

# **Cookbook for Bradley Bourbonnais CHS 307**

**Created by HPS Menu Planner**

# **Cookbook for Bradley Bourbonnais Community High School**

**Created by HPS Menu Planner**

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# Chicken Patty Sandwich w/side of Buffalo Ranch



<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25864
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	60 Cup	fresh, ready to eat	51535
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	60 Cup	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
DRESSING RNCH BUFF LOW SOD 100-1Z GFS	60 Each		700081

## Preparation Instructions

To Prepare:

Place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty

## 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: 60.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		460.00	
<b>Fat</b>		22.00g	
<b>SaturatedFat</b>		3.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		30.00mg	
<b>Sodium</b>		790.00mg	
<b>Carbohydrates</b>		45.00g	
<b>Fiber</b>		5.00g	
<b>Sugar</b>		5.00g	
<b>Protein</b>		22.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	115.00mg	<b>Iron</b>	3.00mg

# Cheeseburger

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25873
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef Steak Patty	100 Each	1 Case = 160 Average Count (6 x 26.67 Average Count per Bag) Beef Steak Patties, 3 Ounce, FrozenPlace frozen beef patty flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 165 degrees or higher. Remove from oven.	661880
CHEESE AMER 160CT SLCD R/F 6-5 LOL	100 Slice	1 Case = 960 (6 x 160 per Package) Cheese, American, Reduced Fat, Pasteurized Process Yellow, Sliced, 160 Count, 0.5 Ounc	722360
BUN,HAMBURGER,WHITE WHEAT	100 Each		51535
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	25 Cup		600504
TOMATO 6X7 MED 25 MRKN	25 Cup		315133
KETCHUP PKT LO SOD 1000-9GM REDG	100 Each	READY_TO_EAT None	634610
MUSTARD PKT 500-5.5GM GFS	100 Each		700051

## Preparation Instructions

1. Put hamburger patties on pan. Sprinkle them with garlic powder and pepper.
2. Bake at 350 degrees til the temperature reaches 165 degrees.
3. Put on whole grain hamburger bun
4. Wrap in foil. Put in holding oven at 135 degrees until ready to serve.
5. On side combine 1/4 up lettuce, 1/4 cup tomato, 1 packet ketchup, 1 packet mustard, and a slice of cheese

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	397.04		
<b>Fat</b>	19.80g		
<b>SaturatedFat</b>	7.58g		
<b>Trans Fat</b>	0.90g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	886.48mg		
<b>Carbohydrates</b>	31.94g		
<b>Fiber</b>	3.71g		
<b>Sugar</b>	6.81g		
<b>Protein</b>	25.16g		
<b>Vitamin A</b>	375.35IU	<b>Vitamin C</b>	6.21mg
<b>Calcium</b>	202.24mg	<b>Iron</b>	3.29mg



# WG Chicken Nuggets w/Cheese filled Pretzel Stick

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25874
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Chicken Nuggets	5 Piece	1 Case = 512 Ounces (4 x 128 Ounces per Bag) of Chicken Nuggets, Crispy, Whole Grain, Breaded, Cooked, Frozen	070364-0928

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PRTZL CHED WGRAIN 6 72CT	1 Each	<p><b>BAKE</b> Conventional Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 350° F.</li> <li>2. Place Pretzel Sticks on a baking sheet.</li> <li>3. Conventional - Thawed: 5-6 minutes.</li> </ol> <p>3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 350° F.</li> <li>2. Place Pretzel Sticks on a baking sheet.</li> <li>3. Convectional Oven - Thawed: 3-5 minutes.</li> </ol> <p>3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>1. Preheat oil to 350° F.</li> <li>2. Thawed Only: 45 seconds.</li> <li>3. Let stand 2 minutes before serving.</li> </ol> <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>MICROWAVE</b> Microwave</p> <ol style="list-style-type: none"> <li>1. Place Pretzel Stick on a microwave safe plate.</li> <li>2. Microwave on high: Thawed: 20 - 25 seconds Frozen: 35 - 40 seconds .</li> <li>3. Let stand 2 minutes before serving.</li> </ol> <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Pretzel sticks covered while thawing.</li> <li>3. Pretzel Sticks have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>UNSPECIFIED</b> Toaster Oven 1. Preheat oven to 350° F. 2. Place Pretzel Sticks on a baking sheet. 3. Toaster Oven - Thawed: 5-6 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p>	665230

## Preparation Instructions

COOK FROM FROZEN

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<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 Serving

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**Amount Per Serving**

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<b>Calories</b>	460.00
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	630.00mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	7.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	103.00mg	<b>Iron</b>	2.00mg

# Mini Chocolate Donuts

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25877
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package	1 Case = 72 Donuts, Chocolate, Mini, Individually Wrapped, Frozen	738181

## Preparation Instructions

Thaw at room temperature.

