

Cookbook for Lakeland Jr.- Sr. High

Created by HPS Menu Planner

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Toasted Cheese Sandwich

| | | | |
|----------------------|-------------------|-----------------------|------------------|
| Servings: | 48.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-14216 |
| School: | Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 152 Slice | | 722360 |
| Aunt Millie's Wheat Sandwich Bread | 96 Slice | READY_TO_EAT | 466 |
| MARGARINE SLD 30-1 GCHC | 1 1/4 Pound | | 733061 |

Preparation Instructions

Makes 2 trays. 24 sandwiches on each tray.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.50 |
| Grain | 1.75 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 334.17 | | |
| Fat | 17.50g | | |
| SaturatedFat | 7.71g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 23.75mg | | |
| Sodium | 946.67mg | | |
| Carbohydrates | 28.17g | | |
| Fiber | 2.00g | | |
| Sugar | 3.58g | | |
| Protein | 16.08g | | |
| Vitamin A | 625.00IU | Vitamin C | 0.00mg |
| Calcium | 310.00mg | Iron | 8.00mg |

Mini Sub

| | | | |
|----------------------|-------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-14846 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--------------------------------|------------|
| Aunt Millie's Whole Grain Mini Sub 2oz | 1 bun | | 5113 |
| American Cheese Sliced RF | 1 Slice | | 666204 |
| TURKEY ITAL COMBO SLCD 12-1 JENNO | 2 1/2 Ounce | enough slices to weigh 2.5 oz. | 199721 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.17 |
| 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

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 300.58 | | |
| Fat | 10.33g | | |
| SaturatedFat | 3.08g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 55.83mg | | |
| Sodium | 852.75mg | | |
| Carbohydrates | 32.67g | | |
| Fiber | 2.00g | | |
| Sugar | 4.50g | | |
| Protein | 20.33g | | |
| Vitamin A | 30.00IU | Vitamin C | 0.00mg |
| Calcium | 122.23mg | Iron | 0.80mg |

Peanut Butter & Jelly Sandwich w/Cheese Stick

| | | | |
|----------------------|-------------------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-14864 |
| School: | Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| JELLY APPLE-GRAPE 6-10 GCHC | 3 3/4 Pound | Spread 1 T. Jelly on a Slice of Bread. | 100927 |
| PEANUT BUTTER CRMY 6-4 JIF | 4 1/2 Pound | Spread 1 oz. of Peanut Butter on other slice of bread. | 241851 |
| 380 - Aunt Millie's WG Honey White Bread | 100 Each | Place the 2 slices together. | 380 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 Each | Place sandwich and cheese stick in sandwich bag. | 786580 |

Preparation Instructions

Cheese Stick must be offered with sandwich to meet the weekly M/MA requirement.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.02 |
| 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: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|---------|
| Calories | 266.54 | | |
| Fat | 2.12g | | |
| SaturatedFat | 0.08g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.40mg | | |
| Sodium | 340.99mg | | |
| Carbohydrates | 56.12g | | |
| Fiber | 4.00g | | |
| Sugar | 24.71g | | |
| Protein | 6.12g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 7.96mg | Iron | 12.00mg |

Pizza Munchable

| | | | |
|----------------------|-------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-14934 |
| School: | Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH | 1 Each | READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients | 644182 |
| PEPPERONI SLCD 14-16/Z 2-5 GCHC | 8 Each | | 729981 |
| CHEESE MOZZ SHRD 4-5 LOL | 1/2 Cup | | 645170 |
| SAUCE MARINARA DIPN CUP 84-2.5Z REDG | 1 Each | READY_TO_EAT None | 677721 |

Preparation Instructions

Package together in Container. Counts as a reimbursable meal by itself. Students must also be able to take all other menued vegetables, fruits and milk, if desired.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| 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 | 470.00 |
| Fat | 23.50g |
| SaturatedFat | 10.50g |
| Trans Fat | 0.00g |
| Cholesterol | 45.00mg |
| Sodium | 1160.50mg |
| Carbohydrates | 38.00g |
| Fiber | 5.00g |
| Sugar | 8.00g |
| Protein | 25.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 450.00mg | Iron 1.62mg |

