

Cookbook for Diocese of Lexington

Created by HPS Menu Planner

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Taco n a Bag



Servings:	1.00	Category:	Entree
Serving Size:	6.62 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26009
School:	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

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.17
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.62 1

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

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 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

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

Bosco Sticks w/marinara sauce



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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

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

Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 3.00 Ounce

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

Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	320.00mg	Iron	3.60mg

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

Chicken Bacon Ranch Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26237
School:	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	MICROWAVE 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

Meat	3.20
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	773.48		
Fat	30.17g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	93.33mg		
Sodium	1986.67mg		
Carbohydrates	80.33g		
Fiber	4.00g		
Sugar	17.00g		
Protein	41.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.33mg	Iron	2.85mg

Taco Salad



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26242
School:	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

Meat	2.25
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	234.48
Fat	14.29g
SaturatedFat	6.36g
Trans Fat	0.18g
Cholesterol	47.08mg
Sodium	603.61mg
Carbohydrates	11.90g
Fiber	3.21g
Sugar	4.51g
Protein	15.88g

Vitamin A	781.79IU	Vitamin C	9.32mg
Calcium	219.48mg	Iron	1.74mg

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

Famous Chicken Bowl



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26247
School:	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

Meat	2.11
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	2.83

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Muffin



Servings:	48.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26400
School:	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

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: 48.00
Serving Size: 2.00 Ounce

Amount Per Serving

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

strawberry pancakes



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26402
School:	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

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 230.00

Fat 6.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 260.00mg

Carbohydrates 39.00g

Fiber 2.00g

Sugar 14.00g

Protein 4.00g

Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 1.50mg

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

Betty Crocker Chocolate Chip Oatmeal Bars



Servings:	144.00	Category:	Entree
Serving Size:	1.27 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26405
School:	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

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: 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



Servings:	72.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26407
School:	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

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: 3.00 Ounce

Amount Per Serving

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

Pancakes



Servings:	72.00	Category:	Entree
Serving Size:	3.03 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26408
School:	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>READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p>	269220

Preparation Instructions

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: 3.03 Ounce

Amount Per Serving

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

Mini Waffles



Servings:	72.00	Category:	Entree
Serving Size:	2.65 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26416
School:	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	BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269240
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package	BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 2.65 Ounce

Amount Per Serving

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

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

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