### 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 Serving

#### Amount Per Serving

<b>Calories</b>	320.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	310.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 31.00mg **Iron** 2.00mg

# Mini Powdered Donuts

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25878
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package	1 Case = 72 Donuts, Powdered, Mini, Individually Wrapped, Frozen	738201

## Preparation Instructions

Thaw at room temperature.

### 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 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	270.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 27.00mg **Iron** 1.00mg

# Egg and Cheese English Muffin-WG

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25938
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN EGG&CHS WGRAIN IW 96-3.3Z	1 Cup	1 Case = 96 Sandwiches, English Muffin, Egg & Cheese, Whole Grain, 3.3 Ounce, Cooked, Frozen Individually Wrapped	460332

## Preparation Instructions

BAKE

From thawed state in a convection oven at 275 degrees for 11-13 minutes.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	210.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.00mg
<b>Sodium</b>	420.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	9.00g



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

# Chocolate Chip French Toast



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25941
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Cup	1 Case = 72 French Toast, Whole Grain Mini, Chocolate Chip, Frozen, Individually Wrapped	498492

## Preparation Instructions

COOK FROM FROZEN  
HEAT\_AND\_SERVE  
Preheat Convection oven to 350 °  
Single layer on sheet pan lined with parchment paper.  
CCP: Heat in convection oven from frozen for 8-10  
minutes.  
From thawed state 5 - 6 minutes  
CCP: Hold in warming unit for no longer than 3 hours

### 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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	210.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	260.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	260.00mg	<b>Iron</b>	3.60mg

# Chocolate Chip Loaf Bread



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-25942
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LOAF MINI CHOC CHP WHLWHE IW 120-2Z	2 Each	1 Case = 120 Bread, Loaf, Chocolate Chip, Whole Wheat, Frozen, Individually Wrapped	737901

## Preparation Instructions

Thaw at room temperature.

Thaw and serve.

### 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 Serving

Amount Per Serving	
<b>Calories</b>	320.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	54.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	32.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 16.00mg **Iron** 2.00mg

# HAM AND CHEESE EGG SCRAMBLE BOWL



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26125
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	53 Ounce	1 Case = 636 Ounces (6 x 106 Ounces per Bag) of Sauce, Cheese, Cheddar, Pouch **UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE.	135261
TURKEY HAM DCD 2-5 JENNO	40 Ounce	1 Case = 160 Ounces (2 x 80 Ounces per Bag) of Turkey Ham, Diced, .5 Inch, Cooked, Frozen **Thaw under refrigeration	202150
DOUGH BISC STICK 250-1.25Z RICH	100 Each	1 Case = 250 Dough, Biscuit, Stick, Frozen, 1.25 Ounce BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
EGG SCRMBD CKD FZ 4-5 GCHC	80 Ounce	1 Case = 320 Fluid Ounces (4 x 80 Fluid Ounces per Bag) of Eggs, Precooked, Scrambled Mix, Frozen PLACE SCRAMBLED EGGS IN FULL SIZE STEAMER PAN SPRAYED WITH NON-STICK SPRAY; COVER TIGHTLY WITH FOIL. STIR AS NECESSARY (OPTIONAL: ADD 1/2 CUP TO 3/4 CUP OF WATER TO PAN. THAWED 15-20 MIN. FROZEN 20-25 MIN.	584584
PEPPERS GREEN DCD SWT 12-2 GCHC	12 Ounce		508632

Description	Measurement	Prep Instructions	DistPart #
ONION DCD IQF 6-4 GCHC	12 Ounce		261521