Ham & Cheese Sandwich

| | | | |
|----------------------|-------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-14978 |
| School: | Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| TURKEY HAM UNCURED 6-2 JENNO | 4 Slice | | 690041 |
| 3.5 WG Hamburger Bun | 1 Each | | 3354 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1/2 Ounce | 1 slice =1/2 oz. | 100036 |

Preparation Instructions

Place sheet pan liner on sheet tray. Lay out 24 bottoms of bun on tray. Top each bun with 4 slices ham, place 1 slice cheese on top of ham. Place the top bun on each sandwich. Cover entire sheet tray with aluminum foil. Seal tightly. bake in a 350 degree oven for 10 minutes. place in warming cabinet till serving time.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.50 |
| 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 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 323.82 | | |
| Fat | 12.19g | | |
| SaturatedFat | 3.55g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 82.59mg | | |
| Sodium | 781.47mg | | |
| Carbohydrates | 26.10g | | |
| Fiber | 2.00g | | |
| Sugar | 6.73g | | |
| Protein | 25.75g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 2.00mg | Iron | 8.98mg |

Create A Taco

| | | | |
|----------------------|-------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 0.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-15105 |
| School: | Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 20 Pound | Heat Meat in Steamer. | 722330 |
| CHEESE CHED MLD SHRD 4-5 LOL | 4 Pound | Place in 1/2 size long steam table pan. | 150250 |
| TORTILLA FLOUR ULTRGR 6 30-12CT | 1 Each | Stagger tortillas in 2" steam table pan. Paper between each layer. | 882690 |

Preparation Instructions

Steam table pan of tortilla shells place 1st in well on lone

Heat taco meat to 165 degrees, place in steam table pan and place 2nd. in well at serving line.

Cheese will be place in 1/2 size long pan and be placed in cold area of serving line.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.67 |
| Grain | 0.01 |
| 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: 0.00

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 184.90 | | |
| Fat | 10.83g | | |
| SaturatedFat | 5.73g | | |
| Trans Fat | 0.29g | | |
| Cholesterol | 54.84mg | | |
| Sodium | 418.99mg | | |
| Carbohydrates | 5.85g | | |
| Fiber | 2.04g | | |
| Sugar | 2.03g | | |
| Protein | 17.49g | | |
| Vitamin A | 846.23IU | Vitamin C | 5.05mg |
| Calcium | 171.06mg | Iron | 2.03mg |

Ham and Cheese Biscuit

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-15308 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| TURKEY HAM UNCURED 6-2 JENNO | 1 Ounce | Place one ounce of ham on baked biscuit. | 690041 |
| Cheese, Processed, Sliced Yellow | 1 Ounce | Fold Cheese in half, place on top of ham. Put top of biscuit on Sandwich. | 100018 |
| DOUGH BISC STHRN STYL 216-2.2Z PILLS | 1 Each | Have biscuit baked the day before. Cut in half after they have cooled down. | 618152 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.98 |
| 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

Amount Per Serving

| | | | |
|----------------------|-----------|------------------|--------|
| Calories | 360.31 | | |
| Fat | 21.02g | | |
| SaturatedFat | 11.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 61.81mg | | |
| Sodium | 1080.92mg | | |
| Carbohydrates | 26.01g | | |
| Fiber | 1.00g | | |
| Sugar | 4.34g | | |
| Protein | 16.70g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 30.00mg | Iron | 1.88mg |

Yogurt w/P.B. Sandwich

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 0.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-15455 |
| School: | Preschool | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|--|------------|
| PEANUT BUTTER SMOOTH 6-5 GFS | 1 Tablespoon | | 183245 |
| Bread, Homestyle Whole Grain Honey White 24 oz/20sl | 1 Slice | Spread 1 Tablespoon Peanut Butter on 1 slice of bread. Cut it to make a triangle. Place the sandwich in a sandwich baggie. | 380 |
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 4 Ounce | READY_TO_EAT READY_TO_EAT | 885750 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.50 |
| 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: 0.00

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 255.00 | | |
| Fat | 8.50g | | |
| SaturatedFat | 1.25g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 126.60mg | | |
| Carbohydrates | 34.50g | | |
| Fiber | 3.00g | | |
| Sugar | 14.00g | | |
| Protein | 10.50g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 152.00mg | Iron | 6.36mg |

