

# **Cookbook for NORTHWOOD ELEMENTARY**

**Created by HPS Menu Planner**

# Table of Contents

**Chicken Biscuit Sandwich**

**Breakfast Egg Sandwich**

**Breakfast Fruit Juice**

**Milk, Variety**

**Assorted Cereal Bars**

**Assorted Cereal**

**Assorted Fresh Fruit**

**Applesauce Cup, Assorted Flavors**

**Assorted Cereal Pouches**

**Assorted Graham Packets**

**Yogurt Middle/High Schools**

**Yogurt Elementary Schools**

**Cheese Pizza**

**Pepperoni Pizza-Big Daddy**

**Spicy Chicken Patty Sandwich Middle/High Schools**

**Assorted Cereal Bowls Elementary**

**Grilled Cheese Sandwich w/Tomato Soup K-6**

**Baby Carrots W/Dip**

**Crispy Chicken Sandwich HS**

**Pasta with Meat Sauce**

**Peanut Butter and Jelly Sandwich**

**Cheese Lasagna**

**Hot Ham and Cheese Sandwich**

**Hot Ham and Cheese Sandwich Elem**

**Uncrustable w/ Goldfish Crax**

**Roasted Broccoli**

**Side Salad IN/MS/HS**

**Peanut Butter and Jelly Sandwich w/Goldfish Crax**

**Broccoli with Cheese Sauce**

**Fresh Grapes**

**Corn, frozen**

**Seasoned Green Beans**

**Orange Wedges**

**Pizza Indiv. Round**

**Pizza Slice**

**Fish Nuggets w/Onion Rings**

**Baked Cinnamon Apples**

**Fresh Apple Slices**

**Veggie Cruncher Cup w/Dip**

**Egg Grab and Go CBIS**

**Turkey and Noodles w/Bread**

**Mashed Potatoes**

**Peaches, diced**

**BBQ Rib Sandwich**

**Fruit and Veggie Bar**

**Crispy Chicken Bacon Ranch Wrap**

**Dill Chicken Sandwich**

**Shredded Pork BBQ Sandwich**

**White Mac and Cheese Bowl**

**Taco Salad**

**Elementary Walking Taco**

**Walking Taco**

**Turkey Manhattan**

**Orange Chicken with Rice and Eggroll**

**Turkey Club Sub Sandwich**

**Cheeseburger on Bun**

**Chef Salad**

**Crispy Chicken and Waffle**

**Chicken Fajitas with Rice**

**Burrito Bowl**

**Broccoli Salad**

**Salad with Popcorn Chicken**

**Salad with Spicy Chicken**

**Italian Sub Sandwich**

**Hamburger on Bun**

**Nachos Supreme**

**Chicken Nuggets w/Roll**

**Sloppy Joe on Bun**

**Crispy Chicken Patty Sandwich**

**Hot Dog on Bun**

**Sausage Gravy with Biscuit Sticks**

**Deli Wrap**

**Crispy Chicken Smackers with a Roll**

**BBQ Sandwich**

**Crispy Chicken Patty Sandwich**

**Crispy Chicken Patty Sandwich**

**Crispy Chicken Patty Sandwich**

**Crispy Chicken Patty Sandwich**

# Chicken Biscuit Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22379
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. Cook to a minimum internal temperature of 160°.	528820
DOUGH BISC WGRAIN 216-2.51Z PILLS	1 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200

## Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Individually wrap sandwiches.

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	310.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	550.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g

<b>Protein</b>		13.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	42.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	2.16mg

# Breakfast Egg Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22381
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	1 Ounce		149052
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 10-12 MIN. FROZEN 18-20 MIN. CCP:	592625

## Preparation Instructions

Cook egg at 250 until temperature reaches 135 degree. Assemble and serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	156.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	99.00mg		
<b>Sodium</b>	246.00mg		
<b>Carbohydrates</b>	15.40g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	3.20g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.00mg	<b>Iron</b>	0.00mg



# Breakfast Fruit Juice

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22404

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each		659712
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

<b>Calories</b>	64.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.00mg		
<b>Carbohydrates</b>	15.80g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	24.00mg
<b>Calcium</b>	39.80mg	<b>Iron</b>	0.00mg

# Milk, Variety

<b>Servings:</b>	6.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	8.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22405

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Low Fat White Milk	1 Cup		13871
Skim 1/2 pt	1 Cup		5404
MILK WHT FF LACT FR 12-8FLZ DSTAR	1 Cup	READY_TO_EAT Ready to Eat or used as an ingredient	170879
Chocolate 1%	1 Cup	READY_TO_DRINK	13875
Strawberry 1% Milk	1 Cup		13877
Vanilla Milk 1%	1 Cup	READY_TO_DRINK	13879

## Preparation Instructions

Place in milk cooler to keep an internal temperature of 35 degrees.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 8.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	116.67		
<b>Fat</b>	1.67g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.17mg		
<b>Sodium</b>	135.00mg		
<b>Carbohydrates</b>	17.17g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	16.67g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	32.17IU	<b>Vitamin C</b>	0.67mg
<b>Calcium</b>	155.50mg	<b>Iron</b>	0.00mg

# Assorted Cereal Bars

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22418

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each		282431
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	155.00
<b>Fat</b>	3.67g
<b>SaturatedFat</b>	0.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	127.50mg
<b>Carbohydrates</b>	29.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	10.67g
<b>Protein</b>	2.17g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 183.33mg **Iron** 1.65mg

# Assorted Cereal

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22419

## 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
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
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
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
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
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	110.00
<b>Fat</b>	1.58g
<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	150.00mg
<b>Carbohydrates</b>	23.17g
<b>Fiber</b>	2.17g
<b>Sugar</b>	6.50g

<b>Protein</b>		<b>2.00g</b>	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	81.67mg	<b>Iron</b>	4.52mg

# Assorted Fresh Fruit

<b>Servings:</b>	6.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22425

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup	2.75 oz = 1/2 cup	280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
STRAWBERRY 8 MRKN	1/2 Cup	3 oz = 1/2 cup	212768
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	74.17		
<b>Fat</b>	0.23g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.89mg		
<b>Carbohydrates</b>	19.11g		
<b>Fiber</b>	3.16g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	0.93g		
<b>Vitamin A</b>	94.81IU	<b>Vitamin C</b>	25.58mg
<b>Calcium</b>	21.11mg	<b>Iron</b>	0.30mg

# Applesauce Cup, Assorted Flavors

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22426

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE BLUE RASPB CUP 96-4.5Z	1 Each		753881
APPLESAUCE WTRMLN CUP 96-4.5Z P/L	1 Each		764341
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	1 Each		753931
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each		753921
APPLESAUCE UNSWT CUP 96-4.5Z P/L	1 Each		753911

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.40
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.20		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.40mg		
<b>Carbohydrates</b>	13.40g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	7.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	40.20mg
<b>Calcium</b>	1.00mg	<b>Iron</b>	0.00mg



