

Cookbook for Benton Elementary

Created by HPS Menu Planner

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Assorted Whole Grain Cereals

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9688
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	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	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: 7.00			
Serving Size: 1.00 Each			
Amount Per Serving			
<hr/>			
Calories	110.00		
Fat	1.29g		
SaturatedFat	0.14g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	158.57mg		
Carbohydrates	23.57g		
Fiber	1.86g		
Sugar	8.29g		
Protein	1.86g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.14mg	Iron	3.47mg
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100% Fruit Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	66.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.33mg		
Carbohydrates	15.67g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.40mg
Calcium	6.67mg	Iron	0.00mg

Assorted Fruit

Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 Cup		268348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 Cup		189979
Applesauce cnd	1 Cup	BAKE	110541comm
FRUIT MIXED 6-10	1 Cup	BAKE	100212
Pear Halves	1 Cup	BAKE	100226

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: 10.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	58.14		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.40mg		
Carbohydrates	14.59g		
Fiber	0.95g		
Sugar	11.74g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.04mg	Iron	0.06mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9691
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	265.00
Fat	8.50g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	620.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	3.50g

Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 118.00mg	Iron 9.80mg

Baked Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9692
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD KTTL BRN SUGAR 6-10 HRTHSTN	2 #10 CAN		822477
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
SAUCE BBQ 4-1GAL GCHC	2 Cup		734136
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 Cup		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup		860221

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	173.91		
Fat	0.57g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	609.01mg		
Carbohydrates	36.32g		
Fiber	5.49g		
Sugar	12.09g		
Protein	7.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.04mg	Iron	2.16mg

Peas

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9693
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	45 Pound	BAKE	285660
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.50

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	84.21		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.04mg		
Carbohydrates	7.80g		
Fiber	2.60g		
Sugar	2.60g		
Protein	3.25g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.71mg

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9695
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	360.00
Fat	14.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	600.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.00mg	Iron 10.00mg

Green Beans

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9696
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	10 #10 CAN		273856
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	59.57		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	302.06mg		
Carbohydrates	4.17g		
Fiber	2.09g		
Sugar	2.09g		
Protein	1.04g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	31.38mg	Iron	0.42mg

Corn

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9702
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	45 Pound		283730
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.50

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	108.57		
Fat	4.76g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.04mg		
Carbohydrates	15.97g		
Fiber	2.00g		
Sugar	2.99g		
Protein	2.00g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	3.08mg	Iron	0.40mg

Mexican Dip

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9705
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	18 Ounce		159204
BEAN REFRD 6-10 GRSZ	4 #10 CAN		293962
SOUP CRM OF MUSHRM 12-5 CAMP	2 #5 CAN	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN		695513
SAUCE CHS CHED BASIC 6-10 CHEFM	3 #10 CAN		565695
SALSA 103Z 6-10 REDG	3 #10 CAN	READY_TO_EAT None	452841
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound	UNPREPARED	100012

Preparation Instructions

Heat together first 7 ingredients. Portion $\frac{3}{4}$ c into serving dishes.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 300.00
Serving Size: 0.75 Cup

Amount Per Serving

Calories	355.52
Fat	20.08g
SaturatedFat	7.42g
Trans Fat	2.13g
Cholesterol	69.67mg
Sodium	945.16mg
Carbohydrates	18.03g
Fiber	2.16g
Sugar	1.17g
Protein	22.13g

Vitamin A	363.90IU	Vitamin C	0.00mg
Calcium	25.87mg	Iron	1.38mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9706
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00
Fat	6.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	410.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 22.00mg **Iron** 9.80mg

Chili

Servings:	315.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9708
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
BEAN CHILI HOT 6-10 BROOKS	9 #10 CAN		785024
TOMATO PASTE 6-10 HUNTS	2 2/3 #10 CAN		444707
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup		331473
SPICE GARLIC POWDER 21Z TRDE	2 1/4 Tablespoon		224839
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon		225061
SUGAR BROWN LT 12-2 P/L	4 Cup		860311
Tap Water for Recipes	4 3/4 Gallon	UNPREPARED	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	275.54
Fat	12.56g
SaturatedFat	4.06g
Trans Fat	2.03g
Cholesterol	52.83mg
Sodium	520.12mg
Carbohydrates	22.12g

Fiber	9.19g		
Sugar	4.48g		
Protein	20.45g		
Vitamin A	221.71IU	Vitamin C	1.77mg
Calcium	30.16mg	Iron	2.32mg

Refried Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9741
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 #10 CAN		293962
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	174.89
Fat	3.76g
SaturatedFat	1.47g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	619.22mg
Carbohydrates	25.06g
Fiber	6.47g
Sugar	1.34g
Protein	10.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 103.17mg	Iron 2.16mg

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9742
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	285.72		
Fat	10.04g		
SaturatedFat	3.21g		
Trans Fat	0.00g		
Cholesterol	85.93mg		
Sodium	977.45mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	26.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.00mg	Iron	8.94mg

Mixed Vegetables

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9743
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 5-WAY 30 GCHC	45 Pound		285690
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	77.71		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	169.04mg		
Carbohydrates	7.80g		
Fiber	1.95g		
Sugar	2.60g		
Protein	1.30g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.39mg

Combo Cookie

Servings:	340.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9744
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
SUGAR CANE GRANUL 25 GCHC	6 Cup		108642
MARGARINE SLD ZT 30-1 GFS	6 Cup		557482
OIL CORN 2-2.5GAL MAZOLA	6 Cup		433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	5 1/3 Tablespoon	5 Tablespoons and 1 teaspoon or 16 teaspoon	110736
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308
BAKING SODA 36Z GCHC	2 Tablespoon		513849
SPICE CREAM OF TARTAR 29Z TRDE	2 Tablespoon		513687
FLOUR ULTRAGRAIN 50 HLCHC	20 Cup		515002
OATS QUICK HOT CEREAL 12-42Z GCHC	8 Cup		240869
CEREAL RICE KRISPIES 4-27Z KELL	8 Cup		732427
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	8 Cup		283610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.50

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

Nutrition Facts

Servings Per Recipe: 340.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	139.26
Fat	8.93g
SaturatedFat	2.75g
Trans Fat	0.01g
Cholesterol	3.81mg
Sodium	114.41mg
Carbohydrates	14.73g
Fiber	1.06g
Sugar	7.12g
Protein	1.70g

Vitamin A	141.18IU	Vitamin C	0.00mg
Calcium	2.68mg	Iron	0.91mg

Chicken & Noodles

Servings:	350.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9745
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	45 Pound		100101
BROTH CHIX 12-5 COLLEGE INN	6 #5 CAN		264865
SOUP CRM OF CHIX 12-5 HLTHYREQ	5 #5 CAN		695513
BASE CHIX RSTD 25 GCHC	2 Pound		160830
Tap Water for Recipes	7 Gallon	UNPREPARED	000001WTR
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Tablespoon		225037
MARGARINE SLD 30-1 GCHC	1 Pound		733061
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	20 Pound		654580

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	180.88
Fat	4.29g
SaturatedFat	0.51g
Trans Fat	0.00g
Cholesterol	44.72mg
Sodium	569.15mg
Carbohydrates	20.06g
Fiber	2.74g
Sugar	1.67g

Protein	16.18g		
Vitamin A	119.29IU	Vitamin C	0.00mg
Calcium	10.55mg	Iron	0.91mg

Orange Chicken

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9746
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	15 Cup		802860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.57
Grain	1.29
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	328.99		
Fat	15.34g		
SaturatedFat	2.95g		
Trans Fat	0.00g		
Cholesterol	23.60mg		
Sodium	537.78mg		
Carbohydrates	31.88g		
Fiber	3.54g		
Sugar	14.62g		
Protein	16.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.94mg	Iron	2.36mg

Brown Rice

Servings:	96.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9747
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	12 Cup	BOIL 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.	516371
BROTH CHIX 12-5 COLLEGE INN	4 #5 CAN		264865

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.50
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: 0.50 Cup

Amount Per Serving

Calories	89.44		
Fat	1.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	251.50mg		
Carbohydrates	18.30g		
Fiber	0.50g		
Sugar	0.30g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.87mg	Iron	0.50mg

California Blend

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9748
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF 30 KE	30 Pound		283780
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

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	0.48
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	54.84		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.39mg		
Carbohydrates	3.23g		
Fiber	1.29g		
Sugar	1.29g		
Protein	0.65g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	12.99mg	Iron	0.00mg

Sloppy Joe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9749
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce		564790
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
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	265.00		
Fat	7.50g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	557.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	18.00g		
Vitamin A	459.00IU	Vitamin C	6.00mg
Calcium	36.00mg	Iron	10.00mg

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9750
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	510.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.36mg

Chocolate Cake

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9751
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	3 Cup		515002
SUGAR CANE GRANUL 25 GCHC	3 1/2 Cup		108642
COCOA PWD BAKING 6-5 GCHC	2 1/12 Cup		269654
BAKING SODA 36Z GCHC	2 1/2 Teaspoon		513849
BAKING POWDER 6-5 CLABBER GIRL	2 1/2 Teaspoon		361032
SALT IODIZED 24-26Z GFS	1 1/2 Teaspoon		108308
EGG SHL LRG A GRD 6-30CT GCHC	4 Each		206539
MILK WHT 1 4-1GAL RGNLBRND	2 1/4 Cup		817801
OIL CORN 2-2.5GAL MAZOLA	7/8 Cup		433518
FLAVORING VANILLA IMIT 1-QT KE	5 Teaspoon		110736
MARGARINE SLD ZT 30-1 GFS	9 Tablespoon		557482
SUGAR POWDERED 10X 12-2 PION	4 Cup		859740

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.25
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: 1.00 Piece