Ham Chef Salad- Jr/Sr

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16066 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| LETTUCE SALAD TINY CHOP 55/45 4-5 | 2 Cup | | 153121 |
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 2 Ounce | | 100187 |
| TOMATO GRAPE SWT 10 MRKN | 1/4 Cup | | 129631 |
| EGG HRD CKD DCD IQF 4-5 GCHC | 1/2 Ounce | | 192198 |
| CHEESE MOZZ SHRD 4-5 LOL | 1/2 Ounce | | 645170 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.81 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.69 |
| RedVeg | 0.25 |
| OtherVeg | 0.69 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 168.09 | | |
| Fat | 8.05g | | |
| SaturatedFat | 3.91g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 98.67mg | | |
| Sodium | 492.58mg | | |
| Carbohydrates | 11.40g | | |
| Fiber | 3.32g | | |
| Sugar | 6.49g | | |
| Protein | 16.86g | | |
| Vitamin A | 374.85IU | Vitamin C | 6.17mg |
| Calcium | 151.30mg | Iron | 1.45mg |

Turkey Chef Salad- Jr/Sr

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16067 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| LETTUCE SALAD TINY CHOP 55/45 4-5 | 2 Cup | | 153121 |
| TURKEY, DELI BREAST, SLICED | 2 Ounce | | 110554 |
| TOMATO GRAPE SWT 10 MRKN | 1/4 Cup | | 129631 |
| EGG HRD CKD DCD IQF 4-5 GCHC | 1/2 Ounce | | 192198 |
| CHEESE MOZZ SHRD 4-5 LOL | 1/2 Ounce | | 645170 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 3.96 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.69 |
| RedVeg | 0.25 |
| OtherVeg | 0.69 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 227.71 | | |
| Fat | 7.56g | | |
| SaturatedFat | 2.28g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 119.52mg | | |
| Sodium | 710.85mg | | |
| Carbohydrates | 10.91g | | |
| Fiber | 3.32g | | |
| Sugar | 4.85g | | |
| Protein | 31.04g | | |
| Vitamin A | 374.85IU | Vitamin C | 6.17mg |
| Calcium | 151.30mg | Iron | 1.45mg |

Ham & Cheese Deli Sandwich- Jr/Sr. High

| | | | |
|----------------------|------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-16068 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 2 1/2 Ounce | | 100187 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Each | | 100036 |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 1 bun | | 3159 |

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|---------|
| Calories | 275.82 | | |
| Fat | 8.60g | | |
| SaturatedFat | 3.55g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 44.39mg | | |
| Sodium | 815.41mg | | |
| Carbohydrates | 34.10g | | |
| Fiber | 2.00g | | |
| Sugar | 7.05g | | |
| Protein | 19.25g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.00mg | Iron | 10.00mg |

Ham Deli Sandwich- Jr/Sr. High

| | | | |
|----------------------|------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-16069 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 2 1/2 Ounce | | 100187 |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 1 bun | | 3159 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|---------|
| Calories | 235.82 | | |
| Fat | 6.10g | | |
| SaturatedFat | 2.05g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 36.89mg | | |
| Sodium | 665.41mg | | |
| Carbohydrates | 33.10g | | |
| Fiber | 2.00g | | |
| Sugar | 6.05g | | |
| Protein | 16.25g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.00mg | Iron | 10.00mg |

Turkey Deli Sandwich- Jr/Sr. High

| | | | |
|----------------------|------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-16070 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| TURKEY, DELI BREAST, SLICED | 3 1/4 Ounce | | 110554 |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 1 bun | | 3159 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 4.55 |
| 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 | 355.45 | | |
| Fat | 6.55g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 81.82mg | | |
| Sodium | 1162.73mg | | |
| Carbohydrates | 33.55g | | |
| Fiber | 2.00g | | |
| Sugar | 4.00g | | |
| Protein | 42.36g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.00mg | Iron | 10.00mg |

Turkey & Cheese Deli Sandwich- Jr/Sr. High

| | | | |
|----------------------|------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-16071 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| TURKEY, DELI BREAST, SLICED | 3 Ounce | | 110554 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice | | 100036 |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 1 bun | | 3159 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 4.70 |
| 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 | 380.42 | | |
| Fat | 8.70g | | |
| SaturatedFat | 1.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 83.02mg | | |
| Sodium | 1237.90mg | | |
| Carbohydrates | 34.20g | | |
| Fiber | 2.00g | | |
| Sugar | 5.00g | | |
| Protein | 42.57g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.00mg | Iron | 10.00mg |

