		
Sugar	4.25g		
Protein	20.25g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.50mg	Iron	2.50mg
<hr/>			

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 (¼ 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.

Meal Components (SLE)

Amount Per Serving

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

Amount Per Serving

Calories 1770.28

Fat 66.09g

SaturatedFat 13.14g

Trans Fat 0.18g

Cholesterol 52.08mg

Sodium 1774.16mg

Carbohydrates 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 TNRD 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

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: 4.00 Each			
Amount Per Serving			
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	Vitamin C	0.00mg
Calcium	40.00mg	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 Service
Meal Type:	Lunch	Recipe ID:	R-8560
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u2013BONELESS/u201D PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.	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

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 360.00

Fat 11.00g

SaturatedFat 1.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 490.00mg

Carbohydrates 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		
SaturatedFat	2.37g		
Trans Fat	0.00g		
Cholesterol	42.86mg		
Sodium	582.48mg		
Carbohydrates	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 Per Serving

Calories	538.73		
Fat	9.56g		
SaturatedFat	2.52g		
Trans Fat	0.00g		
Cholesterol	131.77mg		
Sodium	361.77mg		
Carbohydrates	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

Servings Per Recipe: 50.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	121.00		
Fat	6.32g		
SaturatedFat	2.11g		
Trans Fat	0.00g		
Cholesterol	48.42mg		
Sodium	421.22mg		
Carbohydrates	0.16g		
Fiber	0.00g		
Sugar	0.04g		
Protein	16.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	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 $\frac{1}{2}$ cup) apples over sweet potatoes in each pan.

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

Sprinkle $\frac{3}{4}$ cup sugar mixture over apples in each pan.

Dot each pan with cup margarine, and sprinkle remaining sugar.

Add $\frac{3}{4}$ 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 ($\frac{1}{4}$ 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 Serving			
Calories	216.11		
Fat	7.04g		
SaturatedFat	2.88g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	84.61mg		
Carbohydrates	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 Per Serving

Calories	430.00		
Fat	19.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	570.00mg		
Carbohydrates	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:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8884
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SCALLOPED CLSC R/SOD 6-2.25	1 Carton	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.	118567
Ham, Cubed Frozen	6 1/6 Pound		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 Serving			
Calories	86.03		
Fat	2.27g		
SaturatedFat	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

Meal Components (SLE)

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	DistPart #
CORNBREAD PRE-CUT 4-30CT 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

Servings Per Recipe: 1.00

Serving Size: 2.50 Ounce

Amount Per Serving

Calories	210.00		
Fat	10.00g		
SaturatedFat	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 chilled.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 50.00			
Serving Size: 4.00 Ounce			
Amount Per Serving			
Calories	28.97		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	46.91mg		
Carbohydrates	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 Service
Meal Type:	Lunch	Recipe ID:	R-8986
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	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 Per Serving

Calories	375.00
Fat	18.25g
SaturatedFat	8.75g
Trans Fat	0.00g
Cholesterol	66.25mg
Sodium	1025.00mg
Carbohydrates	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 Service
Meal Type:	Lunch	Recipe ID:	R-8990
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	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	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
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 Per Serving

Calories	230.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	480.00mg		
Carbohydrates	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	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.

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: 96.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.92		
Fat	0.08g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.16mg		
Sodium	6.88mg		
Carbohydrates	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.

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: 96.00

Serving Size: 1.00 Each

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 Service
Meal Type:	Lunch	Recipe ID:	R-10418
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
Cheese, Mozzarella, Part Skim, Shredded	3 Cup	50/50 Blend of Commodity Mozzarella and LOL Mozzarella	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

Nutrition Facts

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
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.

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 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 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
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.

Meal Components (SLE)

Amount Per Serving

Meat	2.64
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 Wrap

Amount Per Serving

Calories 395.00

Fat 17.75g

SaturatedFat 7.75g

Trans Fat 0.00g

Cholesterol 60.00mg

Sodium 1500.50mg

Carbohydrates 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 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10453
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
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	READY_TO_EAT Ready 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.