Amount Per Serving

Calories	168.18
Fat	7.23g
SaturatedFat	1.93g
Trans Fat	0.01g
Cholesterol	16.60mg
Sodium	244.72mg
Carbohydrates	22.76g
Fiber	0.64g
Sugar	17.40g
Protein	3.29g

Vitamin A	160.56IU	Vitamin C	0.00mg
Calcium	60.74mg	Iron	0.39mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9755
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	770.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.11mg	Iron	10.76mg

Pork BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9756
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	11.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	580.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	7.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	11.08mg

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9757
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00		
Fat	17.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	530.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	9.80mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9758
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce		236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	294.02
Fat	12.65g
SaturatedFat	3.79g
Trans Fat	0.00g
Cholesterol	70.55mg
Sodium	1021.19mg
Carbohydrates	23.02g
Fiber	2.00g
Sugar	3.50g
Protein	20.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.23mg	Iron 9.10mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9759
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Ham, Cubed Frozen	2 1/2 Ounce		100188-H

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	191.38		
Fat	11.05g		
SaturatedFat	8.05g		
Trans Fat	0.00g		
Cholesterol	66.89mg		
Sodium	665.41mg		
Carbohydrates	6.21g		
Fiber	0.56g		
Sugar	2.60g		
Protein	17.80g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	206.22mg	Iron	0.20mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9760
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice		722360
MARGARINE SLD ZT 30-1 GFS	1 Tablespoon		557482
Aunt Millie's Wheat Sandwich Bread	2 Slice	READY_TO_EAT	466

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.00		
Fat	19.00g		
SaturatedFat	8.75g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	930.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	15.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	294.00mg	Iron	8.00mg

Chocolate Chip Cookie

Servings:	350.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9761
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD ZT 30-1 GFS	5 Pound		557482
SUGAR BROWN LT 12-2 P/L	1 Pound		860311
SUGAR CANE GRANUL 25 GCHC	8 1/4 Cup		108642
EGG SHL LRG A GRD 6-30CT GCHC	17 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	3/4 Cup		110736
BAKING SODA 36Z GCHC	2 5/6 Tablespoon		513849
SALT IODIZED 24-26Z GFS	1 5/12 Tablespoon		108308
FLOUR ULTRAGRAIN 50 HLCHC	24 Cup		515002
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	5 1/3 Cup		283610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.10
Grain	0.30
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	112.31
Fat	6.41g
SaturatedFat	2.87g
Trans Fat	0.00g
Cholesterol	8.99mg
Sodium	133.34mg
Carbohydrates	13.18g
Fiber	0.82g

Sugar			6.66g
Protein			1.60g
Vitamin A	228.57IU	Vitamin C	0.00mg
Calcium	3.85mg	Iron	0.61mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9771
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
Chicken, Diced, Cooked, Frozen	1 Ounce		100101
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/2 Ounce	UNPREPARED	100012
EGG SHL LRG A GRD PAST 6-30CT GCHC	1 Each		265454
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	2.00
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 Each

Amount Per Serving

Calories	357.54		
Fat	13.16g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	234.27mg		
Sodium	437.47mg		
Carbohydrates	30.50g		
Fiber	2.00g		
Sugar	4.00g		
Protein	27.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	2.24mg

Ham & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9772
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TURKEY HAM DCD 2-5 JENNO	2 Ounce		202150
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Ounce	UNPREPARED	100012
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	2 Each		607122

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	2.00
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 Each

Amount Per Serving

Calories	413.09		
Fat	16.32g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	76.54mg		
Sodium	518.94mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	29.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	1.92mg

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9777

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
STRAWBERRY 8 MRKN	1/4 Cup		212768
BLUEBERRY 12-1PT P/L	1/4 Cup		451690
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.47
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 Each

Amount Per Serving

Calories	369.46	
Fat	12.80g	
SaturatedFat	4.50g	
Trans Fat	0.00g	
Cholesterol	55.00mg	
Sodium	780.96mg	
Carbohydrates	44.75g	
Fiber	6.07g	
Sugar	14.45g	
Protein	21.68g	
Vitamin A	26.87IU	Vitamin C 37.34mg
Calcium	63.40mg	Iron 1.84mg

Sante Fe Chicken Salad

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9907
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	50 Cup		451730
Chicken, Diced, Cooked, Frozen	5 Pound		100101
Salsa, Low-Sodium, Canned	4 Cup	READY_TO_EAT	100330
SPICE CUMIN GRND 15Z TRDE	2 Tablespoon		273945
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon		331473
BEANS BLACK LO SOD 6-10 BUSH	6 1/4 Cup		231981
Corn fzn	6 1/4 Cup	BAKE	100348
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	25 Each	<p>READY_TO_EAT</p> <p>1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients</p>	644182

Preparation Instructions

Each Salad:

lettuce 2c.

Chicken Mixture 3 oz

Black Beans ¼ c

Corn ¼ c

Flatbread 1

The chicken mixture is made with 5# diced chicken, 4 c. salsa, 2 tbl gr cumin, and 2 tbl chipotle chili powder. Mixed well

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.25
Starch	0.25

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	416.50		
Fat	8.70g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	67.20mg		
Sodium	558.70mg		
Carbohydrates	52.56g		
Fiber	9.78g		
Sugar	7.28g		
Protein	31.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	92.00mg	Iron	2.59mg

Teriyaki Chicken Taco- K-5

Servings:	467.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11320
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	70 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	7 Quart		417622
Cheese, Cheddar Reduced fat, Shredded	467 Tablespoon		100012
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	467 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690120

Preparation Instructions

Mix approximately 10 lbs. of fajita meat with 1 quart of teriyaki sauce in each pan. Will have 7 pans total.

Marinate overnight.

Cook meat and drain.

Place 2 oz. scoop chicken on each tortilla and top with 1 Tbsp. of shredded cheddar cheese.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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: 467.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	234.42		
Fat	6.82g		
SaturatedFat	3.41g		
Trans Fat	0.00g		
Cholesterol	57.20mg		
Sodium	894.34mg		
Carbohydrates	25.29g		
Fiber	1.00g		
Sugar	10.08g		
Protein	16.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.72mg

Green Beans-B

Servings:	204.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12136
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	9 #10 CAN		118737
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	3 Tablespoon		108308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.14
RedVeg	0.00
OtherVeg	0.59
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 204.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	38.51		
Fat	1.73g		
SaturatedFat	1.10g		
Trans Fat	0.00g		
Cholesterol	4.71mg		
Sodium	263.19mg		
Carbohydrates	4.56g		
Fiber	2.28g		
Sugar	2.28g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.31mg	Iron	0.46mg

Buttered Corn

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12139
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	30 Pound	BAKE	285620
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	3 Tablespoon		108308

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	0.50

Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.06		
Fat	2.30g		
SaturatedFat	1.36g		
Trans Fat	0.00g		
Cholesterol	5.82mg		
Sodium	127.88mg		
Carbohydrates	3.50g		
Fiber	0.17g		
Sugar	0.83g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.00mg

Buttered Peas

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12149
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN 6-4 GCHC	26 2/11 Pound		610802
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	7/8 Pound		299405
SALT IODIZED 24-26Z GFS	2 5/8 Tablespoon		108308

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	0.50

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	58.41		
Fat	2.13g		
SaturatedFat	1.35g		
Trans Fat	0.00g		
Cholesterol	5.80mg		
Sodium	127.97mg		
Carbohydrates	7.81g		
Fiber	2.60g		
Sugar	2.60g		
Protein	2.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.72mg

Glazed Carrots

Servings:	87.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12153
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	43 1/2 Cup		100352
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
100% Orange Juice	1 Cup		

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 87.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	48.88		
Fat	3.02g		
SaturatedFat	1.29g		
Trans Fat	0.00g		
Cholesterol	29.52mg		
Sodium	43.23mg		
Carbohydrates	6.92g		
Fiber	2.00g		
Sugar	3.85g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	1.38mg
Calcium	0.00mg	Iron	0.00mg

Chocolate Chip Cookie

Servings:	350.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12154
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GCHC	5 1/2 Pound		108642
SUGAR BROWN LT 12-2 P/L	3 Pound		860311
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Pound		299405
EGG SHL LRG A GRD 6-30CT GCHC	24 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	5 Tablespoon		110736
FLOUR ULTRAGRAIN 50 HLCHC	9 1/2 Pound		515002
BAKING SODA 36Z GCHC	4 Tablespoon		513849
SALT IODIZED 24-26Z GFS	3 Tablespoon		108308
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	8 Cup		283610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	138.33
Fat	6.07g
SaturatedFat	3.44g
Trans Fat	0.00g
Cholesterol	23.66mg
Sodium	137.37mg
Carbohydrates	20.35g
Fiber	1.23g
Sugar	10.59g

Protein	2.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.65mg	Iron	0.92mg

Refried Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12160
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 #10 CAN		293962
Cheese, Cheddar Reduced fat, Shredded	30 Ounce		100012
SEASONING TACO MIX 6-9Z GRSZ	9 Ounce		222313

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.30
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.65
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	213.47		
Fat	4.39g		
SaturatedFat	1.85g		
Trans Fat	0.00g		
Cholesterol	6.00mg		
Sodium	1014.26mg		
Carbohydrates	31.73g		
Fiber	7.76g		
Sugar	1.29g		
Protein	12.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.88mg	Iron	2.59mg

Buttered Broccoli

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12161
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound	BAKE	285590
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	3 Tablespoon		108308

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	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	38.89		
Fat	2.44g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	156.53mg		
Carbohydrates	3.33g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.45mg	Iron	0.67mg

Chicken & Noodles

Servings:	350.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12162
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	45 Pound		100101
BROTH CHIX 12-5 COLLEGE INN	6 #5 CAN		264865
SOUP CRM OF CHIX 12-5 HNZ	5 #5 CAN		101656
BASE CHIX 12-1 GCHC	2 Pound		439606
Tap Water for Recipes	7 Gallon	UNPREPARED	000001WTR
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Tablespoon		225037
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	20 Pound		654580