# Assorted Cereal Pouches

<b>Servings:</b>	6.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 1 Pouch	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22428

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS POU 96-1Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	795420
CEREAL CINN TOAST CRNCH POU 96-1Z	1 Each	READY_TO_EAT Ready to eat cereal bars	656562
Lucky Charms Cereal Pouch	1 Each	READY_TO_EAT	14392
Froot Loops Cereal Pouch	1 Each	READY_TO_EAT	11467
Frosted Flakes Multi Grain Pouch	1 Each	READY_TO_EAT	11465
Apple Jacks Cereal Pouch	1 Each	READY_TO_EAT	11469

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 1 Pouch

Amount Per Serving			
<b>Calories</b>	118.33		
<b>Fat</b>	1.17g		
<b>SaturatedFat</b>	0.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	188.33mg		
<b>Carbohydrates</b>	25.17g		
<b>Fiber</b>	1.83g		
<b>Sugar</b>	8.67g		
<b>Protein</b>	1.83g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	3.10mg
<b>Calcium</b>	36.67mg	<b>Iron</b>	1.75mg

# Assorted Graham Packets

<b>Servings:</b>	5.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 1 each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22429

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM ELF CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GRHM HNY FROZEN 210-1Z	1 Bag		150080
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
Goldfish French Toast Grahams	1 Each	READY_TO_EAT	04788

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 1 each

#### Amount Per Serving

<b>Calories</b>	122.00		
<b>Fat</b>	3.90g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	123.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	1.40g		
<b>Sugar</b>	7.80g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.66mg

# Yogurt Middle/High Schools

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22430

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	READY_TO_EAT Ready to eat single serving	551751
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each		551741
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	93.33		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	58.33mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	3.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	126.67mg	<b>Iron</b>	0.00mg

# Yogurt Elementary Schools

<b>Servings:</b>	5.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22432

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	76.00
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.00mg
<b>Sodium</b>	63.00mg
<b>Carbohydrates</b>	14.60g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.40g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 144.00mg	<b>Iron</b> 0.00mg

# Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22433

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3-3CT	1 slice (5.13 oz)		444115

## Preparation Instructions

CONVECTION OVEN: 350°F Low FAN FOR 13-17 MINUTES. BAKE ON PERFORATED SCREEN FOR BEST RESULTS. DECK OVEN: 450°F FOR 10-13 MINUTES. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN AND IS COMPLETELY MELTED IN THE MIDDLE. COOK BEFORE EATING.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	490.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	91.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	384.00mg	<b>Iron</b>	2.00mg

# Pepperoni Pizza-Big Daddy

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22434

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN SLCD 3-3CT	1 Slice		673133

## Preparation Instructions

BAKE

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. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. 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.

Serving Slice: 1 slice

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	74.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	316.00mg	<b>Iron</b>	2.00mg

# Spicy Chicken Patty Sandwich Middle/High Schools

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22436

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
4" Whole Grain Rich Hamburger Bun-CORRECT	1 bun		3474

## Preparation Instructions

### 1. BAKE CONVECTION

Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.

CCP: Hold hot at 135F

### 2. Place cooked patty on top of bun & serve

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.00g

<b>Sugar</b>	4.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	9.00mg



# Assorted Cereal Bowls Elementary

<b>Servings:</b>	11.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22457

## 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
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
CEREAL REESEES PUFFS WGRAIN 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
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
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	READY_TO_EAT Single-serve ready to eat dry cereal.	453143
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Bowl

<b>Amount Per Serving</b>			
<b>Calories</b>	110.00		
<b>Fat</b>	1.45g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	138.18mg		
<b>Carbohydrates</b>	23.27g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	7.36g		
<b>Protein</b>	1.82g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	59.09mg	<b>Iron</b>	4.54mg

# Grilled Cheese Sandwich w/Tomato Soup K-6

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22505

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sandwich Bread	2 Slice	1 loaf = 22 slices Place 20 slices of bread on a full size sheet pan lined with parchment paper. Spray lightly with butter spray. Turn slices over.	1292
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon	5# loaf cheese = 160 slices Top each slice of bread with 3 slices of cheese.	651171
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	3 Slice	Cover with remaining bread slices. Spray tops of sandwiches with butter spray.	247822
SOUP TOMATO 12-5 HLTHYREQ	1 Cup	Prepare soup, add slightly less than 1 can of water for each can of soup. Heat in steam table pan until a min temp of 165° is reached for 15 sec.	488232

## Preparation Instructions

Bake sandwiches until lightly browned in a 350° convection oven for approximately 10 minutes. DO NOT OVERBAKE.

CCP: Hold sandwiches for hot service at 135° or higher.

CCP: Hold soup for hot service at 135° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.26
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	1700.00
<b>Fat</b>	31.00g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	2800.00mg
<b>Carbohydrates</b>	279.00g
<b>Fiber</b>	22.00g
<b>Sugar</b>	41.50g
<b>Protein</b>	74.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 1025.00mg **Iron** 15.12mg

# Baby Carrots W/Dip

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22506

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 12-2 GCHC	3/4 Cup	Portion into 5 oz black containers.	599921
Ranch Dressing Cup	1 Each	Offer ranch cup.	52976

## Preparation Instructions

serve chilled

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>	174.70		
<b>Fat</b>	16.34g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	235.49mg		
<b>Carbohydrates</b>	8.84g		
<b>Fiber</b>	3.13g		
<b>Sugar</b>	4.48g		
<b>Protein</b>	0.78g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	34.66mg	<b>Iron</b>	0.38mg

# Crispy Chicken Sandwich HS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22510

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Cup	Cook from frozen. Convection oven: cook for 8-10 minutes at 350 degrees F.	548852
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Cup	READY_TO_EAT	

## Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Place 24 chicken patties on a sheet

Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.