## Preparation Instructions

ONE PAN=50 SERVINGS

1. Place eggs(1 bag per pan), onions(1.5 cups per pan), green peppers(1.5 cups per pan), and ham(half bag per pan=40oz) into 4 inch steam table pans and steam until 165 degrees
2. Once you take out check to see if can drain pan if has water on bottom
3. Add warmed cheese sauce to each pan (half bag per pan=53oz)
4. Stir all ingredients
5. Place 2 scoops of 8" scoop into bowl for a 1 cup serving

On side 2 biscuit sticks and a packet of texas pete hot sauce

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	353.40
<b>Fat</b>	18.09g
<b>SaturatedFat</b>	9.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	126.13mg
<b>Sodium</b>	1240.13mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	0.04g
<b>Sugar</b>	3.02g
<b>Protein</b>	15.04g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.08mg	<b>Iron</b> 1.00mg

# CINNAMON BUN

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26126
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN CINN ULTRA IW 72-2.9Z SUPBAK	1 Each	1 Case = 72 Buns, Cinnamon, White Whole Wheat, Frozen, Individually Wrapped	865440

## Preparation Instructions

Thawing Instructions

Thaw and serve.

Basic Preparation

HEAT AT 350°F

### 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 Serving

#### Amount Per Serving

<b>Calories</b>	240.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	16.00g



<b>Protein</b>		5.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.00mg	<b>Iron</b>	1.00mg

# DELI CLUB SUB

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26127
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
5" White Wheat French	1 Each		31011
TURKEY HAM UNCURED 6-2 JENNO	2 Slice	Thaw under refrigeration for 24-48 hours. 1 Case = 192 Ounces (6 x 32 Ounces per Bag) of Turkey Ham, Sliced, Uncured, 0.76 Ounce, Cooked, Frozen	690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice	Thaw under refrigeration for 24-48 hours. 1 Case = 192 Ounces (6 x 32 Ounces per Bag) of Turkey Breast, Sliced, Oven-Roasted, Cooked, Frozen	689541
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
MAYONNAISE LT PKT 200-12GM GCHC	1 Package		188741
MUSTARD PKT 500-5.5GM GFS	1 Package		700051

## Preparation Instructions

Put 2 slices of ham, 2 slices of turkey, and one slice of American cheese together on roll.

Put in bag with 1 pk mayo, and 1 pk mustard.

Refrigerate at 41 degrees until ready to serve.

## Meal Components (SLE)

Amount Per Serving

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

<b>Amount Per Serving</b>			
<b>Calories</b>		337.80	
<b>Fat</b>		11.82g	
<b>SaturatedFat</b>		2.78g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		66.31mg	
<b>Sodium</b>		1100.44mg	
<b>Carbohydrates</b>		32.56g	
<b>Fiber</b>		3.10g	
<b>Sugar</b>		3.54g	
<b>Protein</b>		25.57g	
<b>Vitamin A</b>	0.50IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	102.36mg	<b>Iron</b>	0.47mg

# VEGGIE SUB



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26128
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
5" White Wheat French	1 Cup		31011
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Cup	1 Case = 960 (6 x 160 per Package) Cheese, American, Reduced Fat, Pasteurized Process Yellow, Sliced, 160 Count, 0.5 Ounce	722360
TOMATO 6X7 MED 25 MRKN	1/4 Cup	=4 slices 1 Case = 95 Average Count Tomatoes, 6 x 7, Fresh. **STORAGE RECOMMENDATIONS: NEVER REFRIGERATE, OPTIMUM STORAGE IS 55*-60*. KEEP AWAY FROM OTHER ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS, AND MELONS. **PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	315133
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/2 Cup	1 Case = 320 Ounces (4 x 80 Ounces per Bag) of Lettuce, Iceberg, 3/8 Inch Cut Shredded, Fresh Cut DO NOT ICE - LETTUCES ARE SUSCEPTIBLE TO FREEZE DAMAGE. RESEAL UNUSED PORTION IN ORIGINAL BAG. PREPARATION: RINSE THOROUGHLY. READY TO USE.	678791
CUCUMBER SELECT 24CT MRKN	1/2 Cup	1 Case = 24 Cucumbers, Select, Fresh PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE IS 45 -50 F IN RELATIVE HUMIDITY. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW CONSUMPTION OR USE IN A COOKING APPLICATION.	418439

## Preparation Instructions

Add 3 slices of American cheese, 4 slices of tomato, 1/2 cup lettuce, and 1/2 cup of cucumber to bread.