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	183.93
Fat	4.54g
SaturatedFat	0.79g
Trans Fat	0.00g
Cholesterol	46.96mg
Sodium	594.60mg
Carbohydrates	20.06g
Fiber	2.74g
Sugar	1.67g
Protein	16.18g

Vitamin A	10.14IU	Vitamin C	0.00mg
Calcium	12.58mg	Iron	0.95mg

Seasoned California Blend

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12176
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM 30 GCHC	30 Pound		285740
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	3 Tablespoon		108308

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.02		
Fat	2.44g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	163.09mg		
Carbohydrates	2.76g		
Fiber	1.66g		
Sugar	1.10g		
Protein	1.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.67mg	Iron	0.55mg

Combo Cookie

Servings:	380.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12178
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
SUGAR CANE GRANUL 25 GCHC	6 Cup		108642
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	6 Cup		299405
OIL CORN 2-2.5GAL MAZOLA	6 Cup		433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	6 Tablespoon		110736
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308
BAKING SODA 36Z GCHC	2 Tablespoon		513849
SPICE CREAM OF TARTAR 29Z TRDE	2 Tablespoon		513687
FLOUR ULTRAGRAIN 50 HLCHC	21 1/4 Cup		515002
OATS QUICK HOT CEREAL 12-42Z GCHC	6 Cup		240869
CEREAL RICE KRISPIES 4-27Z KELL	6 Cup		732427
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	6 Cup		283610
COCONUT FANCY SHRD 5-2 GCHC	6 Cup		265829

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.75

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

Nutrition Facts

Servings Per Recipe: 380.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	120.45
Fat	7.77g
SaturatedFat	2.91g
Trans Fat	0.01g
Cholesterol	10.99mg
Sodium	74.93mg
Carbohydrates	12.49g
Fiber	0.92g
Sugar	5.82g
Protein	1.42g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.51mg	Iron	0.70mg

Teriyaki Chicken

Servings:	26.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12181
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	5 Pound		100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	16 Ounce		417622

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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: 26.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	159.64		
Fat	3.62g		
SaturatedFat	1.81g		
Trans Fat	0.00g		
Cholesterol	66.97mg		
Sodium	942.26mg		
Carbohydrates	12.89g		
Fiber	0.00g		
Sugar	11.66g		
Protein	16.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12182
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon		150250
Ham, Cubed Frozen	1 5/8 Ounce		100188-H
EGG HRD CKD DCD IQF 4-5 GCHC	3/4 Ounce		192198
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.50
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	148.33		
Fat	7.95g		
SaturatedFat	4.97g		
Trans Fat	0.00g		
Cholesterol	117.44mg		
Sodium	430.39mg		
Carbohydrates	5.60g		
Fiber	1.00g		
Sugar	2.76g		
Protein	13.72g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	126.09mg	Iron	0.42mg

Taco Filling

Servings:	300.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12183
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	50 Pound		722330
BEAN REFRD 6-10 GRSZ	2 #10 CAN		293962

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.68
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.09
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	117.85		
Fat	4.47g		
SaturatedFat	1.60g		
Trans Fat	0.24g		
Cholesterol	29.44mg		
Sodium	336.95mg		
Carbohydrates	8.17g		
Fiber	2.72g		
Sugar	1.85g		
Protein	12.15g		
Vitamin A	542.59IU	Vitamin C	4.21mg
Calcium	42.25mg	Iron	2.03mg

Bacon & Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12184
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each		433608
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	<p>BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p>	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	265.00
Fat	15.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	680.01mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	3.00g

Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.83mg	Iron	1.05mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12214
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	0.00
Fruit	0.00
GreenVeg	0.75
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	153.90		
Fat	7.15g		
SaturatedFat	3.30g		
Trans Fat	0.29g		
Cholesterol	42.50mg		
Sodium	339.40mg		
Carbohydrates	8.25g		
Fiber	3.50g		
Sugar	3.50g		
Protein	16.05g		
Vitamin A	720.00IU	Vitamin C	5.00mg
Calcium	114.75mg	Iron	2.00mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14124
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 Slice		556121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	2 Cup		242489
White Wheat Dinner Rolls	2 Each		33119

Preparation Instructions

Get out a 6x8 salad container, put 2 cups of lettuce on the green side of the container. On top of the lettuce put shredded carrots, ham, cheese and 1 boiled egg sliced. When that is all positioned on the salad then you add the Ken's Ranch dressing to the bottom of the salad (in the package) put the package of croutons on top of that then the roll. Close the container.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	388.04		
Fat	16.90g		
SaturatedFat	8.21g		
Trans Fat	0.06g		
Cholesterol	88.82mg		
Sodium	990.59mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	26.73g		
Vitamin A	300.02IU	Vitamin C	0.00mg
Calcium	284.84mg	Iron	2.29mg

Grilled Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14125
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	4 Slice		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice		336

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	320.66		
Fat	8.28g		
SaturatedFat	4.64g		
Trans Fat	0.00g		
Cholesterol	44.51mg		
Sodium	680.33mg		
Carbohydrates	5.28g		
Fiber	0.00g		
Sugar	3.64g		
Protein	14.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14126
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.18
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	413.10		
Fat	17.85g		
SaturatedFat	8.07g		
Trans Fat	0.00g		
Cholesterol	113.64mg		
Sodium	1274.36mg		
Carbohydrates	33.02g		
Fiber	1.25g		
Sugar	2.25g		
Protein	30.52g		
Vitamin A	156.00IU	Vitamin C	0.00mg
Calcium	150.98mg	Iron	3.18mg

Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14127
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Ounce	READY_TO_EAT READY_TO_EAT	885750
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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 Each

Amount Per Serving	
Calories	310.83
Fat	11.67g
SaturatedFat	5.33g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	615.00mg
Carbohydrates	40.17g
Fiber	3.33g
Sugar	4.50g
Protein	11.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 398.83mg	Iron 1.76mg

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14128
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	5 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
School White Wheat Sandwich Bread	2 Slice		12385

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	0.00
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	275.13		
Fat	5.25g		
SaturatedFat	2.22g		
Trans Fat	0.00g		
Cholesterol	58.18mg		
Sodium	982.51mg		
Carbohydrates	26.40g		
Fiber	2.36g		
Sugar	4.00g		
Protein	31.09g		
Vitamin A	0.02IU	Vitamin C	0.00mg
Calcium	137.68mg	Iron	1.34mg

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14129
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	5 Slice		689541
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.05
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	351.07		
Fat	10.95g		
SaturatedFat	6.25g		
Trans Fat	0.00g		
Cholesterol	66.28mg		
Sodium	1060.26mg		
Carbohydrates	33.02g		
Fiber	1.25g		
Sugar	2.25g		
Protein	30.45g		
Vitamin A	156.00IU	Vitamin C	0.00mg
Calcium	150.98mg	Iron	2.00mg

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14130
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	1 Cup		881161
GRANOLA OAT&HNY BULK 4-5OZ NATVLLY	1/2 Cup		226671
Variety of Fruit	1 1/2 cup		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.75
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	460.60		
Fat	4.85g		
SaturatedFat	1.87g		
Trans Fat	0.00g		
Cholesterol	14.93mg		
Sodium	375.67mg		
Carbohydrates	94.63g		
Fiber	6.24g		
Sugar	57.54g		
Protein	12.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	338.81mg	Iron	1.34mg

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15643
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each		209244
3.5 WG Hamburger Bun	1 Each		3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	670.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

Orange Chicken

Servings:	42.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15665
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound		327120
ORANGES MAND WHL L/S 6-10 GCHC	3 Cup		117897
SAUCE ORNG GINGR 4-.5GAL ASIAN	32 Ounce		802860

Preparation Instructions

Place 5# of popcorn chicken on each of 2 full size sheet pans. Bake at 350 degrees for 10 minutes or until temperature reaches 135 degrees minimum. Pour all of the chicken into a 6 steamtable pan. Add oranges and sauce. Mix thoroughly.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	300.11		
Fat	14.94g		
SaturatedFat	2.87g		
Trans Fat	0.00g		
Cholesterol	22.99mg		
Sodium	453.30mg		
Carbohydrates	25.05g		
Fiber	3.45g		
Sugar	9.20g		
Protein	16.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.65mg	Iron	2.44mg

Asian Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15667
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece	Chopped	533830
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	2 Tablespoon		124516
ALMOND SLIVERED BLNCHD 4-2.5 GFS	1 Tablespoon		134890
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each		959048

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.50
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 Each

Amount Per Serving

Calories	507.50		
Fat	19.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	631.25mg		
Carbohydrates	55.00g		
Fiber	5.75g		
Sugar	25.25g		
Protein	27.75g		
Vitamin A	0.10IU	Vitamin C	0.03mg
Calcium	86.84mg	Iron	3.88mg

Asian Noodles

Servings:	32.00	Category:	Grain
Serving Size:	6.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15669
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE YAKISOBA 4-5 AMOY	7 1/2 Pound	BLANCH From frozen, cook noodles in boiling water for 8 - 8.5 min. Remove from boiling water.(Product will be hot. Please handle with care.) Rinse with cold water and allow any excess water to drain. After cooking, the noodle is ready for stir-fry, salad, or soup.	245302
CARROT SHRD MED 2-5 RSS	1 1/2 Cup		313408
PEAS GREEN IQF 30 GCHC	3 Cup	BAKE	285660
ONION GREEN CLPD 4-2 RSS	1 1/2 Cup		198889
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup		466425
OIL SESAME PURE 10-56Z ROLN	3/4 Cup	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
JUICE LIME PAST 6-30.5Z SUN ORCHARD	1/4 Cup		567581
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	1/3 Cup	READY_TO_EAT Use directly from the bottle.	868830
SUGAR BROWN LT 12-2 P/L	1/4 Cup		860311
SPICE GINGER GRND 16Z TRDE	1 1/2 Tablespoon		513695
SPICE GARLIC GRANULATED 7.25 TRDE	1 1/2 Tablespoon		514047

