

Cookbook for Diocese of Lexington

Created by HPS Menu Planner

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Baked Beans



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26005
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	1 #10 CAN		120530
BEAN BKD KTTL BRN SUGAR 6-10 HRTHSTN	1 #10 CAN		822477
ONION DEHY CHPD 15 P/L	1/4 Cup		263036
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
SAUCE BBQ 4-1GAL SWTBRAY	1/2 Cup		655937

Preparation Instructions

Wash hands thoroughly.

1. Spray steamtable pan with Cooking Spray.
2. Pour Beans into pan.
3. Add rest of ingredients and mix well.
4. Bake at 325* for 1 1/4 hours.
5. Serve 1/2 cup Legume, in portion souffle cups.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.52
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 1

Amount Per Serving			
Calories		328.69	
Fat		1.62g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		533.99mg	
Carbohydrates		63.44g	
Fiber		10.84g	
Sugar		17.55g	
Protein		12.99g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.83mg	Iron	2.17mg

Chef Salad



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26010
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	chop	305812
TOMATO GRAPE SWT 10 MRKN	5 Piece		129631
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each	Cut in half.	229431
Carrots Shredded 5#	1/2 Cup		2767
CUCUMBER 6CT	5 Piece		626742

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup		150250
HAM BOILED DELI SLCD 10 6-2 GFS	4 Ounce	FOR COLD APPLICATIONS STORE AND SERVE BELOW 40°F. FOR HOT APPLICATIONS REHEAT ON GRILL, IN OVEN OR MICROWAVE AND SERVE AT 140°F OR HIGHER. USE OPEN PACKAGE CONTENTS WITHIN THREE DAYS.	680621
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 Ounce	Recipe ready diced product fully cooked.	570533
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	Preheat convection oven to 350 degrees F, place frozen breadsticks on a baking sheet and bake for 6-8 minutes. Preheat convection oven to 375 degrees F and bake for 6-8 minutes. Grill for 2 minutes or until heated through.	644051
DRESSING RNCH LT CUP 160-1Z HVALL	1 Package	READY_TO_EAT Ready to use.	649670

Preparation Instructions

Layer all salad ingredients, ending with eggs on top.

Cover.

Keep chilled.

Offer with bread sticks and dressing.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.31
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	1094.16
Fat	57.41g
SaturatedFat	30.06g
Trans Fat	0.00g
Cholesterol	423.34mg
Sodium	2342.29mg
Carbohydrates	59.71g
Fiber	3.38g
Sugar	18.13g
Protein	84.00g
Vitamin A 2137.13IU	Vitamin C 15.41mg
Calcium 902.63mg	Iron 5.12mg

SIDE SALAD



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26059
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 Cup		165761
CARROT SHRD MED 2-5 RSS	1/2 Cup		313408
CABBAGE SHRED RED 1/8 2-3 RSS	1/2 Cup		212679

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.29
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	45.92
Fat	0.10g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	53.82mg
Carbohydrates	9.96g
Fiber	4.05g

Sugar	4.78g
Protein	2.05g
Vitamin A 7828.67IU	Vitamin C 28.64mg
Calcium 56.23mg	Iron 0.71mg

ASSORTED VEGGIE STICKS



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26060
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	1/2 Cup		610902
CUCUMBER SELECT SUPER 45 MRKN	1/2 Cup		198587
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup		510637
CELERY STIX 4-3 RSS	1/2 Cup		781592
CAULIFLOWER BITE SIZE 2-3 RSS	1/2 Cup		732486

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.50
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	64.73
Fat	0.15g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	142.17mg
Carbohydrates	13.33g
Fiber	6.48g
Sugar	6.17g
Protein	4.15g
Vitamin A 14293.97IU	Vitamin C 30.03mg
Calcium 96.64mg	Iron 1.19mg

ASSORTED FRUIT JUICES



Servings:	48.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26061
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FZ 72-4FLZ SNCUP	1/2 Cup		135460
JUICE APPL 100 FZ 72-4FLZ SNCUP	1/2 Cup		135440
JUICE BOX FRT PNCH 100 40-4.23FLZ	1/2 Cup		698240
JUICE BOX VERY BRY 40-4.23FLZ	1/2 Cup		698391

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 48.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories	2.71		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.42mg		
Carbohydrates	0.68g		
Fiber	0.00g		
Sugar	0.61g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.64mg
Calcium	1.67mg	Iron	0.00mg