Place buns on work table

Place chicken patty on bun and top with bun

Wrap in foil wrapper

CCP: Hold for hot service at 140 degrees

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	430.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	108.00mg
<b>Calcium</b>	91.00mg	<b>Iron</b>	3.08mg

# Pasta with Meat Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22511

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	7 4/9 Ounce	HEAT_AND_SERVE	728590
CHEESE PARM GRTD 12-1 PG	1 Tablespoon		164259

## Preparation Instructions

1. Place sealed bag in steamer. Heat approximately 30 minutes.
  2. Check temperature. Heat to a minimum of 165°.
- CCP: Hold Hot at 135°F or higher
3. Portion with #6 scoop into a black entree container. Place 1 bread stick along side of pasta.
  4. Offer with Parmesan cheese

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	240.90
<b>Fat</b>	18.25g
<b>SaturatedFat</b>	7.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	54.00mg
<b>Sodium</b>	748.50mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 23.00mg
<b>Calcium</b> 137.50mg	<b>Iron</b> 3.00mg

# Peanut Butter and Jelly Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22513

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sandwich Bread	2 Slice	READY_TO_EAT	1292
PEANUT BUTTER SMOOTH 6-5 GFS	3 1/2 Tablespoon		183245
JELLY GRP 6-4 SMUCK	2 Tablespoon		224111

## Preparation Instructions

1. Lay bread slices out on a parchment lined counter.
2. Using a #24 scoop, place peanut butter on one slice of bread. Spread to cover slice.
3. Top with 2 tbsp. jelly, use a #30 scoop. Spread over peanut butter.
4. Top with second slice of bread. Cut in half. Wrap

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	572.50		
<b>Fat</b>	28.25g		
<b>SaturatedFat</b>	4.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	387.50mg		
<b>Carbohydrates</b>	62.25g		
<b>Fiber</b>	5.50g		
<b>Sugar</b>	29.50g		
<b>Protein</b>	18.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	2.70mg



# Cheese Lasagna

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	9.08 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22516

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	2 3/4 Pound		108197
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN		744520
CHEESE COTTAGE SML 1 4-5 GCHC	20 Cup	If needed, drain cottage cheese. 5# = 10 C.	329487
CHEESE MOZZ SHRD 4-5 LOL	4 Pound		645170
CHEESE PARM GRTD 12-1 PG	6 Ounce		164259
SPICE PARSLEY FLAKES 2Z TRDE	1/4 Cup		259195

## Preparation Instructions

Set aside 1# shredded mozzarella cheese topping the lasagna

In a large bowl, combine cottage cheese, parsley, Parmesan and remaining 4# mozzarella cheese.

Assemble:

Layer 2 1/4 C sauce in the bottom of each pan.

Layer 9 noodles

Layer 1 qt (2#) cheese mixture

Sauce, 2 1/4 C

Noodles, cheese mixture, sauce.

Top with additional 2 c of mozzarella cheese.

Cover with foil and refrigerate over night.

Bake in a 325° convection oven for 40 minutes.

CCP: Heat to 160° for 15 seconds

Remove from oven and allow to set for at least 15 minutes before cutting.

CCP: Hold for hot service at 135° or higher.

Cut each pan 5 X 5. Serve 1 piece.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
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<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 9.08 Ounce

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**Amount Per Serving**

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<b>Calories</b>	314.48
<b>Fat</b>	10.04g
<b>SaturatedFat</b>	5.34g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	27.20mg
<b>Sodium</b>	700.95mg
<b>Carbohydrates</b>	36.18g
<b>Fiber</b>	2.95g
<b>Sugar</b>	13.64g
<b>Protein</b>	20.63g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	369.00mg	<b>Iron</b>	1.83mg

# Hot Ham and Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22548

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD PANINI SLCD GRLLD 96-1.8Z	1 Serving	2 slices each	898693
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice		247822

## Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 140 degrees.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	130.00		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	680.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	0.36mg

# Hot Ham and Cheese Sandwich Elem

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22549

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice		247822
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

## Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 140 degrees.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	870.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.00mg	<b>Iron</b>	0.36mg

# Uncrustable w/ Goldfish Crax

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22552

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	2 Package		112702

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	400.00		
<b>Fat</b>	19.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	450.00mg		
<b>Carbohydrates</b>	46.50g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.50mg	<b>Iron</b>	1.72mg

# Roasted Broccoli

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22555

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon		513881
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

## Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

\*\*Allergens: None

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.26
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	40.82
<b>Fat</b>	2.24g
<b>SaturatedFat</b>	0.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	57.52mg
<b>Carbohydrates</b>	4.44g

<b>Fiber</b>	2.54g		
<b>Sugar</b>	0.84g		
<b>Protein</b>	2.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.55mg	<b>Iron</b>	0.85mg

# Side Salad IN/MS/HS

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22563

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 Cup	BAKE	15D44
Shredded Cheddar	1/4 Ounce		
TOMATO CHERRY 11 MRKN	3 Each		569551

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	40.60		
<b>Fat</b>	1.60g		
<b>SaturatedFat</b>	0.90g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	71.25mg		
<b>Carbohydrates</b>	3.50g		
<b>Fiber</b>	0.55g		
<b>Sugar</b>	1.25g		
<b>Protein</b>	2.40g		
<b>Vitamin A</b>	374.70IU	<b>Vitamin C</b>	6.16mg
<b>Calcium</b>	8.25mg	<b>Iron</b>	0.12mg



# Peanut Butter and Jelly Sandwich w/Goldfish Crax

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22618

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sandwich Bread	2 Slice	READY_TO_EAT	1292
PEANUT BUTTER SMOOTH 6-5 GFS	3 1/2 Tablespoon		183245
JELLY GRP 6-4 SMUCK	2 Tablespoon		224111
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702

## Preparation Instructions

1. Lay bread slices out on a parchment lined counter.
2. Using a #24 scoop, place peanut butter on one slice of bread. Spread to cover slice.
3. Top with 2 tbsp. jelly, use a #30 scoop. Spread over peanut butter.
4. Top with second slice of bread. Cut in half. Wrap

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	672.50		
<b>Fat</b>	31.75g		
<b>SaturatedFat</b>	4.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	557.50mg		
<b>Carbohydrates</b>	76.25g		
<b>Fiber</b>	6.50g		
<b>Sugar</b>	29.50g		
<b>Protein</b>	20.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	3.42mg

# Broccoli with Cheese Sauce

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22620

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	4 Pound		610902
SAUCE CHS CHED POUCH 6-106Z LOL	1 Quart		135261

## Preparation Instructions

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables.
- 4: CCP: Hold for hot service at 135 ° For higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.37
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	22.08		
<b>Fat</b>	0.42g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.25mg		
<b>Sodium</b>	32.92mg		
<b>Carbohydrates</b>	3.54g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	2.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.29mg	<b>Iron</b>	0.67mg

# Fresh Grapes

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 .50 cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22625

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	9 Pound	Wash.	197831

## Preparation Instructions

Portion approximately 14 grapes into individual side dish containers.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

Amount Per Serving			
<b>Calories</b>	45.58		
<b>Fat</b>	0.22g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.35mg		
<b>Carbohydrates</b>	11.88g		
<b>Fiber</b>	0.59g		
<b>Sugar</b>	10.80g		
<b>Protein</b>	0.43g		
<b>Vitamin A</b>	68.04IU	<b>Vitamin C</b>	2.72mg
<b>Calcium</b>	9.53mg	<b>Iron</b>	0.20mg

# Corn, frozen

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22631

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	18 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE &BTR BLND EURO UNSLTD 36-1	8 Ounce		834071

## Preparation Instructions

Add margarine to hot corn.

