

# **Cookbook for Diocese of Lexington**

**Created by HPS Menu Planner**

# Table of Contents

**Taco n a Bag**

**Chef Salad**

**SIDE SALAD**

**ASSORTED VEGGIE STICKS**

**ASSORTED FRUIT JUICES**

**Assorted Fresh Fruit**

**ASSORTED YOGURT**

**1.5 OZ DRESSINGS**

**PB&J SANDWICH & CHEESESTICK**

**Broccoli Dippers**

**Yogurt Pack**

**Bosco Sticks w/marinara sauce**

**Assorted Cereal**

**Assorted Fresh Fruit**

**Assorted Canned Fruit**

**Chicken Bacon Ranch Sandwich**

**Taco Salad**

**ASSORTED FRUIT JUICES**

**Famous Chicken Bowl**

**Cheesy Bread**

**Little Caesars Pizza**

**Muffin**

**strawberry pancakes**

**Graham crackers**

**Betty Crocker Chocolate Chip Oatmeal Bars**

**Donuts mini**

**Pancakes**

**Mini Waffles**

**String Cheese**

**Appleways Oatmeal Bars**

**Poptarts variety**

# Taco n a Bag



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.62 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26009
<b>School:</b>	Diocese of Lexington		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT	722330
SALSA 103Z 6-10 REDC	1 1/2 Ounce	READY_TO_EAT None	452841

## 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>	0.17
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.62 1

Amount Per Serving			
<b>Calories</b>	444.40		
<b>Fat</b>	20.90g		
<b>SaturatedFat</b>	8.10g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	988.90mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	22.80g		
<b>Vitamin A</b>	1045.00IU	<b>Vitamin C</b>	5.00mg
<b>Calcium</b>	283.00mg	<b>Iron</b>	3.60mg

# Chef Salad



<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-26010
<b>School:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.31
<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>	1094.16
<b>Fat</b>	57.41g
<b>SaturatedFat</b>	30.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	423.34mg
<b>Sodium</b>	2342.29mg
<b>Carbohydrates</b>	59.71g
<b>Fiber</b>	3.38g
<b>Sugar</b>	18.13g
<b>Protein</b>	84.00g
<b>Vitamin A</b> 2137.13IU	<b>Vitamin C</b> 15.41mg
<b>Calcium</b> 902.63mg	<b>Iron</b> 5.12mg

# SIDE SALAD



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26059
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.29
<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

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



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

# ASSORTED VEGGIE STICKS



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26060
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.10
<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>	64.73
<b>Fat</b>	0.15g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	142.17mg
<b>Carbohydrates</b>	13.33g
<b>Fiber</b>	6.48g
<b>Sugar</b>	6.17g
<b>Protein</b>	4.15g
<b>Vitamin A</b> 14293.97IU	<b>Vitamin C</b> 30.03mg
<b>Calcium</b> 96.64mg	<b>Iron</b> 1.19mg

# ASSORTED FRUIT JUICES



<b>Servings:</b>	48.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26061
<b>School:</b>	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

<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: 1.00 Cup

---

**Amount Per Serving**

<b>Calories</b>	2.71		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.42mg		
<b>Carbohydrates</b>	0.68g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.61g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.64mg
<b>Calcium</b>	1.67mg	<b>Iron</b>	0.00mg

# Assorted Fresh Fruit



<b>Servings:</b>	96.00	<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-26062
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.35
<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

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

# ASSORTED YOGURT



<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26064
<b>School:</b>	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

<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

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

# 1.5 OZ DRESSINGS



<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.80 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26065
<b>School:</b>	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

<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: 50.00

Serving Size: 1.80 Ounce

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

<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.42mg	<b>Iron</b>	0.00mg

# PB&J SANDWICH & CHEESESTICK



<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-26068
<b>School:</b>	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

<b>Meat</b>	2.00
<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

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

<b>Sugar</b>	16.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.00mg	<b>Iron</b> 1.00mg

# Broccoli Dippers



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26084
<b>School:</b>	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

<b>Meat</b>	0.00
<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

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



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.75	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26086
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.75

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

# Bosco Sticks w/marinara sauce



<b>Servings:</b>	108.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26228
<b>School:</b>	Diocese of Lexington		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

BREADSTICK CHS STFD 108-3Z BOSC

216 Each

**CONVECTION**

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.

2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

**DEEP\_FRY**

Deep Fry

1. Preheat oil to 350° F.
2. THAWED ONLY: 1-2 minutes.
3. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.

2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

**THAW**

Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.

2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.

432180

SAUCE MARINARA DIPN CUP 84-2.5Z REDG

108 Each

READY\_TO\_EAT  
None

677721

## Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES.