Assorted Fresh Fruit



Servings:	96.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26062
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1/2 Cup		200999
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1/2 Cup		198021
STRAWBERRY 8 MRKN	1/2 Cup		212768
KIWI 33-39CT P/L	1/2 Cup		287008
PEAR 95-110CT MRKN	1/2 Cup		198056
MELON MUSK CANTALOUPE 12-15CT P/L	1/2 Cup		200565

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

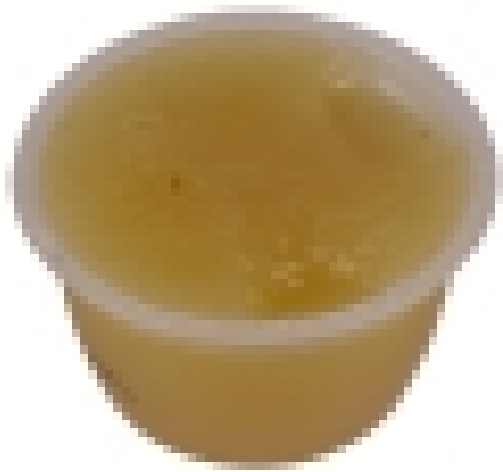
Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.35
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 96.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	9.76		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.27mg		
Carbohydrates	2.59g		
Fiber	0.45g		
Sugar	1.67g		
Protein	0.09g		
Vitamin A	7.12IU	Vitamin C	4.32mg
Calcium	1.97mg	Iron	0.03mg

ASSORTED FRUIT CUPS



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26063
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1/2 Cup		655010
PEACH CUP 96-4.4Z COMM	1/2 Cup		232470
APPLESAUCE UNSWT 96-4.5Z COMM	1/2 Cup	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682
APPLESAUCE WILD WTRMLN 96-4.5Z COMM	1/2 Cup		136701

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	140.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	8.50mg
Carbohydrates	36.00g
Fiber	2.50g
Sugar	30.00g
Protein	1.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.00mg

ASSORTED YOGURT



Servings:	48.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26064
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
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 DANIMAL STRAWB BAN N/F 48-4Z	1 Each	READY_TO_EAT READY_TO_EAT	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

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

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 48.00			
Serving Size: 4.00 Ounce			
Amount Per Serving			
Calories	7.92		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.31mg		
Sodium	6.56mg		
Carbohydrates	1.52g		
Fiber	0.00g		
Sugar	0.98g		
Protein	0.42g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.00mg

1.5 OZ DRESSINGS



Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.80 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26065
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 60-1.5FLZ LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	745371
DRESSING ITAL LT PKT 60-1.5Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	135871
DRESSING HNY MSTRD PKT 102-1Z LTHSE	1 Each	READY_TO_EAT Use as a dressing or dip	135581

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.80 Ounce

Amount Per Serving	
Calories	6.60
Fat	0.52g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.40mg
Sodium	14.60mg
Carbohydrates	0.46g
Fiber	0.00g
Sugar	0.32g

Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.42mg	Iron	0.00mg

PB&J SANDWICH & CHEESESTICK



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26068
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	360.00
Fat	19.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	480.00mg
Carbohydrates	33.00g
Fiber	4.00g

Sugar	16.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	Iron 1.00mg

PASTA WITH MEAT SAUCE



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26069
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ZITI RIGATI 2-10 GCHC	2 Ounce	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.	582549
SAUCE MARINARA 6-10 REDPK	1 Cup	READY_TO_EAT None	502181
BEEF CRMBL CKD 6-5 COMM	4 Ounce		785840
BEEF GRND 40 COMM	4 Ounce	TO THAW: THAW ONLY THE AMOUNT NEEDED FOR ONE DAYS USE. REMOVE GROUND BEEF FROM THE CONTAINER, KEEP IN ORIGINAL WRAPPING, PLACE ON SHEET PANS AND THAW IN THE REFRIGERATOR. ALLOW 1.5 HOURS PER LB FOR THAWING. COOK TO 155°F FOR 15 SECONDS. JUDGE DONENESS BY TEMPERATURE, NOT COLOR OR TEXTURE OF THE FOOD.	110520

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC 12-12CT GCHC	1 Slice	<p>BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through.</p> <p>GRIDDLE_FRY Place directly in skillet on medium heat. Heat each side 2 minutes.</p> <p>GRILL Place directly on grill. Heat each side for 15 seconds or until butter is melted or until heated through.</p>	611910

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	1.60
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	882.78		
Fat	34.91g		
SaturatedFat	8.07g		
Trans Fat	2.99g		
Cholesterol	131.61mg		
Sodium	884.63mg		
Carbohydrates	87.00g		
Fiber	8.00g		
Sugar	19.00g		
Protein	58.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	126.00mg	Iron	8.80mg