Description	Measurement	Prep Instructions	DistPart #
SPICE CILANTRO 4Z TRDE	2 Tablespoon		565903
SPICE PEPR RED CRUSHED 12Z TRDE	1 Tablespoon		430196

Preparation Instructions

Place lo mein in 6 steamtable pan with 1 gallon of water. Cook in steamer for 8 minutes, stirring half way through. While noodles are cooking, combine sauce ingredients and mix well. Drain noodles if necessary. Combine noodles, carrots, peas, onions, and sauce. Mix well. Keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.09

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	359.47		
Fat	8.25g		
SaturatedFat	1.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	819.03mg		
Carbohydrates	61.07g		
Fiber	1.54g		
Sugar	2.47g		
Protein	13.06g		
Vitamin A	966.67IU	Vitamin C	0.33mg
Calcium	38.94mg	Iron	2.21mg

Chicken Alfredo

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15670
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	10 Pound		155661
PASTA PENNE RIGATE 2-10 KE	5 Pound		635501

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	187.22		
Fat	3.02g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	36.84mg		
Sodium	108.50mg		
Carbohydrates	24.85g		
Fiber	1.14g		
Sugar	1.65g		
Protein	14.62g		
Vitamin A	37.64IU	Vitamin C	0.00mg
Calcium	38.25mg	Iron	1.14mg

Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15671
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Chicken, diced, cooked, frozen	4 Ounce	Weigh	100101
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	1 Tablespoon		814781
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon		100012
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481
DINNER ROLL, W GRAIN, AM	1 roll		4372

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	2.25
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 Each

Amount Per Serving

Calories	414.00		
Fat	13.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	99.00mg		
Sodium	547.00mg		
Carbohydrates	35.50g		
Fiber	5.00g		
Sugar	4.00g		
Protein	38.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	8.72mg

Pizza Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15672
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
PEPPERONI SLCD UNCURED 14/Z 2-5	1 Ounce	Weight.	125331
Cheese, Mozzarella, Part Skim, Shredded	1/2 Cup		100021
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	<p>READY_TO_EAT</p> <p>1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients</p>	644182

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
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 Each			
Amount Per Serving			
<hr/>			
Calories	520.00		
Fat	31.13g		
SaturatedFat	15.67g		
Trans Fat	0.00g		
Cholesterol	78.00mg		
Sodium	1211.32mg		
Carbohydrates	34.93g		
Fiber	5.00g		
Sugar	6.93g		
Protein	26.53g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	Iron	1.44mg
<hr/>			

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15673
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	Weigh	722330
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon		100012
CHIP TORTL YEL RND WGRAIN 80-1.5Z	1 Each		510876

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.13
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	405.57		
Fat	17.18g		
SaturatedFat	5.27g		
Trans Fat	0.37g		
Cholesterol	54.16mg		
Sodium	538.33mg		
Carbohydrates	40.81g		
Fiber	7.52g		
Sugar	4.52g		
Protein	24.65g		
Vitamin A	813.88IU	Vitamin C	6.31mg
Calcium	83.74mg	Iron	3.42mg

Bacon & Egg Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15703
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each		433608
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each		237390
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.67
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	305.00		
Fat	18.00g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	97.50mg		
Sodium	830.01mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.83mg	Iron	1.05mg

Salad Bar with Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19683
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	Weight	100012
Ham, Cubed Frozen	1 1/2 Ounce	Weight	100188-H
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.50
Fruit	0.00
GreenVeg	1.00
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	403.55
Fat	29.03g
SaturatedFat	8.43g
Trans Fat	0.02g
Cholesterol	57.13mg
Sodium	926.25mg
Carbohydrates	21.23g
Fiber	3.82g
Sugar	5.62g
Protein	18.48g
Vitamin A 4945.87IU	Vitamin C 1.80mg

Calcium 50.26mg **Iron** 0.62mg

Salad Bar with Turkey

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20299
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	Weight	100012
Turkey Breast Deli	1 3/4 Ounce	Weight	100121
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.50
Fruit	0.00
GreenVeg	1.00
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	419.69
Fat	30.00g
SaturatedFat	8.30g
Trans Fat	0.02g
Cholesterol	65.82mg
Sodium	937.07mg
Carbohydrates	19.87g
Fiber	3.82g
Sugar	4.39g
Protein	22.24g
Vitamin A 4945.87IU	Vitamin C 1.80mg

Calcium 50.26mg **Iron** 0.62mg

Teriyaki Chicken Taco- 6-8

Servings:	467.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20300
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	70 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	7 Quart		417622
Cheese, Cheddar Reduced fat, Shredded	467 Tablespoon		100012
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	467 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130

Preparation Instructions

Mix approximately 10 lbs. of fajita meat with 1 quart of teriyaki sauce in each pan. Will have 7 pans total.

Marinate overnight.

Cook meat and drain.

Place 2 oz. scoop chicken on each tortilla and top with 1 Tbsp. of shredded cheddar cheese.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 467.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		294.42	
Fat		8.32g	
SaturatedFat		3.91g	
Trans Fat		0.00g	
Cholesterol		57.20mg	
Sodium		964.34mg	
Carbohydrates		34.29g	
Fiber		2.00g	
Sugar		11.08g	
Protein		18.45g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

Refried Beans

Servings:	33.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20301
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	2 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	183910
Cheese, Cheddar Reduced fat, Shredded	3/4 Cup		100012
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

Gather a 4" pan and put 4 Liters of water in the pan and place it in the steamer for 20 minutes. Then open 2 bags of dehydrated beans and pour them into the water and mix well. Let set for about 15 minutes and they should set to a firm bean mixture. Sprinkle with cheese on top and serve.

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	190.82
Fat	2.08g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	1.82mg
Sodium	680.99mg
Carbohydrates	31.70g
Fiber	10.20g
Sugar	0.00g
Protein	10.83g
Vitamin A 0.71IU	Vitamin C 1.01mg

Calcium 57.05mg **Iron** 2.46mg

Mexican Dip

Servings:	520.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20302
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	70 Pound		768230
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	5 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	183910
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	5 #5 CAN		488259
SOUP CRM OF CHIX 12- 5 HLTHYREQ	5 #5 CAN		695513
SAUCE CHS CHED SHRP 6-10 GCHC	2 #10 CAN		150991
SALSA 103Z 6-10 REDG	2 #10 CAN	READY_TO_EAT None	452841

Preparation Instructions

Place 2 blocks of Taco meat in a 6" pan and let thaw for 2 days. Place the pans of meat in the steamer for 30 minutes to warm up the meat. Take the pans out of the steamer and place following ingredients in each pan. 1 can of Cream of Mushroom soup and 1 can of Cream of Chicken soup, pour in about 1/2 of a can of salsa and cheddar cheese sauce. Mix well and place back in steamer for about 45 minutes or until it reaches temperature. Then place 1 to 1 1/2 bags of dehydrated beans in the mix, stir well and place in warmer until it is time to serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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: 520.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	135.28
Fat	5.29g
SaturatedFat	1.36g
Trans Fat	0.00g
Cholesterol	40.72mg
Sodium	527.83mg
Carbohydrates	9.93g
Fiber	1.69g
Sugar	1.13g
Protein	12.82g

Vitamin A	34.25IU	Vitamin C	0.16mg
Calcium	41.13mg	Iron	1.43mg

Hamburger-M

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20338
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	214880
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

Place 80 hamburger patties in a 4" pan, and let thaw over night in refrigerator. Place in steamer in the morning for 30 minutes or until the temp to proper temperature. When finished cooked drain the juice from the pan. Get out the hamburger buns and put a patty in between the bread and place it in a 4" pan , stacking them 2 high and 4 across.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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	320.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	500.00mg		
Carbohydrates	1.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Broccoli with Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20352
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound	BAKE	285590
SAUCE CHS CHED SHRP 6-10 GCHC	1 #10 CAN		150991

Preparation Instructions

Fill a 4" pan full of frozen broccoli and steam it for 20 minutes or until it reaches temp. Drain the water from the pan and put cheddar cheese over it to coat. Usually about 1/2 of a 10# can.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.72		
Fat	1.58g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.97mg		
Carbohydrates	4.82g		
Fiber	1.76g		
Sugar	1.53g		
Protein	2.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.84mg	Iron	0.59mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20353
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	BAKE	336
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Teaspoon		299405

Preparation Instructions

Get out 2 slices of bread and butter 1 side of the bread and place in on a baking sheet. Repeat that step 14 times, then place 2 slices of cheese on each piece the bread, then butter another piece of bread and place on top of the cheese. Grill to perfection!

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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 Each

Amount Per Serving			
Calories	276.67		
Fat	6.83g		
SaturatedFat	4.17g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	300.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Tomato Soup

Servings:	47.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20528
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	4 #5 CAN		488232
1% Low Fat White Milk	4 Cup	READY_TO_DRINK	4752

Preparation Instructions

Open 14 tomato soup cans and put in a 6" pan. Approximately 6 cans per 6" pan. Add 4 cartons of white milk to each pan, stir well and cook in steamer of 40 minutes or until it reaches temperature. Hold in warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	93.62		
Fat	1.15g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.85mg		
Sodium	376.17mg		
Carbohydrates	17.96g		
Fiber	0.94g		
Sugar	10.38g		
Protein	2.55g		
Vitamin A	42.55IU	Vitamin C	0.20mg
Calcium	25.53mg	Iron	0.34mg

Tenderloin Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20529
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

Place 25 tenderloins on a baking sheet and cook at 375 for 10-15 minutes and thawed state. Get out your buns and put the tenderloin on the bun and place in a 4" pan until full.