Yogurt, Fruit, & Flatbread Platter

| | | | |
|----------------------|------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-16072 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------|-------------------|------------|
| YOGURT VAN L/F PARFPR 6-4 YOPL | 1/2 Cup | | 811500 |
| CHEESE STIX COLBY JK R/F IW 168-1Z | 1 Each | | 786510 |
| FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH | 1 Each | | 644182 |
| SPICE CINN-MAPL SPRINKLE 29Z TRDE | 1 Tablespoon | | 565911 |
| Variety of Fresh Fruits | 1 cup | | |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.49 |
| 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 | 461.94 |
| Fat | 11.75g |
| SaturatedFat | 5.37g |
| Trans Fat | 0.00g |
| Cholesterol | 20.00mg |
| Sodium | 599.70mg |
| Carbohydrates | 82.13g |
| Fiber | 6.00g |
| Sugar | 45.42g |
| Protein | 16.73g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 348.33mg | Iron 1.44mg |

Peanut Butter & Jelly Sandwich w/Cheese Stick- Jr./Sr.

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16073 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|-------------------|------------|
| JELLY APPLE-GRAPE 6-10 GCHC | 1 Tablespoon | | 100927 |
| USDA Commodity Smooth Peanut Butter | 2 Tablespoon | | 100396 |
| 380 - Aunt Millie's WG Honey White Bread | 2 Each | | 380 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 Each | | 786580 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 510.00 |
| Fat | 24.00g |
| SaturatedFat | 7.00g |
| Trans Fat | 0.00g |
| Cholesterol | 20.00mg |
| Sodium | 690.00mg |
| Carbohydrates | 57.00g |
| Fiber | 6.00g |
| Sugar | 21.00g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 202.00mg | Iron 12.00mg |

Refried Beans- Jr./Sr. High

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 48.00 | Category: | Vegetable |
| Serving Size: | 0.25 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16077 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--|------------|
| Beans, Refried, Low sodium, canned | 1 #10 CAN | BAKE Open can and heat according to recipe or instructions on can | 100362 |
| SALSA 103Z 6-10 REDG | 2 Cup | READY_TO_EAT None | 452841 |

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.03 |
| OtherVeg | 0.00 |
| Legumes | 0.27 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.25 Cup

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 61.04 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 87.66mg | | |
| Carbohydrates | 11.13g | | |
| Fiber | 2.69g | | |
| Sugar | 0.66g | | |
| Protein | 3.77g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.12mg |

Spicy Chicken Sandwich

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16078 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2 | 1 Each | | 327080 |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 1 bun | | 3159 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|---------|
| Calories | 430.00 | | |
| Fat | 17.00g | | |
| SaturatedFat | 3.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 590.00mg | | |
| Carbohydrates | 46.00g | | |
| Fiber | 5.00g | | |
| Sugar | 5.00g | | |
| Protein | 21.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 44.00mg | Iron | 12.00mg |

Rice Pilaf

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Grain |
| Serving Size: | 0.25 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16079 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| RICE GARDEN BLEND 6-36Z GCHC | 2 Package | | 834860 |
| Tap Water for Recipes | 4 Quart | | 000001WTR |
| MARGARINE SLD 30-1 GCHC | 1/2 Pound | | 733061 |

Preparation Instructions

No Preparation Instructions available.

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: 50.00

Serving Size: 0.25 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 176.73 | | |
| Fat | 3.88g | | |
| SaturatedFat | 1.44g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 541.76mg | | |
| Carbohydrates | 31.12g | | |
| Fiber | 0.72g | | |
| Sugar | 2.17g | | |
| Protein | 3.62g | | |
| Vitamin A | 240.00IU | Vitamin C | 0.00mg |
| Calcium | 38.35mg | Iron | 1.45mg |

Buffalo Chicken Pizza- Jr./Sr.