CCP: Hold for hot service at 135° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	123.10		
<b>Fat</b>	8.42g		
<b>SaturatedFat</b>	3.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	11.82g		
<b>Fiber</b>	1.48g		
<b>Sugar</b>	4.43g		
<b>Protein</b>	1.48g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.02mg	<b>Iron</b>	0.00mg

# Seasoned Green Beans

<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22633

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	2 #10 CAN	1. Drain off approximately ½ of the liquid. Pour beans into full size steam table pans.	273856
BASE HAM NO ADDED MSG 12-1 GCHC	1 1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036

## Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

CCP: Hold for hot service at 135° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	22.06		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	151.70mg		
<b>Carbohydrates</b>	4.44g		
<b>Fiber</b>	2.17g		
<b>Sugar</b>	2.17g		
<b>Protein</b>	1.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.53mg	<b>Iron</b>	0.43mg

# Orange Wedges

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22634

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVAL/VALENCIA FCY 138CT MRKN	138 Each	Cut oranges into wedges using the sectionizer.	198021

## Preparation Instructions

Serve 6 wedges into a side dish container.

CCP: Hold for cold service at 41° or less.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.69
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	60.86		
<b>Fat</b>	0.35g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	14.49g		
<b>Fiber</b>	3.11g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.31g		
<b>Vitamin A</b>	285.66IU	<b>Vitamin C</b>	60.24mg
<b>Calcium</b>	49.68mg	<b>Iron</b>	0.11mg

# Pizza Indiv. Round

<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22637

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4 RND WGRAIN 72-4.46Z TONY	72 Each	<p><b>BAKE</b>  <b>COOKING GUIDELINES: COOK BEFORE EATING.</b> Place 24 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state.  <b>CONVECTION OVEN:</b> Cook at 350°F for 18 to 21 minutes. <b>CONVENTIONAL OVEN:</b> Cook at 400°F for 24 to 26 minutes. <b>NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.</b> Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.</p>	504610
PIZZA PEPP 4RND WGRAIN 72-4.51Z TONY	72 Each	<p><b>BAKE</b>  <b>COOKING GUIDELINES: COOK BEFORE EATING.</b> Place 24 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state.  <b>CONVECTION OVEN:</b> Cook at 350°F for 18 to 21 minutes. <b>CONVENTIONAL OVEN:</b> Cook at 400°F for 24 to 26 minutes. <b>NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.</b> Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.</p>	504622

## Preparation Instructions

CCP: Hold for hot service at minimum of 135°.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	285.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	450.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g

<b>Sugar</b>		6.50g	
<b>Protein</b>		15.50g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	270.00mg	<b>Iron</b>	1.90mg



# Pizza Slice

<b>Servings:</b>	192.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22639

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96CT MAX	96 Each		198831
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	96 Each	<b>BAKE</b> <b>COOKING GUIDELINES. COOK BEFORE SERVING.</b> Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. <b>CONVECTION OVEN:</b> Low fan, 350°F for 13 to 16 minutes. <b>CONVENTIONAL OVEN:</b> 400°F for 17 to 20 minutes. <b>NOTE:</b> For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	153650

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	285.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	35.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	16.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.50mg	<b>Iron</b> 2.85mg

# Fish Nuggets w/Onion Rings

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22657

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD NUG CRNCHY MSC 1Z 4-5	160 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 11- 13 minutes.CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	344271
ONION RING BRD WGRAIN 6-5#TASTY BRAND	200 Each	Bake in 350° convection oven for approximately 10-11 minutes.	234061

## Preparation Instructions

CCP: Hold fish and onion rings for hot service at minimum of 135°.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Piece

Amount Per Serving			
<b>Calories</b>	410.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	51.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	130.00mg	<b>Iron</b>	2.58mg

# Baked Cinnamon Apples

<b>Servings:</b>	48.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22676

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	2 #10 CAN	1. Drain apples and put slices into steam table pans 2 cans per ½ pan.	117773
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	2. Mix honey, pineapple juice and cinnamon.	224723
HONEY CLOVER 4-6 GCHC	1 1/2 Cup		225614
JUICE PINEAP 100 12-46FLZ HV	3 Cup	3. Pour equal parts of the juice mixture over each pan.	100676
MARGARINE &BTR BLND EURO UNSLTD 36-1	1/4 Pound		834071

## Preparation Instructions

Bake in a 350° oven until temperature reaches 140°, approx. 20 minutes.

CCP: Hold for hot service at 135° or higher.

Note: Can use frozen apples as well. Use 15 lbs of frozen apples instead of 2 #10 cans with same amount of other ingredients.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	108.68
<b>Fat</b>	2.00g
<b>SaturatedFat</b>	0.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.09mg
<b>Carbohydrates</b>	23.37g
<b>Fiber</b>	2.16g
<b>Sugar</b>	19.39g
<b>Protein</b>	0.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 11.38mg

**Calcium** 3.40mg **Iron** 0.00mg

# Fresh Apple Slices

<b>Servings:</b>	130.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22678

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	130 Piece	Wash apples. Using the 6 section blade with corer, slices apples. Place slices into a container of properly diluted Nature Seal.	597481

## Preparation Instructions

Portion 6 slices into a side dish container.

CCP: Hold for cold service at 41° or less.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 130.00

Serving Size: 1.00 Piece

Amount Per Serving			
<b>Calories</b>	66.60		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.30mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	69.12IU	<b>Vitamin C</b>	5.89mg
<b>Calcium</b>	7.68mg	<b>Iron</b>	0.15mg

# Veggie Cruncher Cup w/Dip

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22686

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	7 Pound	Wash and slice	560715
CAULIFLOWER BITE SIZE 2-3 RSS	5 1/2 Pound	Rinse	732486
CUCUMBER SELECT 24CT MRKN	10 1/4 Pound	Wash, cut into sticks about 3" X 3/4 "	418439
Ranch Dressing Cup	100 Each		52976

## Preparation Instructions

Portion 3 pepper slices, approx. 1 oz or 1/4 C cauliflower, and 3 cucumber sticks into a side dish container.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	157.77		
<b>Fat</b>	16.12g		
<b>SaturatedFat</b>	2.54g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	177.06mg		
<b>Carbohydrates</b>	5.15g		
<b>Fiber</b>	0.93g		
<b>Sugar</b>	2.35g		
<b>Protein</b>	0.82g		
<b>Vitamin A</b>	1134.86IU	<b>Vitamin C</b>	75.16mg
<b>Calcium</b>	10.10mg	<b>Iron</b>	0.30mg

# Egg Grab and Go CBIS

<b>Servings:</b>	44.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22687

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GCHC	88 Each	Remove eggs from package.	229431
SNACK CHS BKD WGRAIN 104-SSV CHEETOS	44 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.	191090

## Preparation Instructions

Portion: 2 eggs, and 1 pkg of Cheetos into a black entree container.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	370.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	2.40mg

# Turkey and Noodles w/Bread

<b>Servings:</b>	112.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22693

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	28 Pound	1. Place frozen or thawed bag of turkey product into a steam table pan and place in steamer. If frozen; 1 hour 15 min. Thawed 40 min. CCP: Heat until internal temperature is 140° for minimum of 15 sec. 2. Remove product from steamer, cut open bag and pour contents into desired serving pan and serve. CCP: For hot service, hold at 135° or above.	653171
PASTA NOODL EGG 1/2 XTRA WD 2-5	6 Pound	3. Cook pasta either in plenty of boiling water, or in a steamer. Cook for approximately 8-12 minutes depending on the method. 4. Drain pasta. If pasta is being held for service, lightly coat with vegetable oil. CCP: Hold for hot service at 135° or higher.	292346
24oz Whole Grain Rich Sandwich Bread	112 Slice	READY_TO_EAT	1292

## Preparation Instructions

To serve: place noodles into serving container with the turkey and gravy portioned over top.