Put in warmer for holding.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00		
Fat	17.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	530.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 42.00mg **Iron** 9.80mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20530
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Slice		100187
Turkey Breast Deli	1 3/5 Ounce	1.59 oz. weight	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun		5113

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	0.00
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	311.16		
Fat	10.32g		
SaturatedFat	4.41g		
Trans Fat	0.00g		
Cholesterol	50.38mg		
Sodium	854.08mg		
Carbohydrates	33.82g		
Fiber	2.00g		
Sugar	6.41g		
Protein	23.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sausage & Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20553

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	BAKE	277722
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

Cook sausage and egg at 350 until temperature reaches 135 degree. Assemble and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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 Each

Amount Per Serving

Calories	450.00		
Fat	28.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	135.00mg		
Sodium	470.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	0.72mg

Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-20554
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 LMBSUPR	1/2 Cup		233404
EGG SCRMBD CKD FZ 4-5 GCHC	3 Fluid Ounce		584584
SAUCE CHS CHED POUCH 6-106Z LOL	2 Fluid Ounce		135261

Preparation Instructions

Cook 5# of tots on sheet pan for 10 minutes at 400 degrees. Heat eggs in steamer for 10 minutes or until reaches 165 degrees. Place 4oz of tots in 1# boat, top with 3oz spoodle of eggs. Pour on 2oz of cheese sauce. Hold in warmer til served.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.38		
Fat	12.38g		
SaturatedFat	3.14g		
Trans Fat	0.00g		
Cholesterol	144.55mg		
Sodium	575.84mg		
Carbohydrates	17.55g		
Fiber	2.00g		
Sugar	1.14g		
Protein	9.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.10mg	Iron	1.74mg

Idaho Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Potatoes, Wedges, Low-sodium Frozen	1/2 Cup		100355
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid Ounce		722330
SAUCE CHS QUESO JALAP POUZ 6-106Z LOL	2 Fluid Ounce		135271

Preparation Instructions

Cook 5# of wedges on a sheet pan at 400 for 8-10 minutes or until temped at 135 degrees. Heat 15# of taco filling in a 4" steamtable pan in steamer until temperature reaches 165 degrees. Place 4oz of potato wedges in a 1# boat add 3oz spoodle of taco meat and 2oz of cheese sauce. Hold in warmer until served.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	326.35		
Fat	15.67g		
SaturatedFat	7.35g		
Trans Fat	0.32g		
Cholesterol	60.29mg		
Sodium	835.95mg		
Carbohydrates	25.13g		
Fiber	4.20g		
Sugar	2.20g		
Protein	21.15g		
Vitamin A	708.07IU	Vitamin C	5.49mg
Calcium	254.22mg	Iron	2.20mg

Chicken & Noodles

Servings:	56.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20556
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR
BASE CHIX LO SOD 12-1 LEGO	1/2 Cup		130869
SALT IODIZED 25 CARG	1 1/2 Tablespoon		108286
PASTA NOODL KLUSKI AMISH 10 INN MAID	5 Pound		456632

Preparation Instructions

Put chicken, water, chicken base and salt in a 6" steamtable pan. Place in steamer for 30 minutes (no lid). Remove and add noodles. Cook another 20 minutes. Serve with 6oz spoodle. 56 serving per pan

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	242.72		
Fat	5.07g		
SaturatedFat	1.07g		
Trans Fat	0.00g		
Cholesterol	137.00mg		
Sodium	307.06mg		
Carbohydrates	28.71g		
Fiber	0.71g		
Sugar	0.43g		
Protein	18.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.65mg	Iron	1.57mg

Creamed Chicken

Servings:	60.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20569
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	10 Pound		100101
GRAVY MIX CHIX 8-22.6Z TRIO	1 Package		290025
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Package		552061

Preparation Instructions

Place chicken in 6" steamtable pan. Heat in steamer for 1 hour and temperature reaches 165 degrees. Mix gravies with 2 gallons of water and cook until thickened. Mix with hot chicken Serve with 6oz spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 60.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	185.06		
Fat	4.45g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	61.94mg		
Sodium	495.99mg		
Carbohydrates	15.43g		
Fiber	0.00g		
Sugar	1.19g		
Protein	17.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.89mg	Iron	0.00mg

Sweet & Sour Chicken

Servings:	42.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20571
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound		327120
SAUCE SWT & SOUR 4-1GAL LACHY	1/2 Gallon		242292
JUICE PINEAPPLE 100 12-46FLZ DOLE	3 Cup	READY_TO_EAT Ready to Eat	566144

Preparation Instructions

Split 10# of chicken on 2 full sheet pans. Cook at 375 degrees for 6-8 minutes (temperature to 135). Combine chicken, sauce and juice in a 6" steamtable pan. Serve with a 4oz spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 42.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	365.74		
Fat	14.94g		
SaturatedFat	2.87g		
Trans Fat	0.00g		
Cholesterol	22.99mg		
Sodium	570.16mg		
Carbohydrates	39.69g		
Fiber	3.45g		
Sugar	20.04g		
Protein	16.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.36mg	Iron	2.35mg

Ham Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20611
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	4 Slice	1 slice= 0.50 oz. weight	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	300.66		
Fat	10.78g		
SaturatedFat	4.64g		
Trans Fat	0.00g		
Cholesterol	44.51mg		
Sodium	870.33mg		
Carbohydrates	35.28g		
Fiber	2.00g		
Sugar	7.64g		
Protein	20.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Breaded Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20663

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	Weight	100012
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	4 Ounce	Weight. May also use 4 oz. weight of chicken nuggets or chicken tenders.	394053
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	1.25
Fruit	0.00
GreenVeg	1.00
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	601.22		
Fat	39.96g		
SaturatedFat	9.23g		
Trans Fat	0.02g		
Cholesterol	89.04mg		
Sodium	1100.30mg		
Carbohydrates	32.28g		
Fiber	5.18g		
Sugar	4.39g		
Protein	33.95g		
Vitamin A	4945.87IU	Vitamin C	1.80mg

Calcium 50.26mg **Iron** 1.97mg

Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20664
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	4 Ounce	Weigh. May also use 4 oz. weight of chicken tenders or nuggets.	394053
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	1 Tablespoon		814781
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon		100012
BREADSTICK ITAL 8 10-20CT GCHC	1 Each	Not Whole Grain.	219630

Preparation Instructions

Get out a 6 x 8 salad container and put 2 cups of lettuce on the green side. Then put the chicken, bacon and cheese on top of the lettuce. Arrange the Kens dressing (In the packet), croutons and garlic bread stick in the container and close the lid.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.50
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 Each

Amount Per Serving

Calories	463.16
Fat	18.66g
SaturatedFat	4.53g
Trans Fat	0.00g
Cholesterol	69.04mg
Sodium	799.30mg
Carbohydrates	42.01g
Fiber	3.35g
Sugar	3.00g
Protein	34.11g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.00mg	Iron	2.35mg

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20665
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Weigh	722330
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	3 Tablespoon	UNPREPARED	100012
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
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT 400-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.50
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	447.78
Fat	19.59g
SaturatedFat	8.14g
Trans Fat	0.18g
Cholesterol	57.08mg
Sodium	594.16mg
Carbohydrates	44.90g
Fiber	6.26g
Sugar	6.26g
Protein	19.33g
Vitamin A 406.94IU	Vitamin C 3.15mg
Calcium 140.87mg	Iron 1.86mg

Smoothie (Jr./Sr. High)

Servings:	4.00	Category:	Fruit
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20981

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 12-46FLZ HV	1 1/2 Cup		100374
STRAWBERRY WHL IQF 4-5 GCHC	2/3 Cup		244630
YOGURT STRAWB L/F 4-5 GCHC	1 Cup		640171
SUGAR SUB BULK 8-9.7Z SPLENDA	3 Teaspoon		544961

Preparation Instructions

Fill blender 1/2 full of ice then add:

1 1/2 c. apple juice GFS#100374

2/3 c. frozen strawberries GFS#244630

1 c. strawberry yogurt GFS#640171

3 tsp. splenda

Blend until smooth. 4 servings

Meal Components (SLE)

Amount Per Serving

Meat	0.50
Grain	0.00
Fruit	0.54
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving	
Calories	104.93
Fat	0.50g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	39.38mg
Carbohydrates	24.07g
Fiber	0.50g
Sugar	19.41g
Protein	1.92g
Vitamin A 0.00IU	Vitamin C 43.88mg
Calcium 178.63mg	Iron 0.35mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21738
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Hot Dog Bun	1 Each	READY_TO_EAT	2918
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00		
Fat	16.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	580.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.11mg	Iron	0.76mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21943
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
TURKEY HAM DCD 2-5 JENNO	2 1/2 Ounce		202150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	215.03		
Fat	13.15g		
SaturatedFat	7.25g		
Trans Fat	0.00g		
Cholesterol	75.68mg		
Sodium	588.67mg		
Carbohydrates	3.73g		
Fiber	1.37g		
Sugar	1.37g		
Protein	19.99g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	216.77mg	Iron	1.09mg

Homemade Macaroni & Cheese

Servings:	100.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22502

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon		000001WTR
PASTA ELBOW MACAR 2-10 KE	5 1/4 Pound		654550
Fat Free Skim Milk	1 1/2 Gallon		5404
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SPICE MUSTARD DRY 1 COLMANS	2 Tablespoon		400018
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Teaspoon		225061
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	12 1/2 Pound		100036

Preparation Instructions

CCP: Heat to 145 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher.

1. Heat water to boiling.
2. Slowly add macaroni, stir constantly until water boils again. Cook about 8 minutes or until tender. Stir occasionally. Do not overcook.
3. Quickly stir butter, milk, and seasonings into macaroni. Add cheese (cheese needs to be cut into small pieces).
4. Stir until cheese is melted. The mixture is quite liquid at this stage but will thicken as it cooks and cools.
5. Portion into 2/3 cup servings or serve with a #6 scoop.