Turkey, Ham & Cheese on a Bagel



Servings:	1.00	Category:	Entree
Serving Size:	0.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26070
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Serving		230264
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		344120
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
TOMATO 6X6 LRG 25 MRKN	1/4 Cup		199036
LETTUCE ICEBERG PREM 24CT MRKN	1/4 Cup		198633
HAM BOILED DELI SLCD 10 6-2 GFS	1 Slice		680621

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey and ham.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Serving

Amount Per Serving

Calories	303.93		
Fat	9.68g		
SaturatedFat	4.53g		
Trans Fat	0.00g		
Cholesterol	46.67mg		
Sodium	1181.83mg		
Carbohydrates	34.42g		
Fiber	4.80g		
Sugar	8.67g		
Protein	24.73g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	203.50mg	Iron	2.34mg

Seasoned Corn



Servings:	24.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26083
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	1/2 Cup		285620
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
CORN WHL KERNEL R/SOD 6-10 P/L	1 #10 CAN	EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	222011

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.63

Nutrition Facts			
Servings Per Recipe: 24.00			
Serving Size: 1.00			
Amount Per Serving			
<hr/>			
Calories	118.38		
Fat	1.12g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	380.03mg		
Carbohydrates	23.96g		
Fiber	1.12g		
Sugar	7.75g		
Protein	2.28g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.32mg
<hr/>			

Broccoli Dippers



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26084
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	4 Ounce		732478
DRESSING RNCH LT LO SOD 200-12GM GFS	1 Each		699981

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories 60.00

Fat 2.90g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 5.00mg

Sodium 84.00mg

Carbohydrates 8.00g

Fiber 2.20g

Sugar 3.00g

Protein 2.40g

Vitamin A 548.24IU **Vitamin C** 78.50mg

Calcium 49.36mg **Iron** 0.64mg

Yogurt Pack



Servings:	1.00	Category:	Entree
Serving Size:	3.75	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26086
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
Baby Carrots	1 Cup	UNSPECIFIED None	
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
PRETZEL TWIST TINY 120- .5Z ROLD GOLD	1 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158771

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.75

Amount Per Serving			
Calories		476.67	
Fat		8.50g	
SaturatedFat		3.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		738.33mg	
Carbohydrates		77.33g	
Fiber		4.67g	
Sugar		38.33g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	578.00mg	Iron	2.16mg

Carrots, Steamed



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26091
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT DCD 6-10 GCHC	1/2 Cup	Divide 30# case into 2 vented 4" steam table pans. CCP: Put in preheated steam unit for 15 - 20 minutes or until internal temperature reaches 140° or higher. Keep a little firm. Remove from steam unit and put in 4" non vented steam table pans and CCP: hold for hot service at 140° or higher for no longer than 4 hours.	118907

Preparation Instructions

Directions:

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 9-10 minutes (5-6 psi) or 5-9 minutes (12-15 psi) or until just tender.

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

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

3. Serve using a 4 oz spoodle.

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	1.13		
Fat	0.04g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	1.00mg		
Sodium	0.00mg		
Carbohydrates	0.25g		
Fiber	0.08g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Commodity Can Fruit

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26094
School:	Diocese of Lexington		

Ingredients

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

Preparation Instructions

Directions:

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

Open Can fruit, drain slightly

place under refrigeration

Notes:

Serve with 4 oz spoodle

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.61
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	202.60		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	21.90mg		
Carbohydrates	50.12g		
Fiber	2.18g		
Sugar	41.73g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.74mg	Iron	0.00mg

Fruit, Fresh, Whole

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26095
School:	Diocese of Lexington		

Ingredients

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

Preparation Instructions

Directions:

WASH HANDS.

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

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

Child Nutrition: 1 orange = 1/2c fruit

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	0.00
-------------	------

Grain	0.00
--------------	------

Fruit	8.78
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	910.02
Fat	1.00g
SaturatedFat	0.30g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	46.36mg
Carbohydrates	242.84g
Fiber	48.98g
Sugar	148.76g
Protein	10.18g

Vitamin A	213.76IU	Vitamin C	70.25mg
Calcium	168.86mg	Iron	3.29mg

Assorted Cereal



Servings:	96.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26229
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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 CHEERIOS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	534765
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 CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	4.58		
Fat	0.07g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.46mg		
Carbohydrates	0.94g		
Fiber	0.09g		
Sugar	0.24g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.06mg	Iron	0.19mg