Put in bag with pk of mayo and pk of mustard.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	272.00		
<b>Fat</b>	7.65g		
<b>SaturatedFat</b>	3.78g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.50mg		
<b>Sodium</b>	955.25mg		
<b>Carbohydrates</b>	34.75g		
<b>Fiber</b>	4.20g		
<b>Sugar</b>	5.75g		
<b>Protein</b>	17.05g		
<b>Vitamin A</b>	402.15IU	<b>Vitamin C</b>	6.90mg
<b>Calcium</b>	301.66mg	<b>Iron</b>	0.20mg

# Cheesy Spiral Spaghetti w/breadstick

NO IMAGE

<b>Servings:</b>	128.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26134
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO PASTE FCY 6-10 REDPK	1 #10 CAN	READY_TO_EAT None1 Case = 666 Ounces (6 x 111 Ounces per Can) of Tomato Paste, with Snaps	221851
SAUCE TOMATO 6-10 REDPK	2 #10 CAN	READY_TO_EAT None	235102
Cold Water	30 Cup		0000
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SPICE OREGANO LEAF 5Z TRDE	1 Tablespoon		513733
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
SUGAR CANE GRANUL 25 GCHC	1 Cup		108642
SPICE GARLIC SALT 11 TRDE	1/4 Cup		777129
CHEESE MOZZ LMPS SHRD FTNR 4-5#	32 Cup		265041
CHEESE PARM GRTD 12-1 PG	2 Cup		164259

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	128 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
PASTA ROTINI 4-5 GCHC	256 Ounce		413360
OIL VEG 9-48FLZ P/L	1/4 Cup		330282

## Preparation Instructions

### SAUCE

Mix all ingredients for sauce into a large stainless steel pan.

Bake at 350 degrees until 165 degrees.....1/2 cup servings

pasta- fill kettle with water. Heat water to boiling and add 3.2 packages of noodles. Cook til al dente. Rinse and drain. Add 1/4 c oil. Toss.

ADD 1/2 CUP SAUCE TO 1 CUP PASTA THEN add 1/8 cup mozzarella to each portion HOLD AT 135 DEGREES

### Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 128.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	570.36
Fat	19.00g
SaturatedFat	10.94g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	777.91mg
Carbohydrates	65.92g
Fiber	5.77g
Sugar	7.98g

<b>Protein</b>		31.77g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	252.80mg	<b>Iron</b>	2.81mg



# Mandarin Orange Chicken and Rice

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26149
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 1/2 Ounce	2.5 oz for the chicken with 1.1 oz of sauce 1 Case = 696 Ounces (6 x 116 Ounces per Bag) of Entree, Mandarin Orange Chicken with Sauce, Frozen	550512
RICE PARBL STRONGBOX 25 GCHC	1/2 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987

## Preparation Instructions

Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

Add 2.5oz of chicken with 1.1 oz sauce over 1/2 cup rice

### 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 485.83

**Fat** 2.92g

**SaturatedFat** 0.49g

**Trans Fat** 0.00g

**Cholesterol** 38.89mg

**Sodium** 272.22mg

**Carbohydrates** 92.47g

**Fiber** 0.00g

**Sugar** 9.72g

**Protein** 18.69g

**Vitamin A** 0.00IU **Vitamin C** 1.17mg

**Calcium** 0.00mg **Iron** 3.58mg

# Black Bean Burger

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26150
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER VEGGIE BLKBN SPCY 48-3.3Z	1 Cup	1 Case = 48 Vegetarian Burgers, Spicy Black Bean, Cooked, Frozen	672718
BUN,HAMBURGER,WHITE WHEAT	1 Cup		51535
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1/4 Cup		600504
TOMATO 6X7 MED 25 MRKN	1/4 Cup		315133
MUSTARD PKT 500-5.5GM GFS	1 Each	BAKE	700051
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610

## Preparation Instructions

PREHEATED OVEN @ 300 F FOR 15 MIN,TURNING HALFWAY THROUGH OR MICROWAVE UNCOVERED ON HIGH,1 FOR 3 MIN OR 2 FOR 4 MIN.