### 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>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 3.00 Ounce

<b>Amount Per Serving</b>	
<b>Calories</b>	480.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	820.00mg
<b>Carbohydrates</b>	62.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g

<b>Protein</b>	26.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	320.00mg	<b>Iron</b>	3.60mg

# Assorted Cereal



<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26229
<b>School:</b>	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

<b>Meat</b>	0.00
<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: 96.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

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

# Assorted Fresh Fruit



<b>Servings:</b>	1.00	<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-26230
<b>School:</b>	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

<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

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



# Assorted Canned Fruit



<b>Servings:</b>	24.00	<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-26231
<b>School:</b>	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

<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

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

# Chicken Bacon Ranch 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-26237
<b>School:</b>	Diocese of Lexington		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD 12-50CT JENNO	2 Slice	CONVECTION OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F.	834770
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce	UNSPECIFIED Not currently available	570533
CHEESE BLND CHED/MONTRY JK SHRD 4-5 - Land OLakes - W	1 Slice		280491

Description	Measurement	Prep Instructions	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	<b>MICROWAVE</b> Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831221
BUN HAMB HWN SLCD 4.5 6-12CT GCHC	1 Each		633831

## Preparation Instructions

1. To assemble sandwich, place diced chicken on bottom of bun. Then place sprinkle cheese on top of chicken and 2 halves of 1 bacon slice on top. Place in oven until cheese is melted. Place lid on and serve with ranch cup on the side.

CCP: Keep at 41 F or below.

\*\*Allergens: Wheat, Milk, Egg, Soy

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.20
<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>	773.48		
<b>Fat</b>	30.17g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	93.33mg		
<b>Sodium</b>	1986.67mg		
<b>Carbohydrates</b>	80.33g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	41.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.33mg	<b>Iron</b>	2.85mg

# Taco Salad



<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-26242
<b>School:</b>	Diocese of Lexington		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
CHEESE AMER SHRP SHRD 4-5 LOL	1/4 Cup		861960
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 12-2# P/L	1/4 Cup		184750
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	2 Tablespoon		403573

## Preparation Instructions

1. Prepare Taco meat according to directions
2. Chop Romaine
3. Assemble other ingredients on top in corners to present nicely

Note: Salad should have 1 package of Tortilla Chips (GFS#133273) offered with it.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	234.48		
<b>Fat</b>	14.29g		
<b>SaturatedFat</b>	6.36g		
<b>Trans Fat</b>	0.18g		
<b>Cholesterol</b>	47.08mg		
<b>Sodium</b>	603.61mg		
<b>Carbohydrates</b>	11.90g		
<b>Fiber</b>	3.21g		
<b>Sugar</b>	4.51g		
<b>Protein</b>	15.88g		
<b>Vitamin A</b>	781.79IU	<b>Vitamin C</b>	9.32mg
<b>Calcium</b>	219.48mg	<b>Iron</b>	1.74mg

# ASSORTED FRUIT JUICES



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26246
<b>School:</b>	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

<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: 1.00  
Serving Size: 1.00

---

**Amount Per Serving**

<b>Calories</b>	260.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	40.00mg
<b>Carbohydrates</b>	65.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	59.00g
<b>Protein</b>	0.00g

---

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	61.20mg
<b>Calcium</b>	160.00mg	<b>Iron</b>	0.00mg



# Famous Chicken 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-26247
<b>School:</b>	Diocese of Lexington		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Piece	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
POTATO PRLS EXCEL 12-28Z BAMER	1 Cup	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
POTATO MASH SEAS R/SOD 6-4 MCC	1 Cup	Boil in Bag: Place bag of product into boiling water. Heat for 25-30 minutes. Place potatoes in serving container, fluff with a fork, and serve. Turn bags over halfway through cooking to ensure uniform heating. Steam: Place bag of product into perforated pan in steam table and steam for 30-35 minutes.	860560
GRAVY BROWN 12-48Z HRTHSTN	1 Cup	RTU-CONVECTION OVEN-PLACE COVERED PREPARED PRODUCT INTO 300 DEGREE F OVEN FOR 30-40 MINUTES UNTIL CENTER REACHES 160- 165 DEGREES F. CONVENTIONAL OVEN-PLACE COVERED PREPARED PRODUCT INTO 350 DEGREES F OVEN FOR 60 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F. MICROWAVE-PLACE PREPARED PRODUCT INTO MICROWAVE SAFE COVERED CONTAINER. HEAT ON HIGH APPROXIMATELY 2-3 MINUTES PER PORTION OR UNTIL CENTER REACHES 160-165 DEGREES F. STOVE TOP-PLACE UNCOVERED PREPARED PRODUCT OVER MEDIUM HEAT FOR 10-15 MINUTES OR UNTIL CENTER REACHES 160-165 DEGREES F, STIRRING OCCASIONALLY TO PREVENT SCORCHING.	673617