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 8.00 | Category: | Entree |
| Serving Size: | 1.00 Slice | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16140 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|--------------|-------------------|------------|
| PIZZA CHS 16 WGRAIN SLCD 3-3CT | 8 Slice | | 444115 |
| Chicken, diced, cooked, frozen | 2 1/2 Ounce | | 100101 |
| SAUCE BUFFALO SAND 2-1GAL FRENC | 3 Tablespoon | | 213990 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.25 |
| 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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 373.13 | | |
| Fat | 16.31g | | |
| SaturatedFat | 8.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 46.56mg | | |
| Sodium | 647.50mg | | |
| Carbohydrates | 35.38g | | |
| Fiber | 4.00g | | |
| Sugar | 6.00g | | |
| Protein | 19.88g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 380.00mg | Iron | 2.00mg |

Spaghetti with Pepper Sauce

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 230.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16141 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|----------------|-------------------|------------|
| PASTA SPAGHETTI CKD 4-5 PG | 55 Pound | | 835910 |
| SAUCE THAI SPCY SWT CHILI 6-.5GAL | 60 Fluid Ounce | | 640183 |

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: 230.00

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 264.63 | | |
| Fat | 5.77g | | |
| SaturatedFat | 0.96g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 134.08mg | | |
| Carbohydrates | 45.04g | | |
| Fiber | 1.97g | | |
| Sugar | 5.57g | | |
| Protein | 7.68g | | |
| Vitamin A | 22.05IU | Vitamin C | 0.68mg |
| Calcium | 10.35mg | Iron | 2.03mg |

Buffalo Chicken Dip

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 44.00 | Category: | Entree |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16142 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Chicken, diced, cooked, frozen | 3 Pound | | 100101 |
| CHEESE CREAM LOAF 10-3 GCHC | 3 Pound | | 163562 |
| SAUCE HOT REDHOT ORG 4-1GAL FRNKS | 3 Cup | | 282944 |
| DRESSING RNCH LT 4-1GAL LTHSE | 3 Cup | | 861850 |
| Cheese, Mozzarella, Part Skim, Shredded | 6 Cup | | 100021 |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 6 Cup | UNPREPARED | 100012 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.18 |
| 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: 44.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 295.64 | | |
| Fat | 21.27g | | |
| SaturatedFat | 12.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 77.45mg | | |
| Sodium | 925.19mg | | |
| Carbohydrates | 6.55g | | |
| Fiber | 0.00g | | |
| Sugar | 2.18g | | |
| Protein | 15.82g | | |
| Vitamin A | 981.92IU | Vitamin C | 0.00mg |
| Calcium | 26.73mg | Iron | 0.00mg |

Chicken Patty Sandwich

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16182 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2 | 1 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. | 281622 |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 1 bun | | 3159 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 430.00 |
| Fat | 17.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 590.00mg |
| Carbohydrates | 45.00g |
| Fiber | 5.00g |
| Sugar | 5.00g |
| Protein | 22.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 42.00mg | Iron 12.00mg |

Chicken & Noodles- Jr./Sr.

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16183 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| CHICKEN FAJITA STRIPS, COOKED, FROZEN | 11 Pound | | 100117 |
| PASTA NOODL KLUSKI 1/8 2-5 GCHC | 7 1/2 Pound | | 270385 |
| BASE CHIX 12-1 GCHC | 1/2 Pound | | 439606 |
| Black Pepper | 1/8 Cup | | 24108 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.25 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|-----------|------------------|--------|
| Calories | 401.63 | | |
| Fat | 7.52g | | |
| SaturatedFat | 2.67g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 130.61mg | | |
| Sodium | 1250.71mg | | |
| Carbohydrates | 50.83g | | |
| Fiber | 2.40g | | |
| Sugar | 5.23g | | |
| Protein | 28.99g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 24.75mg | Iron | 2.28mg |

Sweet Carrots- Jr./Sr. High

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 72.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16319 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| Carrots, Sliced, low sodium, canned | 3 #10 CAN | | 100309 |
| SUGAR BROWN MED 25 GCHC | 1 1/2 Cup | UNSPECIFIED | 108626 |
| MARGARINE SLD 30-1 GCHC | 1/2 Pound | | 733061 |

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|-----------|------------------|--------|
| Calories | 202.24 | | |
| Fat | 2.44g | | |
| SaturatedFat | 1.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1307.91mg | | |
| Carbohydrates | 40.67g | | |
| Fiber | 9.17g | | |
| Sugar | 22.34g | | |
| Protein | 0.00g | | |
| Vitamin A | 166.67IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Pork Friter Sandwich