Meal Components (SLE)

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 Per Serving

Calories	643.18		
Fat	38.77g		
SaturatedFat	17.39g		
Trans Fat	0.00g		
Cholesterol	122.83mg		
Sodium	1359.07mg		
Carbohydrates	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 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10454

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
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 Cup		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.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories 372.00

Fat 18.00g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 52.00mg

Sodium 546.00mg

Carbohydrates 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 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10455

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
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
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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 Wrap

Amount Per Serving

Calories	333.52
Fat	14.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	47.00mg
Sodium	907.52mg
Carbohydrates	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 135oF.

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

Meal Components (SLE)

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 Serving

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	0.83IU	Vitamin C	0.17mg
Calcium	34.64mg	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 Per Serving			
Calories	81.85		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.50mg		
Carbohydrates	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 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10846
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SEAS DELI ROASTERS 6-5 MCC	4 Ounce	<p>BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN ROASTER IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 8 TO 12 MINUTES. SERVE IMMEDIATELY.</p> <p>CONVECTION PREHEAT OVEN TO 375° F. SPREAD FROZEN ROASTERS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p>	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

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10

OtherVeg	0.00
Legumes	0.00
Starch	0.65

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
<hr/>			
Calories	339.72		
Fat	14.71g		
SaturatedFat	7.05g		
Trans Fat	0.02g		
Cholesterol	52.00mg		
Sodium	460.28mg		
Carbohydrates	33.84g		
Fiber	3.31g		
Sugar	8.00g		
Protein	18.32g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	6.27mg
Calcium	15.00mg	Iron	0.94mg
<hr/>			

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 Facts

Servings Per Recipe: 6.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	246.93
Fat	16.00g
SaturatedFat	5.33g
Trans Fat	2.67g
Cholesterol	69.33mg
Sodium	353.33mg
Carbohydrates	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

Servings Per Recipe: 160.00

Serving Size: 1.00 Each

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
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 350°F, 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

Sugar	2.50g
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 Instructions	DistPart #
DOUGH ROLL CINN WGRAIN 240-1.25Z	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 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.

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
Starch	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 Instructions	DistPart #
MUFFIN MIX BASIC L/F 6-4.5 KRUST	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.

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: 72.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	56.82		
Fat	0.57g		
SaturatedFat	0.38g		
Trans Fat	0.00g		
Cholesterol	1.89mg		
Sodium	102.27mg		
Carbohydrates	11.74g		
Fiber	0.00g		
Sugar	6.06g		
Protein	0.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
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 350°F, 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.

Cook to 165 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)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 481.94

Fat 18.75g

SaturatedFat 6.37g

Trans Fat 0.00g

Cholesterol 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

Meal Components (SLE)

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 Per Serving			
Calories	430.00		
Fat	18.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	490.00mg		
Carbohydrates	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 Serving

Calories	304.31		
Fat	21.14g		
SaturatedFat	7.55g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	150.36mg		
Carbohydrates	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 4-.5GAL 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

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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.26mg	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

Meal Components (SLE)

Amount Per Serving

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.

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 Serving

Amount Per Serving

Calories	442.50		
Fat	8.00g		
SaturatedFat	2.40g		
Trans Fat	0.00g		
Cholesterol	82.50mg		
Sodium	1508.00mg		
Carbohydrates	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 Service
Meal Type:	Lunch	Recipe ID:	R-11800
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	<p>BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u2013BONELESS/u2013 PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.</p>	327162

Preparation Instructions

Bake frozen

Moisture 20%

250 degrees

10 minutes

Bake to 155 degrees.

Serve immediately in a 2 inch full pan

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 200.00

Fat 9.00g

SaturatedFat 1.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 300.00mg

Carbohydrates 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

Ratatouille

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 SIMPL	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
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	392.19mg
Carbohydrates	13.08g
Fiber	2.00g
Sugar	10.63g
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 72-875Z 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.