Yield: 100 servings: about 4 gallons

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories 295.20

Fat 13.94g

SaturatedFat 8.24g

Trans Fat 0.00g

Cholesterol 40.80mg

Sodium 628.80mg

Carbohydrates 24.28g

Fiber 0.84g

Sugar 7.48g

Protein 16.86g

Vitamin A 2.40IU **Vitamin C** 0.48mg

Calcium 11.40mg **Iron** 0.84mg

Sack Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23252
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
APPLESAUCE UNSWT 72-4Z	1 Each		261414
DRESSING RNCH CUP 120-1Z MARZ	1 Ounce		537705

Preparation Instructions

Combine all into a bag and seal

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.50
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		792.33	
Fat		47.00g	
SaturatedFat		9.50g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		779.33mg	
Carbohydrates		82.00g	
Fiber		9.33g	
Sugar		43.00g	
Protein		18.33g	
Vitamin A	0.00IU	Vitamin C	90.00mg
Calcium	106.33mg	Iron	2.00mg

Loaded Potato Bowl- K-5

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23253

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	8 Each		394053
POTATO PRLS PREM 10- 29.3Z NATROWN	1/2 Cup	RECONSTITUTE 1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 4" deep half-size steamtable pan. 2: Add all potatoes, stir for 15-20 seconds. 3: Let stand for 5 minutes, stir and serve.	193610
GRAVY CHIX RSTD 12-49Z HRTHSTN	1 Fluid Ounce		516309

Preparation Instructions

Layer potatoes and chicken in bowl. Add gravy when serving.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	302.10		
Fat	12.27g		
SaturatedFat	1.96g		
Trans Fat	0.00g		
Cholesterol	45.71mg		
Sodium	814.96mg		
Carbohydrates	27.23g		
Fiber	3.12g		
Sugar	0.00g		
Protein	20.76g		
Vitamin A	1.91IU	Vitamin C	6.29mg
Calcium	9.80mg	Iron	1.43mg

Loaded Potato Bowl- 6-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	12 Each		394053
POTATO PRLS PREM 10- 29.3Z NATROWN	3/4 Cup	RECONSTITUTE 1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 4" deep half-size steamtable pan. 2: Add all potatoes, stir for 15-20 seconds. 3: Let stand for 5 minutes, stir and serve.	193610
GRAVY CHIX RSTD 12-49Z HRTHSTN	1 Fluid Ounce		516309

Preparation Instructions

Layer potatoes and chicken in bowl. Add gravy when serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.75

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	444.40		
Fat	17.91g		
SaturatedFat	2.82g		
Trans Fat	0.00g		
Cholesterol	68.57mg		
Sodium	1137.44mg		
Carbohydrates	39.85g		
Fiber	4.67g		
Sugar	0.00g		
Protein	30.89g		
Vitamin A	2.87IU	Vitamin C	9.44mg
Calcium	13.95mg	Iron	2.14mg

Snack Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23257
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
SAUSAGE BF SNCK STX IW 144-0.5Z	1 Each		565850
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391

Preparation Instructions

Place in 8x8 container

Note: Juice Box kinds include: Very Berry-#698391, Apple-#698744, Grape-#698211, Strawberry Kiwi-#214534, Orange Tangerine-#689251

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00
Fat	17.50g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	950.00mg
Carbohydrates	51.00g
Fiber	3.00g
Sugar	18.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 536.00mg **Iron** 1.88mg

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23259
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
BLUEBERRY 12-1PT P/L	1/2 Cup		451690
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup	READY_TO_EAT Ready to serve and eat	226671

Preparation Instructions

Layer each ingredient into a parfait cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	413.84		
Fat	5.12g		
SaturatedFat	2.37g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	364.63mg		
Carbohydrates	81.81g		
Fiber	4.04g		
Sugar	56.17g		
Protein	14.28g		
Vitamin A	139.96IU	Vitamin C	7.18mg
Calcium	384.29mg	Iron	1.55mg

Fruit & Yogurt Grab-n-Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23262
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F STRAWB/PCH 24-4Z	1 Each		280401
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
BAGEL CINN RAISIN WGRAIN IW 72-2.25Z	1 Each		672141
ORANGES MAND WHL L/S 6-10 GCHC	1/4 Cup		117897
KIWI 33-39CT P/L	1 Each		287008
STRAWBERRY WHL IQF 4-5 GCHC	1/4 Cup		244630
BLUEBERRY 12-1PT P/L	1/4 Cup		451690

Preparation Instructions

Place all items in 8x8 container

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
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	417.35
Fat	7.63g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	425.38mg
Carbohydrates	75.00g
Fiber	8.65g
Sugar	38.00g
Protein	18.03g
Vitamin A 69.98IU	Vitamin C 75.59mg

Calcium 388.72mg **Iron** 3.01mg

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23264
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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 Each

Amount Per Serving	
Calories	270.00
Fat	6.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	720.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	6.00g
Protein	20.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23265
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	BAKE	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
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	430.00		
Fat	18.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	580.00mg		
Carbohydrates	47.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23267
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	100 Each	BAKE Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.	451400
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	100 bun	BAKE	3480
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	100 Slice		271411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	445.00		
Fat	23.00g		
SaturatedFat	9.50g		
Trans Fat	1.00g		
Cholesterol	82.50mg		
Sodium	755.00mg		
Carbohydrates	29.50g		
Fiber	2.00g		
Sugar	4.50g		
Protein	24.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	94.20mg	Iron	1.60mg

Breaded Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23269
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	100 Each		641402
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	100 bun	BAKE	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	430.00		
Fat	18.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	700.00mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg

Hot Dog on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23272
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 BALLP	100 Each	BOIL Heat water to a rolling boil. GRILL Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. MICROWAVE Place hot dog in bun and wrap in paper towel. READY_TO_EAT Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. STEAM Place pan in steamer, close door, set timer and steam until done.	585815
Aunt Millie's 2.0 Hot Dog Bun - Himes	100 Each		4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	320.00
Fat	17.00g
SaturatedFat	5.00g
Trans Fat	1.00g
Cholesterol	30.00mg
Sodium	720.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	4.00g
Protein	11.00g
Vitamin A	0.00IU
Vitamin C	2.00mg

Calcium 0.00mg **Iron** 0.36mg

Hot & Spicy Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23273
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	100 bun	BAKE	3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	430.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	46.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.00mg

Teriyaki Chicken

Servings:	42.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23276
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	10 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
SAUCE TERIYAKI 4-64FLZ SWTBRAY	1/3 Gallon		417622

Preparation Instructions

Put 5# of chicken on 2 sheet pans. Heat in a 325 degree oven until temperature reaches 145 degrees. Pour into a 6 steam table pan and add the teriyaki sauce. Stir well.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 42.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving	
Calories	245.46
Fat	8.89g
SaturatedFat	2.54g
Trans Fat	0.00g
Cholesterol	101.59mg
Sodium	1062.09mg
Carbohydrates	20.63g
Fiber	0.00g
Sugar	16.08g

Protein	20.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.43mg	Iron	0.00mg

Peanut Butter Cookies

Servings:	410.00	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23279
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHORTENING SLD 6-6 CRISC	6 Pound		430814
PEANUT BUTTER SMOOTH 6-5 GFS	7 Pound		183245
SUGAR BROWN MED 25 GCHC	6 1/2 Pound	UNSPECIFIED	108626
SUGAR BEET GRANUL 25 GCHC	7 1/4 Pound		108588
EGG SHL MED A GRD 6-30CT GCHC	30 Each		206547
FLAVORING VANILLA IMIT 1-1GAL KE	1/3 Cup		110744
FLOUR ULTRAGRAIN 50 HLCHC	10 Pound		515002
BAKING POWDER DBL ACTION 6-5 RDSTR	1/3 Cup		683700
BAKING SODA 36Z GCHC	1/3 Cup		513849
SALT IODIZED 25 CARG	3 Tablespoon		108286

Preparation Instructions

Cream shortening and sugars. Add eggs and vanilla. Mix well. Add peanut butter. Mix well. Add dry ingredients. Mix well. Place on a parchment lined cookie sheet using a #30 dipper. Press slightly. Bake at 325 degrees for 8-10 minutes.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 410.00

Serving Size: 1.00 cookie

Amount Per Serving

Calories 186.91

Fat 9.19g

SaturatedFat 2.42g

Trans Fat 0.00g

Cholesterol 12.07mg

Sodium 177.67mg

Carbohydrates 24.34g

Fiber 1.05g

Sugar 15.49g

Protein 2.83g

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

Calcium 5.19mg **Iron** 0.64mg

Chicken Parmigiana Sauce

Servings:	600.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23282
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tomato sauce pch	24 #10 CAN	BAKE	110187comm
TOMATO ROMA DCD 3/8 2-5 RSS	3 #10 CAN		786543
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
SUGAR BROWN LT 12-2 P/L	10 Cup		860311
SPICE GARLIC GRANULATED 7.25 TRDE	1 Cup		514047
SALT IODIZED 25 CARG	1/2 Cup		108286
SPICE PAPRIKA 16Z TRDE	2/3 Cup		518331
SPICE OREGANO GRND 12Z TRDE	1/3 Cup		513725
SPICE CELERY SALT 32Z TRDE	1/2 Cup		231517
SPICE ONION POWDER 19Z TRDE	1 Cup		126993
SPICE PEPR BLK 30 MESH REG GRIND 5	1/4 Cup		225045
SPICE BASIL GRND 12Z TRDE	1/3 Cup		513636
SPICE CHILI POWDER MILD 16Z TRDE	1 Cup		331473
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843

Preparation Instructions

Mix spices and sugar in 1 gallon of water before adding to pot. Use water to rinse tomato sauce cans. Combine all ingredients and bring to a simmer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 600.00
Serving Size: 0.25 Cup