Serve on side 1/4 cup lettuce and 1/4 cup tomato

### 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 Serving

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**Amount Per Serving**

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<b>Calories</b>	319.04
<b>Fat</b>	8.80g
<b>SaturatedFat</b>	1.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	803.48mg
<b>Carbohydrates</b>	47.94g
<b>Fiber</b>	7.71g
<b>Sugar</b>	8.31g
<b>Protein</b>	19.66g

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<b>Vitamin A</b>	375.35IU	<b>Vitamin C</b>	6.21mg
<b>Calcium</b>	156.24mg	<b>Iron</b>	3.39mg

# Sausage Breakfast Pizza

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26190
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	<b>BAKE</b> COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x12" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	503640

## Preparation Instructions

1 Case = 128 Pizza, Breakfast, Sausage & Gravy, 50/50 Cheese Blend, Whole Grain, 3 x 5 Inch, Frozen, 3 Ounce

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

<b>Amount Per Serving</b>	
<b>Calories</b>	210.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	330.00mg
<b>Carbohydrates</b>	25.00g

<b>Fiber</b>		3.00g	
<b>Sugar</b>		5.00g	
<b>Protein</b>		10.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	168.00mg	<b>Iron</b>	1.80mg

# PEPPERONI PIZZA

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26191
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN R/E BOLD 9CT	1 Slice	<b>BAKE</b> <b>COOKING INSTRUCTIONS:</b> COOK BEFORE EATING. Best if cooked from Frozen state. <b>PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.</b> <b>IMPINGEMENT OVEN:</b> 420°F for 7-9 minutes. <b>CONVECTION OVEN:</b> 350°F high fan for 13-17 minutes. <b>CONVENTIONAL OVEN:</b> 450°F for 15-17 minutes. Rotate pan halfway through bake cycle in convection oven. <b>NOTE:</b> Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	503962

## Preparation Instructions

No Preparation Instructions available.

### 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 Slice

### Amount Per Serving

**Calories** 410.00

**Fat** 18.00g

**SaturatedFat** 7.00g

**Trans Fat** 0.00g

**Cholesterol** 40.00mg

**Sodium** 580.00mg

**Carbohydrates** 43.00g

**Fiber** 4.00g

**Sugar** 7.00g

**Protein** 20.00g

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

**Calcium** 276.00mg      **Iron** 2.80mg



# Chicken Mashed Potato Bowl



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26192
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	<b>BAKE: CONVECTION</b> Appliances vary, adjust accordingly. 6-8 minutes at 375°F from frozen. 1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Breaded, Popcorn, Cooked, Frozen FROZEN = 270 DAYS FROM DATE OF PRODUCTION	327120
POTATO MASH INST 6-26Z BRILLIANT	40 Cup	<b>RECONSTITUTE</b> 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 1 Case = 729.6 Ounces (6 x 121.6 Ounces per Bag) of Potatoes, Mashed, Dried, Shelf-Stable. Grocery (Dry) = 180 days from date of production	675031
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	50 Ounce	Keep in cooler Ready to use 4/5lb bags-1 bag=80oz	359572
CORN WHL KERNEL FCY GRADE 6-10 GCHC	2 #10 CAN		118966
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	17 Cup		552061

## Preparation Instructions

PLACE IN 16oz Black Square Bowl

Mashed potatoes 1/2 Cup (3.02oz) USE #8 per bowl

Chicken Poppers- 12 ea

Corn- 1/4 Cup (2oz) USE #16 Scoop/ladle

Chicken gravy-1/4 Cup (2oz)-USE # 16 scoop/ladle

Shredded Cheddar cheese 1/8 Cup (1oz)-USE #30 scoop/ladle

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<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>	0.50

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	446.94		
<b>Fat</b>	19.56g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.73mg		
<b>Sodium</b>	924.49mg		
<b>Carbohydrates</b>	44.82g		
<b>Fiber</b>	4.66g		
<b>Sugar</b>	6.13g		
<b>Protein</b>	20.83g		
<b>Vitamin A</b>	1.19IU	<b>Vitamin C</b>	3.98mg
<b>Calcium</b>	133.76mg	<b>Iron</b>	2.55mg

# Assorted Fresh Fruit

NO IMAGE

<b>Servings:</b>	150.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26193
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1 cup	READY_TO_EAT	

## 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>	1.00
<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: 150.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	0.53
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.07mg
<b>Carbohydrates</b>	0.12g
<b>Fiber</b>	0.02g
<b>Sugar</b>	0.10g
<b>Protein</b>	0.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

