

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Breakfast Fruit Juice

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

<b>Calories</b>	64.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	7.00mg
<b>Carbohydrates</b>	15.80g
<b>Fiber</b>	0.00g
<b>Sugar</b>	13.80g

<b>Protein</b>		0.00g	
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	24.00mg
<b>Calcium</b>	39.80mg	<b>Iron</b>	0.00mg

# Assorted Fresh Fruit



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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: 6.00  
Serving Size: 0.50 Cup

Amount Per Serving	
Calories	74.17
Fat	0.23g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.89mg
Carbohydrates	19.11g

<b>Fiber</b>	3.16g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	0.93g		
<b>Vitamin A</b>	94.81IU	<b>Vitamin C</b>	25.58mg
<b>Calcium</b>	21.11mg	<b>Iron</b>	0.30mg

# Crispy Chicken Sandwich HS



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

## Ingredients

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

## Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

### Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 430.00

**Fat** 19.00g

**SaturatedFat** 4.00g

**Trans Fat** 0.00g

**Cholesterol** 65.00mg

**Sodium** 550.00mg

**Carbohydrates** 42.00g

**Fiber** 4.00g

**Sugar** 4.00g

**Protein** 24.00g

**Vitamin A** 200.00IU **Vitamin C** 108.00mg

**Calcium** 91.00mg **Iron** 3.08mg



# Broccoli with Cheese Sauce

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	22.08
<b>Fat</b>	0.42g
<b>SaturatedFat</b>	0.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.25mg
<b>Sodium</b>	32.92mg
<b>Carbohydrates</b>	3.54g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.67g
<b>Protein</b>	2.29g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.29mg	<b>Iron</b>	0.67mg

# Spicy Chicken Wrap

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25891
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	Lay shells out on a flat surface	523610
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	1 Tablespoon	spread with ranch dressing	676210
CHIX TNDRLN BRD WGRAIN SPCY CKD 6-5	3 Each	Cook Frozen tenders in a 400°F oven for 6-8 minutes. CCP: Cook until temp. reaches 165°F for 15 sec. Lay 3 tenders on each shell.	399806
CHEESE CHED MLD SHRD 4- 5 LOL	2 Tablespoon	Sprinkle with cheese	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top with shredded romaine, Roll tightly and cut in half.	451730

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	3.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 1 each

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**Amount Per Serving**

<b>Calories</b>	508.00
<b>Fat</b>	25.70g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	78.00mg
<b>Sodium</b>	715.00mg
<b>Carbohydrates</b>	45.50g
<b>Fiber</b>	5.50g
<b>Sugar</b>	3.00g
<b>Protein</b>	24.00g

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<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	155.50mg	<b>Iron</b>	2.44mg

# Crispy Chicken Bacon Ranch Wrap

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

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

## Meal Components (SLE)

### Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		574.00	
<b>Fat</b>		29.60g	
<b>SaturatedFat</b>		9.15g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		67.00mg	
<b>Sodium</b>		1034.00mg	
<b>Carbohydrates</b>		44.50g	
<b>Fiber</b>		5.00g	
<b>Sugar</b>		5.50g	
<b>Protein</b>		29.50g	
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	147.50mg	<b>Iron</b>	3.01mg

# Shredded BBQ Sandwich

NO IMAGE

<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-25899
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

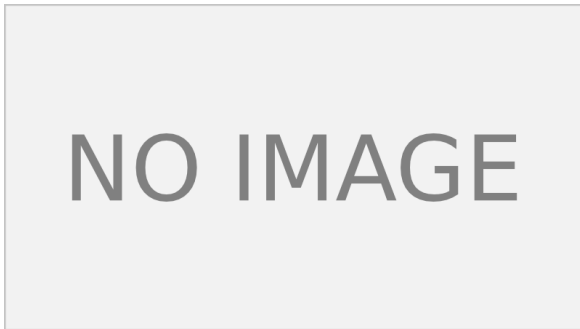
#### Amount Per Serving

<b>Calories</b>	449.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	71.00mg
<b>Sodium</b>	443.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	20.00g