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	1/2 Cup	Stock pot or steam- jacketed kettle: Add frozen corn to boiling water. Optimal: Add 1TSP salt or other seasoning to each 100 servings of vegetables. After water boils again, reduce temperature, cover and simmer for 5 to 10 minutes. Drain. Steamer: Place frozen corn in a single layer in a steamer pan. Steam uncovered at 5LB pressure for 9 to 10 minutes. Drain. Optional: Sprinkle and stir 1TSP salt or other seasoning over each 1-- servings of vegetables. Do not boil. Cook frozen corn until tender but crisp. Corn will continue to cook when held on a hot steam table or in a holding cabinet. Corn will become overcooked if held too long. Schedule cooking of frozen corn so it will be served after cooking. Batch cook vegetables just before serving to improve quality.	120490
CORN WHL KERNEL R/SOD 6- 10 P/L	1/2 Cup	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

<b>Meat</b>	2.11
<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>	2.83

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	849.30		
<b>Fat</b>	26.52g		
<b>SaturatedFat</b>	4.84g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	2590.42mg		
<b>Carbohydrates</b>	124.10g		
<b>Fiber</b>	11.68g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	30.68g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	76.78mg	<b>Iron</b>	3.66mg

# Cheesy Bread



<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-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

<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

#### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	420.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.00g
<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>	109.00mg	<b>Iron</b>	1.00mg

# Little Caesars Pizza



## Little Caesars®

<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-26263
<b>School:</b>	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

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<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: 1.00

Serving Size: 1.00

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

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

# Muffin



<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26400
<b>School:</b>	Diocese of Lexington		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262343
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370

## 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: 48.00  
Serving Size: 2.00 Ounce

---

**Amount Per Serving**

<b>Calories</b>	11.88		
<b>Fat</b>	0.44g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.63mg		
<b>Sodium</b>	7.29mg		
<b>Carbohydrates</b>	1.83g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	0.94g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	0.30IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.44mg	<b>Iron</b>	0.06mg



# strawberry pancakes



<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>	Breakfast	<b>Recipe ID:</b>	R-26402
<b>School:</b>	Diocese of Lexington		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269230

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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>	230.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	260.00mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	4.00g

---

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.50mg

# Graham crackers

No  
Image  
Available

<b>Servings:</b>	300.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26404
<b>School:</b>	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

<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

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

# Betty Crocker Chocolate Chip Oatmeal Bars



<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.27 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26405
<b>School:</b>	Diocese of Lexington		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194031
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	262103

## 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.27 Ounce

### Amount Per Serving

**Calories** 2.08

**Fat** 0.07g

**SaturatedFat** 0.01g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 1.49mg

**Carbohydrates** 0.34g

**Fiber** 0.03g

**Sugar** 0.12g

**Protein** 0.03g

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

**Calcium** 0.00mg **Iron** 0.01mg

# Donuts mini



<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26407
<b>School:</b>	Diocese of Lexington		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 3.00 Ounce

### Amount Per Serving

<b>Calories</b>	8.19		
<b>Fat</b>	0.38g		
<b>SaturatedFat</b>	0.19g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.33mg		
<b>Carbohydrates</b>	1.15g		
<b>Fiber</b>	0.07g		
<b>Sugar</b>	0.53g		
<b>Protein</b>	0.13g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.81mg	<b>Iron</b>	0.04mg



# Pancakes



<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.03 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26408
<b>School:</b>	Diocese of Lexington		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	<p><b>READY_TO_EAT</b> Heat &amp; Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p>	269220

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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: 72.00

Serving Size: 3.03 Ounce

### Amount Per Serving

<b>Calories</b>	11.94		
<b>Fat</b>	0.35g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.28mg		
<b>Sodium</b>	12.50mg		
<b>Carbohydrates</b>	1.99g		
<b>Fiber</b>	0.14g		
<b>Sugar</b>	0.46g		
<b>Protein</b>	0.22g		
<b>Vitamin A</b>	6.94IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.64mg	<b>Iron</b>	0.10mg

# Mini Waffles



<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.65 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26416
<b>School:</b>	Diocese of Lexington		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package	USE COOKING INSTRUCTIONS ON BACK OF EACH PACKAGE.	284811
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269240
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269260

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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: 72.00

Serving Size: 2.65 Ounce

### Amount Per Serving

<b>Calories</b>	8.33		
<b>Fat</b>	0.22g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.78mg		
<b>Carbohydrates</b>	1.50g		
<b>Fiber</b>	0.14g		
<b>Sugar</b>	0.46g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	13.89IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.72mg	<b>Iron</b>	0.08mg

# String Cheese



<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>	Breakfast	<b>Recipe ID:</b>	R-26417
<b>School:</b>	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

<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

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

# Appleways Oatmeal Bars



<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>	Breakfast	<b>Recipe ID:</b>	R-26421
<b>School:</b>	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

<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

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



<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 count	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26423
<b>School:</b>	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

<b>Meat</b>	0.00
<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: 72.00  
Serving Size: 2.00 count

---

**Amount Per Serving**

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

---

<b>Vitamin A</b>	16.94IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.94mg	<b>Iron</b>	0.20mg