4 oz portion of noodles, use a 4 oz spoodle with

4 oz (by weight) of turkey and gravy, use a 6 oz spoodle or #8 scoop.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 112.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	244.67
<b>Fat</b>	6.38g
<b>SaturatedFat</b>	1.66g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	62.55mg
<b>Sodium</b>	544.29mg
<b>Carbohydrates</b>	25.07g
<b>Fiber</b>	1.36g
<b>Sugar</b>	1.36g
<b>Protein</b>	22.24g



<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.57mg	<b>Iron</b>	3.16mg

# Mashed Potatoes

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22694

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1/5 Pound		733061
POTATO MASH REAL PREM 12-26Z IDAHOAN	2 Package		166872

## Preparation Instructions

Measure boiling water in steam pan or mixer, amount according to package directions

Add margarine and then slowly add potatoes mix until all potatoes are wet.

Let stand for 1 minute. Stir and serve

Put on serving line or in pass through.

CCP: Hold for hot service at 135° or higher

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	187.11		
<b>Fat</b>	3.25g		
<b>SaturatedFat</b>	0.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	699.16mg		
<b>Carbohydrates</b>	37.78g		
<b>Fiber</b>	2.22g		
<b>Sugar</b>	2.22g		
<b>Protein</b>	4.44g		
<b>Vitamin A</b>	70.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	44.44mg	<b>Iron</b>	0.80mg

# Peaches, diced

<b>Servings:</b>	48.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22695

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	2 #10 CAN		268348

## Preparation Instructions

Portion 1/2 cup peaches with some juice into a side dish container.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.54
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	64.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.78mg		
<b>Carbohydrates</b>	15.09g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.86g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# BBQ Rib Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22696

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB-Q CN 160-2.4Z COMM	1 Each	<b>BAKE</b> Conventional oven: from frozen state, bake ribs on a pan in a preheated conventional oven at 350 degree f for 15 minutes. Convection oven: from a frozen state, bake ribs on a pan in a preheated convection oven at 350 for 12 minutes. Microwave: microwave on high for approximately 2 minutes. Microwaveovens vary.	108980
SAUCE BBQ 4-158Z KCMSTRPC	1 Tablespoon		754684
6" Whole Grain Rich Hoagie Bun	1 Each		3744

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	330.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	840.00mg		
<b>Carbohydrates</b>	40.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	11.08mg

# Fruit and Veggie Bar

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22697

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	30 Cup		735787
SPINACH LEAF FLAT CLND 4-2.5 RSS	25 Cup		329401
BROCCOLI FLORET BITE SIZE 2-3 RSS	8 Cup		732451
CAULIFLOWER BITE SIZE 2-3 RSS	8 Cup		732486
PEPPERS RED 11 P/L	8 Cup		321141
PEPPERS GREEN LRG 60-70CT MRKN	8 Cup		198757
TOMATO GRAPE SWT 10 MRKN	8 Cup		129631
CARROT BABY WHL PETITE 4-5 RSS	8 Cup		768146
RADISH 30CT 14-1 P/L	4 Cup		198854
CUCUMBER SELECT 24CT MRKN	8 Cup		418439

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.71
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.16
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	44.39
<b>Fat</b>	0.27g
<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	42.40mg
<b>Carbohydrates</b>	9.70g
<b>Fiber</b>	3.61g
<b>Sugar</b>	4.92g

<b>Protein</b>	2.73g
<b>Vitamin A</b> 1065.18IU	<b>Vitamin C</b> 82.20mg
<b>Calcium</b> 52.01mg	<b>Iron</b> 1.20mg

# Crispy Chicken Bacon Ranch Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25897
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
DRESSING RNCH DISPNSR 2-1.5GAL HELM	2 Tablespoon		479880

## Preparation Instructions

1. Place frozen tenders on a lined sheet pan. Cook in a 350° oven for 8-12 minutes. CCP: Heat to a min. of 165°
2. Heat bacon in a 350° oven for 1-2 minutes.
3. Lay tortilla shells on a flat surface. Spread with ranch dressing.
4. Top with 3 tenders, 2 slices turkey bacon, 2 Tbsp cheese, and 1/2 C lettuce..
5. Roll tightly and cut in half.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.55
<b>Grain</b>	3.01
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

**Calories** 574.00

**Fat** 29.60g

**SaturatedFat** 9.15g

**Trans Fat** 0.00g

**Cholesterol** 67.00mg

**Sodium** 1034.00mg

**Carbohydrates** 44.50g

**Fiber** 5.00g

**Sugar** 5.50g

**Protein** 29.50g

**Vitamin A** 150.00IU      **Vitamin C** 0.00mg

**Calcium** 147.50mg      **Iron** 3.01mg



# Dill Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25903

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	1 Each		542832
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	READY_TO_EAT	

## Preparation Instructions

1. Cook chicken patties at 375° for 13-15 minutes. Turn after 6 minutes.

CCP: Cook patties to an internal temperature of 160°

2. Place one patty on one bu. Wrap in foil wrapper.

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	29.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	111.00mg	<b>Iron</b>	3.80mg

# Shredded Pork BBQ Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25904

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	READY_TO_EAT	

## Preparation Instructions

1. Heat BBQ for approx 30 minutes until the internal temperature is 160°.

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	449.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	71.00mg		
<b>Sodium</b>	443.00mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	20.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	71.00mg	<b>Iron</b>	2.00mg

# White Mac and Cheese Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25909
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce		149193
CHIX STRP FAJT GRLLD 6-5 GLDKST	1 1/2 Ounce		903490
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Tablespoon		704229
CORNBREAD SNAC FORT WGRAIN IW 72- 2Z	1 Each		159791

## Preparation Instructions

1. Mix buffalo sauce with chicken strips. Steam until temperature reaches 165°.
  2. Serve approx 1.50 oz chicken over the mac and cheese when a part of the mac and cheese bowl.
- CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.21
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	554.98
<b>Fat</b>	23.52g
<b>SaturatedFat</b>	9.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	104.47mg
<b>Sodium</b>	1866.89mg
<b>Carbohydrates</b>	57.82g
<b>Fiber</b>	3.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	30.32g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 22.00mg **Iron** 1.44mg

# Taco Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25910
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Thaw product under refrigeration approx 2 days	722330
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
CHEESE CHED MLD SHRD 4- 5 LOL	1/4 Cup		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730
84-2.6Z SALSA CUP REDG REDSC2Z	1		536690
SOUR CREAM PKT 100-1Z GCHC	1		745903

## Preparation Instructions

1. Portion romaine lettuce into the bottom of the container.
2. Add 2 oz taco meat, 1/4 cup shredded cheddar cheese.
3. Serve with 1 salsa cup, 1 sour cream packet and 1 bag of chips.