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

# Carrots & Celery w/RN



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26422
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1/2 Cup		781592
Baby Carrots	1/2 Cup	dod-04103	
DRESSING RNCH LT LO SOD 200-12GM GFS	2 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>	0.00
<b>RedVeg</b>	0.50
<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 Cup

Amount Per Serving	
<b>Calories</b>	98.33
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	226.67mg
<b>Carbohydrates</b>	11.67g
<b>Fiber</b>	3.33g
<b>Sugar</b>	6.67g

<b>Protein</b>		1.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	0.00mg

# Assorted Cup Fruit

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26478
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1 cup	READY_TO_EAT	

## 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: 1.00

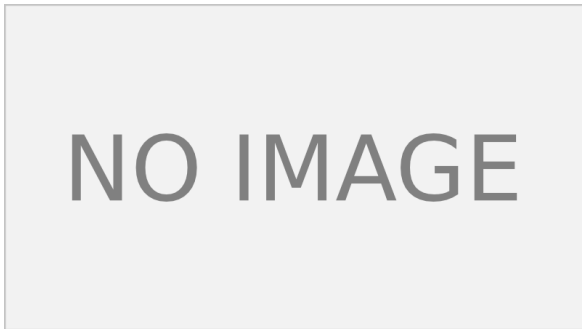
Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

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



# 100% Orange Juice



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26480
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

## 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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	60.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

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

# Fresh Broccoli w/Ranch

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26511
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	1 Cup		732478
DRESSING RNCH LT LO SOD 200-12GM GFS	2 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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	90.00
<b>Fat</b>	5.40g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	139.00mg
<b>Carbohydrates</b>	10.00g
<b>Fiber</b>	2.20g
<b>Sugar</b>	4.00g
<b>Protein</b>	2.40g

<b>Vitamin A</b>	548.24IU	<b>Vitamin C</b>	78.50mg
<b>Calcium</b>	57.36mg	<b>Iron</b>	0.64mg

# Side Salad w/Italian Dressing

NO IMAGE

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26551
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	3 Cup		629640
OIL VEG 9-48FLZ P/L	2 Quart		330282
Cold Water	1 1/4 Quart		0000
DRESSING MIX ITAL 12-7.6Z GDSEA	7 3/5 Ounce	one package	193623
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	128 Cup		600504
CHERRY TOMATOES	16 Cup		16P46

## 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

<b>Nutrition Facts</b>			
Servings Per Recipe: 128.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	139.46		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	211.71mg		
<b>Carbohydrates</b>	2.62g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	0.88g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.26mg	<b>Iron</b>	0.34mg

# Strawberry Chex Mix



<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26557
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	50 Package	READY_TO_EAT Ready to serve and eat	266020

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	130.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	55.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.70mg



# Black Bean, Corn & Fiesta Salsa with Chips

NO IMAGE

<b>Servings:</b>	110.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26559
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Salsa, Low-Sodium, Canned	1/2 #10 CAN		IN100330
BEANS BLACK LO SOD 6-10 BUSH	3 1/2 #10 CAN		231981
CORN WHL KERNEL FCY GRADE 6-10 GCHC	1 1/2 #10 CAN	BAKE	118966
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	110 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

## Preparation Instructions

1. Drain black beans in a colander.
2. Drain corn in a colander.
3. In a large plastic tub or a large stainless steel bowl, add drained corn, black beans and salsa. Blend well, cover and refrigerate overnight.

Stir before serving.

—  
CCP: Hold for cold service at 41F or lower

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	223.18		
<b>Fat</b>	2.77g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	276.25mg		
<b>Carbohydrates</b>	40.28g		
<b>Fiber</b>	5.82g		
<b>Sugar</b>	2.39g		
<b>Protein</b>	8.22g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	94.94mg	<b>Iron</b>	1.71mg

# Baby Carrots with Ranch

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26560
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 200-1.6Z RSS	2 Package		786321
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>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	60.00
<b>Fat</b>	2.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	125.00mg
<b>Carbohydrates</b>	10.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	0.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.80mg	<b>Iron</b>	0.00mg

# Side Salad w/Ranch

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26561
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup		600504
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
CHERRY TOMATOES	1/4 Cup		16P46
DRESSING RNCH LT LO SOD 200-12GM GFS	2 Each		699981