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	215.43
Fat	7.14g
SaturatedFat	1.70g
Trans Fat	0.27g
Cholesterol	33.12mg
Sodium	401.25mg
Carbohydrates	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.

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

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 4-.5GAL 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:

Meal Components (SLE)

Amount Per Serving

Meat	0.04
Grain	0.02
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 Each

Amount Per Serving

Calories	60.19		
Fat	0.22g		
SaturatedFat	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 carrots

- 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

GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 164.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	29.93		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	7.08g		
Fiber	2.00g		
Sugar	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

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: 40.00

Serving Size: 6.00 Ounce

Amount Per Serving	
Calories	219.29
Fat	5.50g
SaturatedFat	2.00g
Trans Fat	0.00g
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 6-.5GAL 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 paper and 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	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

Amount Per Serving	
Calories	401.91
Fat	16.00g
SaturatedFat	5.75g
Trans Fat	0.90g
Cholesterol	54.00mg
Sodium	640.95mg
Carbohydrates	37.22g
Fiber	4.50g
Sugar	7.13g
Protein	24.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 94.50mg **Iron** 11.50mg

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 ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") 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 (½ cup).

Notes:

1: Comments:

2: *See Marketing Guide.

3: Special Tip:

4: Serve with pita bread;

5: warning for service - contains peanut butter.

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	0.26

Starch

0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 58.95

Fat 1.03g

SaturatedFat 0.26g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 155.58mg

Carbohydrates 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

Amount Per Serving			
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

Meal Components (SLE)

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 Per Serving

Calories	108.07		
Fat	8.09g		
SaturatedFat	1.29g		
Trans Fat	0.00g		
Cholesterol	8.00mg		
Sodium	242.91mg		
Carbohydrates	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 Cup		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

Meal Components (SLE)

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

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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	0.00IU	Vitamin C	0.00mg
Calcium	6.99mg	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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving			
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	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Meal Components (SLE)

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 Per Serving			
Calories	368.10		
Fat	15.40g		
SaturatedFat	6.40g		
Trans Fat	0.52g		
Cholesterol	52.50mg		
Sodium	803.50mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	6.50g		
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.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	7.00g		
SaturatedFat	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		

Ingredients

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 4.00 Ounce

Amount Per Serving

Calories 303.71

Fat 5.71g

SaturatedFat 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
Sugar	24.26g

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 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20794
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	10 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	80 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	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 (¼ 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.

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: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	373.55
Fat	9.71g
SaturatedFat	4.35g
Trans Fat	0.00g
Cholesterol	87.06mg
Sodium	993.33mg
Carbohydrates	44.36g
Fiber	6.00g
Sugar	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.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.50

OtherVeg	0.00
Legumes	0.25
Starch	0.25

Nutrition Facts			
Servings Per Recipe: 35.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	586.47		
Fat	17.49g		
SaturatedFat	5.46g		
Trans Fat	2.73g		
Cholesterol	70.96mg		
Sodium	1268.58mg		
Carbohydrates	72.06g		
Fiber	11.03g		
Sugar	20.82g		
Protein	33.56g		
Vitamin A	0.78IU	Vitamin C	2.88mg
Calcium	107.98mg	Iron	6.96mg

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		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	7.00g		
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

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	120.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	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

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	110.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	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

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	110.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	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

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	110.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	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

Amount Per Serving

Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	350.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	146.00mg	Iron	1.90mg

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 Instructions	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		
SaturatedFat	5.40g		
Trans Fat	0.00g		
Cholesterol	306.00mg		
Sodium	504.00mg		
Carbohydrates	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 Instructions	DistPart #
PANCK WRAP TKY WGRAIN MINI 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 Serving			
Calories	180.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	280.00mg		
Carbohydrates	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	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	<p>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.</p>	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			
Calories	220.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	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