Assorted Fresh Fruit



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26230
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1/16 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	1/16 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/16 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1/16 Each		198021
STRAWBERRY 8 MRKN	1/16 Cup		212768
KIWI 33-39CT P/L	1/16 Each		287008
PEAR 95-110CT MRKN	1/16 Ounce		198056
MELON MUSK CANTALOUPE 12-15CT P/L	1/16 Cup		200565

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	35.03		
Fat	0.10g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.73mg		
Carbohydrates	9.01g		
Fiber	1.28g		
Sugar	5.42g		
Protein	0.46g		
Vitamin A	36.72IU	Vitamin C	41.77mg
Calcium	9.91mg	Iron	0.15mg

Assorted Canned Fruit



Servings:	24.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26231
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	1 Each		753911
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each		753921
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	1 Each		753931
APPLESAUCE BLUE RASPB CUP 96-4.5Z	1 Each		753881
ORANGES MAND BRKN L/S 6-10 GCHC	1/2 Cup		152811
PEAR SLCD 6-10 COMM	1/2 Cup		110680
PEACH SLCD 6-10 COMM	1/2 Cup		110710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 24.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	19.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.17mg		
Carbohydrates	4.83g		
Fiber	0.33g		
Sugar	3.38g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	4.21mg
Calcium	1.29mg	Iron	0.04mg

Hot Ham & Cheese on Pretzel Roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26238
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Slice		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY TO EAT 2 slices = 1 ounce	100036
BUN HAMB PRTZL SLCD 3.2Z 12-6CT	1 Each		141670

Preparation Instructions

Thaw sliced ham. Pull from freezer at least 2 days prior to serving.

—
This sandwich is served warm.

—
Place pretzel roll packages into your warm holding cabinets

—
Grab a shallow steam-table pan

Place 2.44 oz of sliced ham clusters in the steam-table pan (5 x 3) (You might be able to get more than 15)

Steam ham clusters

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

—
Place 2 slices (1oz) of american cheese on top of ham clusters.

Put back into the steamer until cheese is melted_

—

These sandwiches will be assembled on the line

—

CCP: Hold for hot service at 135 degrees F or higher

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	85.49		
Fat	4.96g		
SaturatedFat	2.73g		
Trans Fat	0.00g		
Cholesterol	29.63mg		
Sodium	435.25mg		
Carbohydrates	3.46g		
Fiber	0.00g		
Sugar	2.23g		
Protein	9.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

ASSORTED FRUIT JUICES



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26246
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Cup		135460
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Cup		135440
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Cup		698240
JUICE BOX VERY BRY 40-4.23FLZ	1 Cup		698391

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories	260.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	65.00g		
Fiber	0.00g		
Sugar	59.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	61.20mg
Calcium	160.00mg	Iron	0.00mg

Mini Corn Dogs

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Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26260

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI 239-.67Z FOSTFM	5 Each	FROM FROZEN: FRY: 350 DEGREES F FOR 4-5 MINUTES. QTY: 4. CONVECTION OVEN: 350 DEGREES F FOR 8-10 MINUTES. QTY: FULL SHEET PAN. CONVENTIONAL OVEN: 350 DEGREES F FOR 21- 23 MINUTES. QTY: FULL SHEET PAN. MICROWAVE (1100 WATTS): HIGH: 45-55 SECONDS. QTY: 6.	337640

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	275.00		
Fat	16.25g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	662.50mg		
Carbohydrates	22.50g		
Fiber	0.00g		
Sugar	5.00g		
Protein	8.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	1.80mg

Cheesy Bread



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26261

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS WGRAIN 105-4Z	1 Each		723880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	260.00
Fat	11.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	420.00mg
Carbohydrates	27.00g
Fiber	3.00g
Sugar	3.00g

Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	109.00mg	Iron	1.00mg

Little Caesars Pizza



Little Caesars®

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26263
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Little Caesars Pepperoni Pizza	1 Slice	BAKE	
Little Caesars Cheese Pizza	1 Slice	BAKE	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	530.00
Fat	19.00g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1060.00mg
Carbohydrates	63.00g
Fiber	4.00g

Sugar			3.00g
Protein			25.00g
Vitamin A	40.00IU	Vitamin C	4.00mg
Calcium	400.00mg	Iron	3.40mg

Chips



Servings:	60.00	Category:	Grain
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26265
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP VAR PK CLSC 3-5OCT SSV FRITOL	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	416800
CHIP POT REG CRISP BKD 60-.875Z LAYS	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.	714230
CHIP POT BBQ BKD LAYS KC MP 60-.875Z	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.	575570