Amount Per Serving

Calories	43.49
Fat	0.02g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	301.68mg
Carbohydrates	11.09g
Fiber	2.17g
Sugar	7.34g
Protein	1.09g

Vitamin A	70.78IU	Vitamin C	0.04mg
Calcium	0.90mg	Iron	0.04mg

Chicken Parmigiana

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23283
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	1 Each		641402
Chicken Parmigiana Sauce	1/4 Cup		23282
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

Preparation Instructions

Layer chicken pattie, then sauce, then cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
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	403.39		
Fat	22.02g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	991.92mg		
Carbohydrates	24.09g		
Fiber	3.17g		
Sugar	8.34g		
Protein	26.09g		
Vitamin A	70.78IU	Vitamin C	0.04mg
Calcium	215.78mg	Iron	2.04mg

Assorted Pop-Tarts

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23285
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062

Preparation Instructions

Frosted Cinnamon-1.25 Grain

Frosted Strawberry-1 Grain

Frosted Fudge-1.25 Grain

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories			186.67
Fat			2.83g
SaturatedFat			1.00g
Trans Fat			0.00g
Cholesterol			0.00mg
Sodium			196.67mg
Carbohydrates			38.00g
Fiber			3.00g
Sugar			15.33g
Protein			2.33g
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.80mg

Assorted Granola Bar

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23287
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194041

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	146.00		
Fat	4.20g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	2.00mg		
Sodium	111.00mg		
Carbohydrates	26.20g		
Fiber	2.00g		
Sugar	11.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.28mg

Variety of Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23288
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	187.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	128.75mg		
Carbohydrates	31.25g		
Fiber	2.00g		
Sugar	16.50g		
Protein	3.00g		
Vitamin A	25.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.01mg

Choice of Breakfast Bar

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23290
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	160.00		
Fat	3.50g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	111.25mg		
Carbohydrates	29.75g		
Fiber	3.00g		
Sugar	8.75g		
Protein	2.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	247.50mg	Iron	1.60mg

Choice of Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23292
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE CAN TOM 100 48-5.5FLZ CAMP	1 Each		100811
JUICE APPL 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	207990
JUICE ORNG 100 70-4FLZ SNCUP	1 Each		207980
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	56.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	101.00mg
Carbohydrates	13.20g
Fiber	0.20g
Sugar	12.20g
Protein	0.20g

Vitamin A	0.00IU	Vitamin C	0.24mg
Calcium	11.80mg	Iron	0.21mg

Veggie Bar Offerings

Servings:	2.50	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23310
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	1/8 Cup		418439
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CELERY STALK 24 SZ 6CT MRKN	1/8 Cup		170895
CARROT BABY WHL PETITE 4-5 RSS	1/8 Cup		768146
BROCCOLI CRWN ICELESS 20 MRKN	1/8 Cup		704547
CAULIFLOWER CALIF 12- 1CT MRKN	1/8 Cup		198528
PEPPERS GREEN 2 20 P/L	1/8 Cup		280437
PEPPERS RED 11 P/L	1/8 Cup		321141
BEANS BLACK LO SOD 6- 10 BUSH	1/8 Cup		231981
ONION RED JUMBO 10 MRKN	1/8 Cup		596973
PEAS SGR SNAP STRINGLESS 10 P/L	1/8 Cup		778214
CABBAGE RED 5 P/L	1/8 Cup		596965
RADISH 30CT 14-1 P/L	1/8 Cup		198854
MUSHROOM LRG XFCY 3 MRKN	1/8 Cup		285188
OLIVE RIPE SLCD DOMESTIC 6-10 LNDSY	1/8 Cup		328391

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/8 Cup		451730
JICAMA FRESH 10 P/L	1/8 Cup		702889
POTATO SWT JUMBO 10 P/L	1/8 Cup		597023
TURNIP 25	1/8 Cup		677960
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	1/8 Cup	<p>STEAMER: Arrange entire bag of frozen soybeans in a half-size steam table pan. Add 1/3 cup of water. Steam for 7 minutes. Drain and serve.</p> <p>STOVETOP: Bring 5 quarts of water to a boil on High in a 7-quart pot. Add entire bag of frozen soybeans to boiling water. Cook for 8 minutes. Drain and serve.</p> <p>MICROWAVE: Place half bag of frozen soybeans in a microwave-safe container. Add 2 tbsp. water. Cover tightly. Microwave on High for 4 minutes, stirring after 2 minutes. Drain and serve.</p>	147270
PEPPERS BAN RING MILD 4-1GAL GCHC	1/8 Cup		466220

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.25
OtherVeg	0.25
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 2.50

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	89.94
Fat	1.50g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.78mg
Carbohydrates	17.49g
Fiber	4.33g
Sugar	5.69g
Protein	3.43g
Vitamin A 2414.44IU	Vitamin C 40.71mg
Calcium 62.51mg	Iron 0.87mg

Fish n Chips

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23342
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u2013BONELESS/u2013 PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.	327162
DINNER ROLL, W GRAIN, AM	1 roll	READY_TO_EAT	4372
FRIES 1/2 C/C CONCRTN 6-4.5 GEN7	3 1/2 Ounce		444539

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

0.75

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	503.20
Fat	18.49g
SaturatedFat	3.66g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	664.85mg
Carbohydrates	62.20g
Fiber	7.55g
Sugar	2.00g
Protein	22.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 43.54mg	Iron 9.08mg

Spaghetti w/ Meatballs

Servings:	64.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23347
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10 2-10 KE	4 Pound		654560
SAUCE SPAGHETTI FCY 6-10 REDPK	2 #10 CAN		852759
MEATBALL CKD .65Z 6-5 COMM	256 Each		785860
Tap Water for Recipes	22 Cup	UNPREPARED	000001WTR

Preparation Instructions

Cooked 4# of spaghetti with 2 1/2 qt water and 1 #10 can of sauce in the steamers. Use another can of sauce and 1 can of water on the meatballs to keep them moist. For service serve 4 oz. spaghetti and 4 meatballs per serving

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	292.66		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	589.48mg		
Carbohydrates	35.28g		
Fiber	4.76g		
Sugar	8.52g		
Protein	18.26g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.33mg	Iron	2.00mg

BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23349
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
SAUCE BBQ 4- 1GAL SWTBRAY	2 Tablespoon		655937
Aunt Millie's Sandwich Bun- Himes	1 Each		3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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 Each

Amount Per Serving	
Calories	390.00
Fat	12.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	870.00mg
Carbohydrates	55.00g
Fiber	3.00g
Sugar	26.00g
Protein	18.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 40.00mg **Iron** 1.08mg

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23381
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
BLUEBERRY 12-1PT P/L	1/4 Cup		451690
STRAWBERRY 8 MRKN	1/4 Cup		212768
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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Grain	2.00
Fruit	0.50
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 Each

Amount Per Serving

Calories	363.25
Fat	12.74g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	780.76mg
Carbohydrates	43.23g
Fiber	5.67g
Sugar	13.54g
Protein	21.54g

Vitamin A	24.54IU	Vitamin C	25.93mg
Calcium	60.30mg	Iron	1.76mg

Asian Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23387
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound		570533
CARROT MATCHSTICK SHRED 2-3 RSS	1 Cup		198161
DRESSING ASIAN SESM GINGR 4-1GAL GFS	1 1/2 Cup		166722
CABBAGE SHRED RED 1/8 2-3 RSS	5 Cup		212679
LETTUCE ROMAINE RIBBONS 6-2 RSS	15 Cup		451730
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	5 Cup		124516
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.48
Grain	2.63
Fruit	0.00
GreenVeg	0.38
RedVeg	0.05
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

Amount Per Serving			
Calories		517.81	
Fat		21.91g	
SaturatedFat		6.20g	
Trans Fat		0.00g	
Cholesterol		73.34mg	
Sodium		641.66mg	
Carbohydrates		47.54g	
Fiber		5.95g	
Sugar		5.85g	
Protein		31.85g	
Vitamin A	1082.39IU	Vitamin C	13.29mg
Calcium	159.19mg	Iron	4.13mg

Baked Cinnamon Apples

Servings:	72.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23392
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	3 #10 CAN		117773
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626
FLAVORING VANILLA IMIT 1-1GAL KE	6 Tablespoon		110744
SPICE NUTMEG GRND 16Z TRDE	6 Tablespoon		224944
SPICE CINNAMON GRND 5 TRDE	1 Tablespoon		224731

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	83.94		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.03mg		
Carbohydrates	20.93g		
Fiber	2.16g		
Sugar	17.70g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23393
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	UNSPECIFIED Not currently available	570533
CELERY STALK 24 SZ 6CT MRKN	3 Cup		170895
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 1/2 Cup		704229
DRESSING BTRMLK RNCH 4-1GAL BRTHARB	40 Tablespoon		222380
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup		712131
LETTUCE ROMAINE RIBBONS 6-2 RSS	20 Cup		451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Combine: 5# diced chicken, 3 c. diced celery, and 1 ½ c. buffalo sauce
Layer on each tortilla:

3 ½ oz chicken mixture (1/2 c.)

2 tbl ranch dressing

¼ c. shr. cheese

1 c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	3.50
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	626.88
Fat	35.69g
SaturatedFat	12.52g
Trans Fat	0.00g
Cholesterol	108.34mg
Sodium	1475.65mg
Carbohydrates	36.94g
Fiber	4.30g
Sugar	5.30g
Protein	37.14g
Vitamin A 83.51IU	Vitamin C 0.58mg
Calcium 361.78mg	Iron 3.00mg

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23394
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 1/2 Ounce	UNSPECIFIED Not currently available	570533
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
DRESSING BTRMLK RNCH 4-1GAL BRTHARB	2 Tablespoon		222380
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

LAYER EACH TORTILLA WITH:

3 ½ oz diced chicken (1/2 c.)