Breakfast Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21655
School:	EAST NOBLE MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	<p>BAKE Convection or Combination Oven: Preheat oven to 350°F, 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</p>	663091
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.</p> <p>PAN_FRY Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.</p>	138941
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	<p>READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.</p>	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 Per Serving			
Calories	305.00		
Fat	13.00g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	147.50mg		
Sodium	855.00mg		
Carbohydrates	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

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	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 HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POCKET TKY PEPP WGRAIN 48CT	1 Each	<p>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.</p>	654530

Preparation Instructions

Follow instruction on package

Cook to 165 degrees F

Serve at 140 degrees F and above

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	680.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	4.00g
Protein	18.00g

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 1/2 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 Per Serving			
Calories	140.00		
Fat	1.33g		
SaturatedFat	0.33g		
Trans Fat	0.00g		
Cholesterol	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
Calcium	13.33mg	Iron	0.48mg

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.

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 Serving

Calories	200.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	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 Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	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.

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 Serving

Calories	220.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	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

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		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	180.00		
Fat	7.00g		
SaturatedFat	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		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	740.00mg		
Carbohydrates	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.

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: 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 350°F, 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 PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

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

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	400.00
Fat	22.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	190.00mg
Sodium	710.00mg
Carbohydrates	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 Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	685.78		
Fat	47.26g		
SaturatedFat	25.66g		
Trans Fat	0.36g		
Cholesterol	64.26mg		
Sodium	1081.69mg		
Carbohydrates	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

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

Meal Components (SLE)

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 Per Serving			
Calories	322.09		
Fat	12.82g		
SaturatedFat	7.12g		
Trans Fat	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 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22137

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<p>BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> 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. <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven</p> <ol style="list-style-type: none"> 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 <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package	<p>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.</p>	269260

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

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
<hr/>			
Calories	420.00		
Fat	18.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	700.00mg		
Carbohydrates	43.00g		
Fiber	4.00g		
Sugar	13.00g		
Protein	23.00g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.00mg	Iron	2.10mg
<hr/>			

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.

Meal Components (SLE)

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

Nutrition Facts

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	
Carbohydrates	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 SIMPL	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.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	166.58
Fat	2.64g
SaturatedFat	1.60g
Trans Fat	0.00g
Cholesterol	8.00mg
Sodium	446.59mg
Carbohydrates	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

1. Place ingredients in Chef Salad 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

Chicken- 1 c. = 4.5 oz.

Cheese- 1 c.= 4.5 oz.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

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

Meal Components (SLE)

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

Meal Components (SLE)

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 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22463
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CHS BAKE R/SOD6-34Z REDISHRED	2 Carton	BAKE 1: Combine 4 liters boiling water (212°F) and 4 oz unsalted butter in a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato shreds. Stir. 4: Bake in a convection oven at 350°F for 20 minutes. For conventional oven, bake at 400°F for 30 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	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

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

0.25

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories 87.54

Fat 2.35g

SaturatedFat 2.30g

Trans Fat 0.00g

Cholesterol 39.62mg

Sodium 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.

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 Each

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	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 Service
Meal Type:	Lunch	Recipe ID:	R-22685

Ingredients

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 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	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

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	385.00		
Fat	16.50g		
SaturatedFat	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.

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: 60.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	3.78		
Fat	0.16g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.26mg		
Sodium	4.83mg		
Carbohydrates	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 CHIL/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.

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	6.17		
Fat	0.25g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.33mg		
Sodium	9.17mg		
Carbohydrates	0.58g		
Fiber	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.

Meal Components (SLE)

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

Nutrition Facts

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	21.71mg
Calcium	55.09mg	Iron	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: 1.00

Serving Size: 1.00 Serving

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
Calcium	12.50mg	Iron	1.25mg

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 .