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16320 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| PORK CHOP CNTRY FRD CN 100-3.1Z PIER | 1 Each | | 849014 |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 1 bun | | 3159 |

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 430.00 |
| Fat | 19.00g |
| SaturatedFat | 4.50g |
| Trans Fat | 0.00g |
| Cholesterol | 90.00mg |
| Sodium | 570.00mg |
| Carbohydrates | 44.00g |
| Fiber | 4.00g |
| Sugar | 5.00g |
| Protein | 19.00g |
| Vitamin A 100.00IU | Vitamin C 0.00mg |
| Calcium 44.00mg | Iron 11.80mg |

Boom Boom Chicken

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 160.00 | Category: | Entree |
| Serving Size: | 10.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16322 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| CHIX PCORN LRG WGRAIN CKD 6-5 | 45 Ounce | | 536620 |
| SAUCE BOOM BOOM 4-1GAL KENS | 1 Gallon | | 877930 |

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: 160.00

Serving Size: 10.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 136.89 | | |
| Fat | 13.64g | | |
| SaturatedFat | 2.19g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 16.57mg | | |
| Sodium | 235.78mg | | |
| Carbohydrates | 2.71g | | |
| Fiber | 0.20g | | |
| Sugar | 1.60g | | |
| Protein | 1.24g | | |
| Vitamin A | 13.08IU | Vitamin C | 0.00mg |
| Calcium | 1.31mg | Iron | 0.09mg |

Macaroni & Cheese- Jr./Sr. High

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 96.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16419 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|-------------------|------------|
| PASTA ELBOW MACAR 4-5 GCHC | 12 Pound | | 413320 |
| SAUCE CHS CHED POUCH 6-106Z LOL | 3 Package | | 135261 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 5 1/2 Pound | READY_TO_EAT | 100036 |
| MILK WHT 2 4-1GAL RGNLBRND | 1 Gallon | | 504602 |
| MUSTARD PKT 500-5.5GM GFS | 2 Tablespoon | | 700051 |
| SAUCE HOT REDHOT ORG 4-1GAL FRNKS | 1 Tablespoon | | 282944 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.02 |
| 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 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 311.41 | | |
| Fat | 7.68g | | |
| SaturatedFat | 4.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 20.87mg | | |
| Sodium | 373.80mg | | |
| Carbohydrates | 46.46g | | |
| Fiber | 2.00g | | |
| Sugar | 5.83g | | |
| Protein | 14.72g | | |
| Vitamin A | 89.59IU | Vitamin C | 0.40mg |
| Calcium | 96.31mg | Iron | 1.80mg |

Chicken Alfredo- Jr./Sr. High

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16423 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| Chicken, diced, cooked, frozen | 15 Pound | | 100101 |
| SAUCE ALFREDO FZ 6-5 JTM | 30 Pound | | 155661 |
| MILK WHT 2 9-.5GAL RGNLBRND | 6 Cup | | 608793 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 5.00 |
| 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 | 180.99 | | |
| Fat | 6.59g | | |
| SaturatedFat | 2.51g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 66.80mg | | |
| Sodium | 263.38mg | | |
| Carbohydrates | 7.55g | | |
| Fiber | 0.00g | | |
| Sugar | 6.83g | | |
| Protein | 20.39g | | |
| Vitamin A | 319.05IU | Vitamin C | 1.15mg |
| Calcium | 212.32mg | Iron | 0.00mg |

Mashed Potatoes- Jr./Sr. High

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 135.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16478 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|--------------|-------------------|------------|
| POTATO PRLS EXCEL 12-28Z BAMER | 112 Ounce | | 613738 |
| Black Pepper | 2 Tablespoon | | 24108 |
| BASE CHIX 12-1 GCHC | 1/4 Cup | | 439606 |

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: 135.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 84.30 | | |
| Fat | 1.23g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 474.97mg | | |
| Carbohydrates | 16.68g | | |
| Fiber | 1.19g | | |
| Sugar | 0.09g | | |
| Protein | 2.46g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 11.94mg | Iron | 0.36mg |