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	6.27		
Fat	0.25g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.67mg		
Carbohydrates	0.90g		
Fiber	0.05g		
Sugar	0.08g		
Protein	0.10g		
Vitamin A	0.33IU	Vitamin C	0.03mg
Calcium	0.37mg	Iron	0.01mg

Cereal Breakfast Kits



Servings:	44.00	Category:	Entree
Serving Size:	6.10 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26401
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Serving	READY_TO_EAT Ready-to-eat	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Serving		872040
CEREAL APPL JK R/S BKFST KIT 36CT	1 Serving		676160
CEREAL TRIX RS BKFST KIT 60CT	1 Serving	READY_TO_EAT Ready-to-eat	525340
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Serving	READY_TO_EAT Ready-to-eat	525290

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
-------------	------

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

Nutrition Facts

Servings Per Recipe: 44.00
Serving Size: 6.10 Ounce

Amount Per Serving

Calories	26.82
Fat	0.45g
SaturatedFat	0.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.48mg
Carbohydrates	5.50g
Fiber	0.39g
Sugar	1.89g
Protein	0.39g

Vitamin A	64.77IU	Vitamin C	4.90mg
Calcium	16.59mg	Iron	0.55mg

Graham crackers

No
Image
Available

Servings:	300.00	Category:	Grain
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26404
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER CRISPS CINN 120-1.2Z NATVLLY	1 Package	READY_TO_EAT Ready to eat snack.	450322
CRACKER GRHM WGRAIN IW 150-3CT NAB	1 Package	READY_TO_EAT Ready to eat snack.	529974

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories 0.80

Fat 0.02g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.85mg

Carbohydrates 0.14g

Fiber 0.01g

Sugar 0.05g

Protein 0.01g

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

Calcium 0.03mg **Iron** 0.01mg

Strawberry Yogurt Tube



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26406
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB TUBE 2Z 6-16CT GOGURT	1 Each	READY_TO_EAT Ready to serve- no preparation needed	895090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	45.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	30.00mg
Carbohydrates	8.00g

Fiber		0.00g	
Sugar		5.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	0.00mg

String Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26417
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CHEESE STRING MOZZ 168-1Z BONGARDS	1 Each		579050

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 140.00

Fat 9.00g

SaturatedFat 5.50g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 400.00mg

Carbohydrates 1.00g

Fiber 0.00g

Sugar 1.00g

Protein 14.00g

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

Calcium 348.00mg **Iron** 0.00mg

Nutrigrain Bars



Servings:	96.00	Category:	Entree
Serving Size:	1.55 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26419
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 96.00			
Serving Size: 1.55 Ounce			
Amount Per Serving			
Calories	4.69		
Fat	0.11g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.38mg		
Carbohydrates	0.94g		
Fiber	0.09g		
Sugar	0.44g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.38mg	Iron	0.06mg

Appleways Oatmeal Bars



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26421
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	420.00		
Fat	13.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	240.00mg		
Carbohydrates	69.00g		
Fiber	3.00g		
Sugar	27.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.00mg	Iron	3.00mg

Poptarts variety



Servings:	72.00	Category:	Entree
Serving Size:	2.00 count	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26423
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00
Serving Size: 2.00 count

Amount Per Serving

Calories	20.25
Fat	0.32g
SaturatedFat	0.11g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	21.08mg
Carbohydrates	4.22g
Fiber	0.32g
Sugar	1.68g
Protein	0.25g

Vitamin A	16.94IU	Vitamin C	0.00mg
Calcium	11.94mg	Iron	0.20mg

Pillsbury Cinnamon Mini Pull-Apart Rolls



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26424
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW 72-2.29Z PILLS	1 Package	BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	894291

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories	240.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	40.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.60mg

Pillsbury Strudels



Servings:	72.00	Category:	Entree
Serving Size:	2.29 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26425
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	72 Each	BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838340
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	72 Each	BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838350

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00
Serving Size: 2.29 Ounce

Amount Per Serving

Calories	420.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	510.00mg		
Carbohydrates	73.00g		
Fiber	4.00g		
Sugar	21.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.00mg

Cereal Breakfast Bars



Servings:	96.00	Category:	Entree
Serving Size:	1.42 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26426
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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 CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 96.00			
Serving Size: 1.42 Ounce			
Amount Per Serving			
Calories	5.00		
Fat	0.11g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.44mg		
Carbohydrates	0.93g		
Fiber	0.09g		
Sugar	0.27g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.81mg	Iron	0.05mg