## Preparation Instructions

Each salad get 1 cup lettuce, 1/2 cup cucumber, 1/4 c tomatoes, and 2 packets ranch

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	73.21
<b>Fat</b>	5.03g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	115.26mg
<b>Carbohydrates</b>	7.00g

<b>Fiber</b>		0.83g	
<b>Sugar</b>		3.75g	
<b>Protein</b>		0.83g	
<b>Vitamin A</b>	13.65IU	<b>Vitamin C</b>	0.37mg
<b>Calcium</b>	28.09mg	<b>Iron</b>	0.41mg

# Baked Beans



<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26563
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	1/2 Cup	1 Case = 672 Ounces (6 x 112 Ounces per Can) of Beans, Kettle-Style Baked, with Brown Sugar, #10	822477

## Preparation Instructions

PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.

### 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>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	130.00
<b>Fat</b>	0.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	310.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 52.00mg **Iron** 2.00mg



# Banana Chocolate Chunk Breakfast Bar

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26565
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	50 Each		875860

## 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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	220.00mg
<b>Carbohydrates</b>	48.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	23.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 20.00mg **Iron** 1.80mg

# Apple Oatmeal Bar

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26571
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	140.00
<b>Fat</b>	4.50g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	90.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 10.00mg **Iron** 1.00mg

# Hash Brown Patty

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26573
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY 2.25Z 6-5 SIMPL	1 Each		175233

## 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>	0.25

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	125.00
<b>Fat</b>	6.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	275.00mg
<b>Carbohydrates</b>	15.50g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	1.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

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

# Philly Steak and Cheese w/Green Peppers

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26577
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
5" White Wheat French	1 Each		31011
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
PEPPERS RED & GREEN STRIPS 6-10 P/L	1/4 Cup		182550
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1/8 Cup		265041
BEEF STK SLCD CKD BULK 4-2.5#	2 Ounce		169210

## 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>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 418.35

**Fat** 18.89g

**SaturatedFat** 7.86g

**Trans Fat** 0.00g

**Cholesterol** 58.60mg

**Sodium** 942.50mg

**Carbohydrates** 39.00g

**Fiber** 5.00g

**Sugar** 9.00g

**Protein** 22.08g

**Vitamin A** 200.00IU **Vitamin C** 24.00mg

**Calcium** 20.00mg **Iron** 5.26mg



# Tomatoes and Carrots w/Ranch

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26579
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHERRY TOMATOES	1/2 Cup		16P46
CARROT BABY WHL 200-1.6Z RSS	2 Package		786321
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>	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: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	75.00
<b>Fat</b>	2.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	130.00mg
<b>Carbohydrates</b>	13.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	7.50g

<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.80mg	<b>Iron</b>	0.25mg

# Mini Maple Turkey Sausage Pancake Bites



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26580
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP TKY WGRAIN MINI 2-5	6 Each	1 Case = 188 (2 x 94 per Package) Pancake Wraps, Turkey, Maple-Battered, Mini, Whole Grain Reduced-Fat, .85 Ounce, Frozen	696180
SYRUP PANCK CUP 200- 1.5Z GCHC	1 Each		160090

## Preparation Instructions

PRODUCT IS ALREADY COOKED, JUST NEEDS TO BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F.

6 bites and one syrup per serving

### 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 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	480.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	61.00g

<b>Fiber</b>	6.00g		
<b>Sugar</b>	27.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	3.60mg

# Cheesy Garlic Bread w/Pizza Sauce

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26582
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS GARL FREN BRD 60-4.5Z NARDO	1 Piece	1 Case = 60 Pizza, French Bread, Cheese & Garlic, Whole Wheat, Frozen, 4.5 Ounce	673871
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

## Preparation Instructions

For a crispy crust: Preheat oven to 325 F. Place pizza directly on center oven rack. Cook for 7 to 10 minutes or until cheese is melted and crust edges are golden brown. For a softer crust: Preheat oven to 325 F. Place pizza on a baking sheet. Cook for 8-11 minutes or until cheese is melted and crust edges are golden brown.

### 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>	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: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	397.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	673.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g

<b>Sugar</b>	5.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 476.00mg	<b>Iron</b> 1.00mg