<b>Protein</b>		24.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	71.00mg	<b>Iron</b>	2.00mg



# Dill Chicken Sandwich



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

## Ingredients

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

## Preparation Instructions

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

CCP: Cook patties to an internal temperature of 160°

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

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	29.00g

<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	111.00mg	<b>Iron</b>	3.80mg

# Taco Salad

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Thaw product under refrigeration approx 2 days	722330
CHIP TORTL RND R/F 64- 1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
CHEESE CHED MLD SHRD 4- 5 LOL	1/4 Cup		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730
84-2.6Z SALSA CUP REDG REDSC2Z	1		536690
SOUR CREAM PKT 100-1Z GCHC	1		745903

## Preparation Instructions

1. Portion romaine lettuce into the bottom of the container.
2. Add 2 oz taco meat, 1/4 cup shredded cheddar cheese.

3. Serve with 1 salsa cup, 1 sour cream packet and 1 bag of chips.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.26
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	395.28		
<b>Fat</b>	19.09g		
<b>SaturatedFat</b>	8.14g		
<b>Trans Fat</b>	0.18g		
<b>Cholesterol</b>	52.08mg		
<b>Sodium</b>	534.16mg		
<b>Carbohydrates</b>	36.15g		
<b>Fiber</b>	5.76g		
<b>Sugar</b>	2.76g		
<b>Protein</b>	19.58g		
<b>Vitamin A</b>	706.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	288.87mg	<b>Iron</b>	1.86mg

# Walking Taco

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
CHIP CORN 64-LSSV FRITOS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712680
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE CHED MLD SHRD 4- 5 LOL	1/4 Cup		150250
84-2.6Z SALSA CUP REDG REDSC2Z	1		536690
SOUR CREAM PKT FF 100- 1Z LOL	1 Each		853190

## Preparation Instructions

1. Thaw taco meat, heat thawed meat to 160°.
2. Portion 2 oz taco meat, shredded cheese, lettuce into a container.

Serve with 1 bag Fritos, 1 salsa cup and 1 pkt sour cream.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	530.28		
<b>Fat</b>	32.09g		
<b>SaturatedFat</b>	10.14g		
<b>Trans Fat</b>	0.18g		
<b>Cholesterol</b>	52.08mg		
<b>Sodium</b>	744.16mg		
<b>Carbohydrates</b>	41.15g		
<b>Fiber</b>	3.76g		
<b>Sugar</b>	3.76g		
<b>Protein</b>	21.58g		
<b>Vitamin A</b>	706.94IU	<b>Vitamin C</b>	3.15mg
<b>Calcium</b>	326.87mg	<b>Iron</b>	1.26mg

# Turkey Manhattan

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

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

### Meal Components (SLE)

Amount Per Serving

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

<b>Legumes</b>	0.00
<b>Starch</b>	1.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00			
<b>Amount Per Serving</b>			
<b>Calories</b>	454.81		
<b>Fat</b>	11.91g		
<b>SaturatedFat</b>	2.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.68mg		
<b>Sodium</b>	1382.50mg		
<b>Carbohydrates</b>	60.16g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	29.47g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	7.20mg
<b>Calcium</b>	48.00mg	<b>Iron</b>	9.11mg



# Chef Salad

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

Portion into a serving container in the following order:

Romaine lettuce - 1 Cup

Cherry tomatoes - 3 each - halved

Carrots, matchstick - 1/4 C

Cheese, cheddar, shredded - 1/4 oz

Turkey, diced - 2 oz

Ham, cut in pieces - 2 slices

Serve with salad dressing packet and 1 slice of banana bread

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	386.78		
<b>Fat</b>	14.10g		
<b>SaturatedFat</b>	4.35g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	106.04mg		
<b>Sodium</b>	572.85mg		
<b>Carbohydrates</b>	52.78g		
<b>Fiber</b>	4.48g		
<b>Sugar</b>	28.54g		
<b>Protein</b>	17.26g		
<b>Vitamin A</b>	4269.29IU	<b>Vitamin C</b>	7.55mg
<b>Calcium</b>	263.68mg	<b>Iron</b>	1.88mg