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: 3.00 Ounce

Amount Per Serving

Calories	467.14
Fat	26.57g
SaturatedFat	7.61g
Trans Fat	0.00g
Cholesterol	82.14mg
Sodium	510.29mg
Carbohydrates	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
SaturatedFat	10.00g
Trans Fat	1.00g
Cholesterol	95.00mg
Sodium	1359.34mg
Carbohydrates	45.04g
Fiber	1.10g
Sugar	36.12g
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 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22944
School:	EAST NOBLE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN R/E BOLD 9CT	1 Slice	<p>BAKE COOKING INSTRUCTIONS: COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVECTION OVEN: 350°F high fan for 13-17 minutes. CONVENTIONAL OVEN: 450°F for 15-17 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	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

Sugar	7.00g
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

Sugar	7.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 341.00mg	Iron 2.40mg

WG PIZZA, SAUSAGE

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22946

Ingredients

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 Cup	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)

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: 8.00			
Serving Size: 1.00 Slice			
Amount Per Serving			
Calories	415.00		
Fat	17.50g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	36.88mg		
Sodium	460.00mg		
Carbohydrates	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 cauliflower 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 Cup

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 $\frac{1}{2}$ cup) apples over sweet potatoes in each pan.

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

Sprinkle $\frac{3}{4}$ cup sugar mixture over apples in each pan.

Dot each pan with cup margarine, and sprinkle remaining sugar.

Add $\frac{3}{4}$ 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 ($\frac{1}{4}$ 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	0.00
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

Calories 115.73

Fat 7.04g

SaturatedFat 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

Calories	111.03		
Fat	1.05g		
SaturatedFat	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 Service
Meal Type:	Lunch	Recipe ID:	R-23146

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	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 Per Serving			
Calories	402.78		
Fat	19.59g		
SaturatedFat	11.64g		
Trans Fat	0.18g		
Cholesterol	67.08mg		
Sodium	911.16mg		
Carbohydrates	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 Service
Meal Type:	Lunch	Recipe ID:	R-23147

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	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 Per Serving			
Calories	341.57		
Fat	11.09g		
SaturatedFat	5.65g		
Trans Fat	0.00g		
Cholesterol	52.64mg		
Sodium	747.49mg		
Carbohydrates	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.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	2744.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11601.60mg		
Carbohydrates	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 Service
Meal Type:	Lunch	Recipe ID:	R-23281

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u2013BONELESS/u201D PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.	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

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
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.

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

Calories 340.00

Fat 14.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 60.00mg

Sodium 450.00mg

Carbohydrates 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 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23372

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying).	690141
LETTUCE 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.

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 Serving

Amount Per Serving

Calories	332.02		
Fat	15.00g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	48.50mg		
Sodium	563.02mg		
Carbohydrates	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 equiv.	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

1. Place ingredients in Chef Salad clam shell
3. Top with beans, & cheese
4. 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.

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 salad

Amount Per Serving

Calories	554.39
Fat	24.25g
SaturatedFat	10.20g
Trans Fat	0.00g
Cholesterol	49.59mg
Sodium	860.78mg
Carbohydrates	57.70g
Fiber	11.34g
Sugar	4.34g
Protein	27.55g

Vitamin A	683.51IU	Vitamin C	3.09mg
Calcium	371.40mg	Iron	3.23mg

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.

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: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	406.69
Fat	31.50g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	39.50mg
Sodium	812.69mg
Carbohydrates	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

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 Cup	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			
Calories	216.62		
Fat	10.89g		
SaturatedFat	1.35g		
Trans Fat	0.00g		
Cholesterol	192.06mg		
Sodium	294.21mg		
Carbohydrates	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	Recipe ID:	R-24078

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
LETTUCE 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

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.

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 Serving

Amount Per Serving

Calories	515.52		
Fat	20.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	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.

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 salad

Amount Per Serving

Calories	553.05		
Fat	21.00g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	753.05mg		
Carbohydrates	57.61g		
Fiber	10.30g		
Sugar	4.30g		
Protein	32.30g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	346.66mg	Iron	3.20mg

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

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 Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	155.20		
Fat	0.52g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	569.06mg		
Carbohydrates	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

Meal Components (SLE)

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	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