CCP: Hold for cold service at 40° or lower.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.26
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00

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**Amount Per Serving**

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<b>Calories</b>	395.28
<b>Fat</b>	19.09g
<b>SaturatedFat</b>	8.14g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	52.08mg
<b>Sodium</b>	534.16mg
<b>Carbohydrates</b>	36.15g
<b>Fiber</b>	5.76g
<b>Sugar</b>	2.76g
<b>Protein</b>	19.58g

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<b>Vitamin A</b>	706.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	288.87mg	<b>Iron</b>	1.86mg

# Elementary Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25911
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce		768230
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
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
SOUR CREAM PKT FF 100-1Z LOL	1 Each		853190
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730

## Preparation Instructions

To serve:

Use 1 #12 scoop of taco meat, 1 bag of chips and 2 Tbsp shredded cheese. Serve shredded lettuce and sour cream packet on the side.

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.49
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	304.63
<b>Fat</b>	11.98g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	69.82mg
<b>Sodium</b>	568.94mg
<b>Carbohydrates</b>	26.49g
<b>Fiber</b>	1.50g
<b>Sugar</b>	2.50g
<b>Protein</b>	22.95g
<b>Vitamin A</b> 150.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 197.43mg	<b>Iron</b> 1.38mg



# Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25912
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
CHIP CORN 64-LSSV FRITOS	1 Package	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.	712680
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE CHED MLD SHRD 4- 5 LOL	1/4 Cup		150250
84-2.6Z SALSA CUP REDG REDSC2Z	1		536690
SOUR CREAM PKT FF 100- 1Z LOL	1 Each		853190

## Preparation Instructions

1. Thaw taco meat, heat thawed meat to 160°.
  2. Portion 2 oz taco meat, shredded cheese, lettuce into a container.
- Serve with 1 bag Fritos, 1 salsa cup and 1 pkt sour cream.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.26
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00			
<b>Amount Per Serving</b>			
<b>Calories</b>	530.28		
<b>Fat</b>	32.09g		
<b>SaturatedFat</b>	10.14g		
<b>Trans Fat</b>	0.18g		
<b>Cholesterol</b>	52.08mg		
<b>Sodium</b>	744.16mg		
<b>Carbohydrates</b>	41.15g		
<b>Fiber</b>	3.76g		
<b>Sugar</b>	3.76g		
<b>Protein</b>	21.58g		
<b>Vitamin A</b>	706.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	326.87mg	<b>Iron</b>	1.26mg

# Turkey Manhattan

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25951

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	4 1/2 Ounce		653171
POTATO MASH REAL PREM 12-26Z IDAHOAN	1/2 Cup		166872
24 oz. Whole Grain Rich Sandwich Bread	2 Slice		1292
MARGARINE CUP SPRD 900-5GM CENTRYCR	1 Each		542121

## Preparation Instructions

1. Place frozen or thawed bag of turkey product into a steam table pan and place in the steamer. If frozen; steam for 1 hour 15 minutes, thawed 40 minutes.
2. Open bag into a steam table pan. CCP: Hold for hot service at 140° minimum
3. Prepare potatoes as directed on the package. Allow potatoes to sit for 5 minutes. Fluff with a fork. CCP: Hold for hot service at 135° or higher.

To Serve: 1 slice of bread, 1 #8 scoop of potatoes with a heaping #10 Scoop of turkey and gravy over top. Add 1 slice of bread a 1 pat or margarine to each serving.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.16
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	1.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	454.81		
<b>Fat</b>	11.91g		
<b>SaturatedFat</b>	2.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.68mg		
<b>Sodium</b>	1382.50mg		
<b>Carbohydrates</b>	60.16g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	29.47g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	7.20mg

**Calcium** 48.00mg **Iron** 9.11mg

# Orange Chicken with Rice and Eggroll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25952

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6- 7.2	4 Ounce		791710
RICE 2-10 UBEN	1/2 Cup		427586
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	<b>BAKE</b> <b>HEATING INSTRUCTIONS. HEAT BEFORE SERVING.</b> 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

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

CCP: Hold for hot service at 140° or higher.

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.05
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	668.67
<b>Fat</b>	8.60g
<b>SaturatedFat</b>	2.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.15mg
<b>Sodium</b>	635.54mg
<b>Carbohydrates</b>	120.64g
<b>Fiber</b>	5.05g
<b>Sugar</b>	16.33g
<b>Protein</b>	25.56g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	152.20mg	<b>Iron</b>	6.90mg

# Turkey Club Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25954

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 1/4 Ounce		689541
BACON TKY CKD 12-50CT JENNO	1/2 Ounce		834770
CHEESE COLBY JK SLCD 6-1.5 GCHC	1 Slice		105988
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	2 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.40
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	387.10
<b>Fat</b>	14.43g
<b>SaturatedFat</b>	5.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.32mg
<b>Sodium</b>	1070.35mg
<b>Carbohydrates</b>	33.30g
<b>Fiber</b>	4.13g
<b>Sugar</b>	6.25g
<b>Protein</b>	30.76g
<b>Vitamin A</b> 599.76IU	<b>Vitamin C</b> 9.86mg
<b>Calcium</b> 161.20mg	<b>Iron</b> 10.38mg

# Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25955

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	390.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	7.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	27.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	146.00mg	<b>Iron</b>	3.80mg



# Chef Salad

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25956

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Pound		451730
CARROT MATCHSTICK SHRED 2-3 RSS	8 Ounce		198161
CHEESE CHED MLD SHRD 4-5 LOL	3 Ounce		150250
EGG HARD CKD PLD DRY PK 12-12CT PAP	5 Each		853800
TURKEY BRST DCD 2-5	2 Ounce		451300
HAM SLCD .5Z 4-2.5 GFS	20 Slice	Cut into small pieces.	294187
TOMATO CHERRY 11 MRKN	2 1/2 Cup	Cut cherry tomatoes in half.	569551
BREAD BANANA IW 70-3.4Z SUPBAK	10 Each		230361

## Preparation Instructions

Portion into a serving container in the following order:

Romaine lettuce - 1 Cup

Cherry tomatoes - 3 each - halved

Carrots, matchstick - 1/4 C

Cheese, cheddar, shredded - 1/4 oz

Turkey, diced - 2 oz

Ham, cut in pieces - 2 slices

Serve with salad dressing packet and 1 slice of banana bread

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.40

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.00  
Serving Size: 1.00

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**Amount Per Serving**

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<b>Calories</b>	386.78
<b>Fat</b>	14.10g
<b>SaturatedFat</b>	4.35g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	106.04mg
<b>Sodium</b>	572.85mg
<b>Carbohydrates</b>	52.78g
<b>Fiber</b>	4.48g
<b>Sugar</b>	28.54g
<b>Protein</b>	17.26g

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<b>Vitamin A</b>	4269.29IU	<b>Vitamin C</b>	7.55mg
<b>Calcium</b>	263.68mg	<b>Iron</b>	1.88mg

# Crispy Chicken and Waffle

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25957

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790
WAFFLE BEL WHLWHE 48- 3.5 GINNY5	1 Each	Warm in low temp oven. Do not allow to dry out	243572

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	500.00		
<b>Fat</b>	22.00g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	54.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	700.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.52mg

# Chicken Fajitas with Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25972

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 1/2 Ounce		903490
ONION SPANISH JUMBO 10 MRKN	1 Ounce	Slice or dice onions	109620
PEPPERS RED 5 P/L	1 Ounce	Slice or dice peppers	597082
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
RICE 2-10 UBEN	1/8 Cup	Prepare per package directions.	427586

## Preparation Instructions

1. Heat chicken strips in a single layer in a 350° oven for 5-8 minutes. CCP: Heat to a minimum of 165°. CCP: Hold for hot service at 140 or higher.
2. Steam peppers and onions until just tender.
3. Cook rice per package directions. CCP: Hold for hot service at 135° or higher.

To serve:

Portion approx 2 oz chicken, 1/4 C onions and peppers and 1/2 oz shredded cheese onto a tortilla.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.20
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	378.61
<b>Fat</b>	10.07g
<b>SaturatedFat</b>	5.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.79mg
<b>Sodium</b>	871.28mg
<b>Carbohydrates</b>	46.68g
<b>Fiber</b>	2.80g
<b>Sugar</b>	3.14g
<b>Protein</b>	26.11g
<b>Vitamin A</b> 910.98IU	<b>Vitamin C</b> 46.31mg

**Calcium** 160.12mg **Iron** 3.11mg

# Burrito Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25977
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING CHIX SHRD 4-5 JTM	2 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	560270
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	722110
RICE 2-10 UBEN	1/4 Cup	Cook per package directions.	427586
BEANS BLACK LO SOD 6-10 BUSH	1/2 Cup	Drain and rinse beans, season with Mexican seasoning. Heat to 140° or higher	231981
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CORN CUT SUPER SWT 6-4 GCHC	1/2 Cup	Steam until minimum temperature is 140° or higher.	851329
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

## Preparation Instructions

To serve:

Place 1 #6 scoop of rice, top with #6 scoop of chicken taco meat,

Add 1/2 cup black beans and 1/2 C corn. Top with tortilla shell.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.50
<b>Starch</b>	0.50

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00			
<b>Amount Per Serving</b>			
<b>Calories</b>	588.18		
<b>Fat</b>	9.28g		
<b>SaturatedFat</b>	4.46g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.46mg		
<b>Sodium</b>	843.37mg		
<b>Carbohydrates</b>	99.06g		
<b>Fiber</b>	9.52g		
<b>Sugar</b>	9.51g		
<b>Protein</b>	24.78g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	273.44mg	<b>Iron</b>	4.84mg

# Broccoli Salad

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25979
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 1/2 Pound	Blanch broccoli	732451
ONION RED JUMBO 10 MRKN	2 Ounce	Trim and peel onion. Dice small.	596973
BACON CKD MED SLCD 3- 100CT GFS	2 Slice	Warm bacon until crisp. Dice into small pieces.	314196
MAYONNAISE LT 4-1GAL GFS	3/4 Cup	Whisk mayo vinegar and sugar in a large bowl. Stir in the broccoli, onion, raisins, and bacon.	429406
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1 Tablespoon		842061
VINEGAR APPLE CIDER 5 4- 1GAL GCHC	2 Tablespoon		430795
RAISIN SELECT 12-2 P/L	1/2 Cup		496146

## Preparation Instructions

CCP: Hold for hot service at 41° or lower.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50

<b>Amount Per Serving</b>	
<b>Calories</b>	89.30
<b>Fat</b>	2.06g
<b>SaturatedFat</b>	0.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.80mg
<b>Sodium</b>	106.64mg
<b>Carbohydrates</b>	16.78g



<b>Fiber</b>	2.46g		
<b>Sugar</b>	8.93g		
<b>Protein</b>	2.71g		
<b>Vitamin A</b>	473.74IU	<b>Vitamin C</b>	68.16mg
<b>Calcium</b>	42.72mg	<b>Iron</b>	0.86mg

# Salad with Popcorn Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25994
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
TOMATO CHERRY 11 MRKN	1/2 Cup		569551
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Ounce		554693

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

**Calories** 704.20

**Fat** 35.30g

**SaturatedFat** 8.95g

**Trans Fat** 0.04g

**Cholesterol** 90.00mg

**Sodium** 1169.90mg

**Carbohydrates** 72.00g

**Fiber** 10.90g

**Sugar** 30.50g

**Protein** 29.50g

**Vitamin A** 1099.70IU    **Vitamin C** 12.33mg

**Calcium** 177.60mg    **Iron** 2.77mg

# Salad with Spicy Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25995
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	3 Each	Fully Cooked, reheat in 350 ° oven for 12-15 minutes or until internal temperature is 165°	399806
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
TOMATO CHERRY 11 MRKN	1/2 Cup	Slice tomatoes in half.	569551
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Tablespoon		324531
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Ounce		554693
APPLE FRSH SLCD 100-2Z P/L	1 Package	READY_TO_EAT	473171

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	597.20
<b>Fat</b>	34.25g
<b>SaturatedFat</b>	7.20g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	78.00mg
<b>Sodium</b>	1039.90mg
<b>Carbohydrates</b>	48.50g
<b>Fiber</b>	7.90g
<b>Sugar</b>	12.50g
<b>Protein</b>	26.50g
<b>Vitamin A</b> 899.70IU	<b>Vitamin C</b> 32.33mg
<b>Calcium</b> 185.60mg	<b>Iron</b> 2.87mg

# Italian Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25996
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	1 Ounce		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541
PEPPERONI SLCD SAND 2.85 8/Z 5-2 PG	2 Slice		776221
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	3 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	360.29
<b>Fat</b>	12.88g
<b>SaturatedFat</b>	5.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.72mg
<b>Sodium</b>	834.88mg
<b>Carbohydrates</b>	35.97g
<b>Fiber</b>	4.57g
<b>Sugar</b>	7.93g