Arroz con Pollo- Jr./Sr. High

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16484 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| SAUCE CHS QUESO BLANCO FZ 6-5 JTM | 15 Pound | | 722110 |
| CHICKEN FAJITA STRIPS, COOKED, FROZEN | 7 1/2 Pound | | 100117 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.75 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 184.66 |
| Fat | 12.21g |
| SaturatedFat | 7.07g |
| Trans Fat | 0.00g |
| Cholesterol | 62.12mg |
| Sodium | 733.48mg |
| Carbohydrates | 3.11g |
| Fiber | 0.00g |
| Sugar | 0.71g |
| Protein | 14.75g |
| Vitamin A 480.00IU | Vitamin C 0.00mg |
| Calcium 242.40mg | Iron 0.00mg |

BBQ Rib Sandwich

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16485 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| BEEF RIB BBQ HNY 100-3.24Z PIER | 1 Each | | 451410 |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 1 bun | | 3159 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|---------|
| Calories | 360.00 | | |
| Fat | 12.00g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 40.00mg | | |
| Sodium | 860.00mg | | |
| Carbohydrates | 42.00g | | |
| Fiber | 4.00g | | |
| Sugar | 14.00g | | |
| Protein | 20.00g | | |
| Vitamin A | 400.00IU | Vitamin C | 1.20mg |
| Calcium | 44.00mg | Iron | 11.80mg |

Grilled Cheese Sandwich- Jr./Sr. High

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16488 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Bread, Whole Grain Texas Toast 22 oz/16 sl | 2 Slice | | 6369 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 4 Slice | | 100036 |

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|---------|
| Calories | 360.00 | | |
| Fat | 13.00g | | |
| SaturatedFat | 6.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 30.00mg | | |
| Sodium | 602.80mg | | |
| Carbohydrates | 42.00g | | |
| Fiber | 4.00g | | |
| Sugar | 8.00g | | |
| Protein | 20.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 8.00mg | Iron | 12.00mg |

Tomato Soup- Jr./Sr. High

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 144.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16489 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| SOUP TOMATO LO SOD RTS 12-5 CAMP | 5 #5 CAN | | 514829 |
| SOUP TOMATO 12-5 CAMP | 5 #5 CAN | | 101427 |
| 1 % White Milk | 4 1 carton | | |

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: 144.00

Serving Size: 1.00 Cup

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 79.21 | | |
| Fat | 1.06g | | |
| SaturatedFat | 0.53g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 2.88mg | | |
| Sodium | 248.67mg | | |
| Carbohydrates | 15.35g | | |
| Fiber | 1.23g | | |
| Sugar | 9.43g | | |
| Protein | 1.95g | | |
| Vitamin A | 0.28IU | Vitamin C | 0.06mg |
| Calcium | 18.09mg | Iron | 0.53mg |

Meatball Grinder

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16490 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Aunt Millie's Whole Grain Mini Sub 2oz | 100 bun | BAKE | 5113 |
| MEATBALL CKD .65Z 6-5 COMM | 400 Each | | 785860 |
| SAUCE SPAGHETTI FCY 6-10 REDPK | 2 #10 CAN | | 852759 |
| CHEESE MOZZ SHRD 4-5 LOL | 6 Pound | | 645170 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 425.14 | | |
| Fat | 17.26g | | |
| SaturatedFat | 6.86g | | |
| Trans Fat | 0.60g | | |
| Cholesterol | 50.40mg | | |
| Sodium | 825.03mg | | |
| Carbohydrates | 42.26g | | |
| Fiber | 4.77g | | |
| Sugar | 10.49g | | |
| Protein | 26.49g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 268.17mg | Iron | 1.00mg |

Meatball Grinder- Jr. High

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-17956 |
| School: | Lakeland Jr.- Sr. High | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Aunt Millie's Whole Grain Mini Sub 2oz | 100 bun | BAKE | 5113 |
| MEATBALL CKD .65Z 6-5 COMM | 300 Each | | 785860 |
| SAUCE SPAGHETTI FCY 6-10 REDPK | 2 #10 CAN | | 852759 |
| CHEESE MOZZ SHRD 4-5 LOL | 6 Pound | | 645170 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.25 |
| 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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 386.64 | | |
| Fat | 15.01g | | |
| SaturatedFat | 5.99g | | |
| Trans Fat | 0.45g | | |
| Cholesterol | 41.40mg | | |
| Sodium | 766.03mg | | |
| Carbohydrates | 40.76g | | |
| Fiber | 4.52g | | |
| Sugar | 9.99g | | |
| Protein | 23.49g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 253.42mg | Iron | 0.75mg |