<b>Protein</b>		24.31g	
<b>Vitamin A</b>	949.64IU	<b>Vitamin C</b>	14.80mg
<b>Calcium</b>	135.80mg	<b>Iron</b>	10.63mg

# Hamburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26016

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD FLAMEBR 144- 2.25Z	1 Each	<b>GRILL</b> Flat grill: from frozen at 375 degree f (medium-high) for 10-12 minutes (5-6 minutes per side). From thawed at 375 degree f for 6 minutes (3 minutes per side).conventional oven: frozen at 375 degree f for 15-18 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Microwave: from frozen place on microwave safe plate. Cover with paper towel and heat on high 60-70 seconds. From thawedplace on microwave safe plate. Cover with paper towel and heat on high 40-45 seconds.	226851
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

## Preparation Instructions

1. Cook beef patty according to manufacturer's instructions. CCP: Heat to minimum internal temperature of 165 F or higher.
2. Assemble burger. Wrap in foil. CCP: Keep warm at 135 F or higher.

\*\*Allergens: Soy, Wheat

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	275.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg



**Calcium** 20.00mg **Iron** 1.44mg

# Nachos Supreme

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26017

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce		768230
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	<b>READY_TO_EAT</b> 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
SAUCE CHS CHED POUCH 6-106Z LOL	1 Ounce		135261

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	262.97		
<b>Fat</b>	10.82g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	64.82mg		
<b>Sodium</b>	627.27mg		
<b>Carbohydrates</b>	22.66g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	19.28g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	145.60mg	<b>Iron</b>	1.38mg

# Chicken Nuggets w/Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26019

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .98Z 30	4 Each	Cook 8-10 minutes in a 350° convection oven. Cook to a minimum of 165°.	548832
Whole Grain Pan Roll	1 Each		3920

## Preparation Instructions

CCP: Hold nuggets for hot service at 135° or higher.

Serve 4 nuggets and 1 roll together as an entree.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	370.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	465.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 108.00mg
<b>Calcium</b> 68.00mg	<b>Iron</b> 2.08mg

# Sloppy Joe on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26021

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 3/5 Ounce	Heat in the bag to a minimum internal temp. of 160°.	564790
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

## Preparation Instructions

Use a # scoop for portioning the sloppy joe.  
CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	253.80		
<b>Fat</b>	7.45g		
<b>SaturatedFat</b>	2.18g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	43.64mg		
<b>Sodium</b>	603.55mg		
<b>Carbohydrates</b>	29.92g		
<b>Fiber</b>	3.98g		
<b>Sugar</b>	10.93g		
<b>Protein</b>	16.89g		
<b>Vitamin A</b>	455.21IU	<b>Vitamin C</b>	5.95mg
<b>Calcium</b>	33.72mg	<b>Iron</b>	1.98mg

# Crispy Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26022

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	Cook from frozen. Cook for 8-10 minutes in a 350° convection oven.	548852
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

## Preparation Instructions

Place one patty on one bun. Wrap

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	390.00
<b>Fat</b>	18.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 108.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 1.08mg

# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26025

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	Fully Cooked, may be steamed, grilled, or oven heated. Heat to 165°	304913
6" Whole Grain Hot Dog Bun	1 Each	READY_TO_EAT	3709

## Preparation Instructions

Serve one hot dog on one bun. Wrap  
CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	770.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.11mg	<b>Iron</b>	1.84mg

# Sausage Gravy with Biscuit Sticks

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26027

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	1 Package	Prepare gravy according to package directions.	455555
PORK CRMBL CKD 120/Z W/TVP 10 PG	3 Pound	Add pork crumbles and heat until ° minimum for 15 seconds.	499595
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	25 Each	Cook patties from frozen on a lined sheet pan in a 325° oven for 12-16 min.	785880
DOUGH BISC STICK 250-1.25Z RICH	50 Each	<b>BAKE</b> Keep 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

CCP: Hold sausage gravy for hot service at 140° or higher.

CCP: Hold sausage patties for hot service at 140° or higher.

Portion: 2 biscuit sticks with 6 oz gravy and 1 sausage patty.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	476.08
<b>Fat</b>	31.51g
<b>SaturatedFat</b>	13.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.43mg
<b>Sodium</b>	1215.02mg
<b>Carbohydrates</b>	28.17g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	16.69g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 28.54mg **Iron** 7.64mg



# Deli Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26028

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	Lay tortillas out. Spread 1 side with dressing.	523610
DRESSING RNCH DISPNSR 2-1.5GAL HELM	1 Tablespoon		479880
TURKEY HAM UNCURED 6-2 JENNO	2 Slice	Top each tortilla with 2 slices each of turkey ham and turkey. Add 1 slice cheese.	690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top meat and cheese with lettuce. Tightly roll up the wrap. Cut in half.	451730

## Preparation Instructions

CCP: Maintain cold food temp at 41° or below.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	357.80
<b>Fat</b>	14.62g
<b>SaturatedFat</b>	5.78g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.31mg
<b>Sodium</b>	834.84mg
<b>Carbohydrates</b>	33.56g
<b>Fiber</b>	3.50g
<b>Sugar</b>	4.04g
<b>Protein</b>	23.87g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 123.00mg **Iron** 1.81mg

# Crispy Chicken Smackers with a Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26038

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
Whole Grain Dinner Roll	1 Each		3920

## Preparation Instructions

CCP: Hold chicken smackers for hot service at 140° or higher.

Serve 10 smackers with 1 roll.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	350.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	675.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg

# BBQ Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26046

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	Heat a 350° for 30 minutes or until minimum temperature is 160°	498702
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

## Preparation Instructions

CCP: Hold BBQ for hot service at 140° or higher.

To serve: Put 4 oz pork on each bun. Wrap.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	409.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	71.00mg		
<b>Sodium</b>	423.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Crispy Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26429
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	Cook from frozen. Cook for 8-10 minutes in a 350° convection oven.	548852
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

## Preparation Instructions

Place one patty on one bun. Wrap

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	390.00
<b>Fat</b>	18.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 108.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 1.08mg

# Crispy Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26430
<b>School:</b>	NEEDHAM ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	Cook from frozen. Cook for 8-10 minutes in a 350° convection oven.	548852
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

## Preparation Instructions

Place one patty on one bun. Wrap

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	108.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

# Crispy Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26431
<b>School:</b>	UNION ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	Cook from frozen. Cook for 8-10 minutes in a 350° convection oven.	548852
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

## Preparation Instructions

Place one patty on one bun. Wrap

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	108.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

# Crispy Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26432
<b>School:</b>	WEBB ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	1 Each	Cook from frozen. Cook for 8-10 minutes in a 350° convection oven.	548852
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

## Preparation Instructions

Place one patty on one bun. Wrap

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	390.00
<b>Fat</b>	18.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 108.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 1.08mg