2 slices bacon

2 tbl ranch dressing

1 c. lettuce

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Wrap

Amount Per Serving

Calories	732.17
Fat	41.83g
SaturatedFat	10.25g
Trans Fat	0.00g
Cholesterol	144.17mg
Sodium	1805.83mg
Carbohydrates	35.17g
Fiber	4.00g
Sugar	5.00g
Protein	47.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	151.17mg	Iron	3.51mg

Chicken Salad

Servings:	50.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23400
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	102 Ounce		100101
CELERY STALK 24 SZ 6CT MRKN	21 Ounce		170895
ONION RED JUMBO 10 MRKN	12 Ounce		596973
RELISH SWT PICKLE 4-1GAL GCHC	15 Ounce		517186
SPICE PEPR BLK COARSE GRND 16Z TRDE	2 Teaspoon		518322
SPICE MUSTARD DRY 1 COLMANS	4 1/2 Tablespoon		400018
DRESSING SALAD 4-1GAL GFS	3 1/4 Cup		107042

Preparation Instructions

1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. Add salad dressing or mayonnaise. Mix lightly until well blended. Spread 5 lb 7 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

2. CCP: Cool to 41° F or lower within 4 hours.

Cover. Refrigerate until service.

3. Portion with No. 8 scoop (½ cup).

Note: ½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate. If using GFS#570533 1/2 cup only counts as 1.75 M/MA or If use a #6 scoop (2/3 cup) count as 2.25 M/MA.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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: 0.50 Cup			
Amount Per Serving			
Calories	142.08		
Fat	7.37g		
SaturatedFat	0.84g		
Trans Fat	0.08g		
Cholesterol	51.16mg		
Sodium	282.90mg		
Carbohydrates	4.95g		
Fiber	0.39g		
Sugar	2.73g		
Protein	12.54g		
Vitamin A	77.21IU	Vitamin C	0.97mg
Calcium	10.83mg	Iron	0.10mg

Chicken Salad Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23401
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fairfield High School Commodity Chicken Salad	1/2 Cup		R-23400
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	332.08
Fat	12.37g
SaturatedFat	2.84g
Trans Fat	0.08g
Cholesterol	51.16mg
Sodium	492.90mg
Carbohydrates	35.95g
Fiber	4.39g

Sugar	5.73g
Protein	18.54g
Vitamin A 77.21IU	Vitamin C 0.97mg
Calcium 146.83mg	Iron 1.72mg

Fajita Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23409
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	5 Pound	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	150160
PEPPERS & ONION FLME RSTD 6-2.5	1 Pound		847208
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup		712131
DRESSING BTRMLK RNCH 4- 1GAL BRTHARB	20 Tablespoon		222380
SALSA 103Z 6-10 REDG	20 Tablespoon	READY_TO_EAT None	452841
LETTUCE ROMAINE RIBBONS 6-2 RSS	20 Cup		451730

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	20 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.67
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.10
OtherVeg	0.04
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	566.06
Fat	31.07g
SaturatedFat	11.92g
Trans Fat	0.00g
Cholesterol	136.67mg
Sodium	1014.66mg
Carbohydrates	39.39g
Fiber	4.48g
Sugar	5.45g
Protein	34.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 358.27mg	Iron 2.06mg

Ham & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23410
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup		712131
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.17
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories 463.40

Fat 22.17g

SaturatedFat 10.45g

Trans Fat 0.00g

Cholesterol 123.04mg

Sodium 1184.31mg

Carbohydrates 32.00g

Fiber 4.00g

Sugar 3.00g

Protein 35.88g

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

Calcium 338.00mg **Iron** 2.80mg

Italian Sub Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23411
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	6 Slice		199721
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
DRESSING ITAL GLDN 4-1GAL BRTHARB	2 Tablespoon		221681
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING/STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Layer each tortilla with the following:
 6 slices Italian combo meat (2 each flavor)
 ¼ c. shr. mozzarella cheese
 2 tbl Italian dressing
 1 c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Wrap

Amount Per Serving

Calories	466.70
Fat	22.00g
SaturatedFat	8.20g
Trans Fat	0.00g
Cholesterol	73.00mg
Sodium	1253.30mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	9.00g
Protein	26.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	370.67mg	Iron	2.58mg

Sante Fe Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23413
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	UNSPECIFIED Not currently available	570533
SALSA 103Z 6-10 REDG	4 Cup	READY_TO_EAT None	452841
SPICE CUMIN GRND 15Z TRDE	2 Tablespoon		273945
SPICE PEPR CHILE CHPTL GRND 18Z TRDE	2 Tablespoon		229551
BEANS BLACK LO SOD 6-10 BUSH	5 Cup		231981
CORN CUT IQF 30 GCHC	5 Cup	BAKE	285620
LETTUCE ROMAINE RIBBONS 6-2 RSS	10 Cup		451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Combine: 5# diced chicken, 4 c. salsa, 2 tbsp cumin, and 2 tbsp. chipotle chili

powder

Layer on each tortilla:

3 ½ oz. chicken mixture (1/2 c.)

¼ c. black beans

¼ c. corn

½ c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	3.25
Grain	2.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.13
OtherVeg	0.00
Legumes	0.25
Starch	0.25

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	477.17
Fat	12.15g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	73.34mg
Sodium	500.32mg
Carbohydrates	54.48g
Fiber	6.49g
Sugar	6.00g
Protein	34.46g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 177.34mg	Iron 4.76mg

Pudding

Servings:	8.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23480
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS VAN 6-10 GCHC	1 Cup		106771
PUDDING RTS BTRSCOTCH 6-10 GCHC	1 Cup		106747
PUDDING RTS MILK CHOC 6-10 GCHC	1 Cup		163554
PUDDING RTS BAN 6-10 GCHC	1 Cup		244643

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: 8.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	127.50		
Fat	3.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	212.50mg		
Carbohydrates	24.50g		
Fiber	0.25g		
Sugar	15.75g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.50mg	Iron	0.27mg

Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23729
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each		327120
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup		613738
GRAVY MIX CHIX 8-22.6Z TRIO	2 Fluid Ounce	BAKE	290025

Preparation Instructions

Cook all products.

Layer mashed potatoes then chicken then gravy in a 12 oz bowl

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	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	393.33		
Fat	15.33g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	1330.00mg		
Carbohydrates	46.67g		
Fiber	4.00g		
Sugar	1.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	2.30mg

Chili

Servings:	350.00	Category:	Entree
Serving Size:	10.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23733
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ 3-10 GCHC	60 Pound		510599
Diced Tomatoes cnd	6 #10 CAN	BAKE	100329
Tomato Sauce cnd	18 #10 CAN	BAKE	100334
BEAN KIDNEY RED DARK 6-10 GCHC	4 #10 CAN		118761
SPICE ONION POWDER 19Z TRDE	2 Cup		126993
SALT IODIZED 25 CARG	1 Cup		108286
SPICE CHILI POWDER MILD 16Z TRDE	4 Cup		331473
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Cup		225061
SPICE CUMIN GRND 15Z TRDE	2 Cup		273945
SPICE GARLIC GRANULATED 7.25 TRDE	1 Cup		514047
SUGAR BROWN LT 12-2 P/L	6 Cup		860311

Preparation Instructions

Combine all ingredients in large kettle. Bring to a boil and reduce heat. Simmer for 1 hour.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.75
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 10.00 Fluid Ounce

Amount Per Serving

Calories 297.77

Fat 15.09g

SaturatedFat 6.17g

Trans Fat 1.03g

Cholesterol 51.43mg

Sodium 667.41mg

Carbohydrates 23.27g

Fiber 5.82g

Sugar 10.53g

Protein 18.59g

Vitamin A 0.00IU **Vitamin C** 0.01mg

Calcium 17.42mg **Iron** 2.54mg

Black Bean & Corn Salsa

Servings:	49.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24058
School:	Emergency Sack Lunches Fairfield		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	2 #10 CAN		231981
Corn fzn	5 Pound		100348
Salsa, Low-Sodium, Canned	1 #10 CAN		IN100330
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE CUMIN GRND 15Z TRDE	1 Tablespoon		273945
SUGAR CANE GRANUL 25 GCHC	1 Tablespoon		108642
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon		225061

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	0.13
OtherVeg	0.00
Legumes	0.50
Starch	0.25

Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	165.85
Fat	0.56g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	174.89mg
Carbohydrates	32.94g
Fiber	7.48g
Sugar	4.04g
Protein	8.54g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	84.62mg	Iron	1.79mg

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24069
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	1 Each		641402
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

Place 25 chicken patties on a baking sheet and cook at 375 for 10-15 minutes and thawed state. Get out your buns and put the tenderloin on the bun and place in a 4" pan until full.

Put in warmer for holding.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00		
Fat	17.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	650.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	10.00mg

Veggie Dip

Servings:	256.00	Category:	Condiments or Other
Serving Size:	2.00 TBSP.	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24071

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Gallon		429406
SOUR CREAM 4-5 GCHC	5 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH 18-3.2Z FTHLL	2 Package		473308

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: 256.00

Serving Size: 2.00 TBSP.

Amount Per Serving

Calories	42.14		
Fat	2.72g		
SaturatedFat	1.14g		
Trans Fat	0.00g		
Cholesterol	15.71mg		
Sodium	162.12mg		
Carbohydrates	4.57g		
Fiber	0.00g		
Sugar	1.57g		
Protein	0.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.31mg	Iron	0.02mg

Uncrustable Daily Option

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24072
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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 Each

Amount Per Serving			
Calories	480.00		
Fat	25.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	650.00mg		
Carbohydrates	48.00g		
Fiber	5.00g		
Sugar	16.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	241.00mg	Iron	1.72mg

Memphis BBQ Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24076
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 1/2 Ounce		675222
SAUCE BBQ 6-80FLZ SWTBRAY	1 Tablespoon		212071
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup		119122
CORNBREAD JALAP PRE-CUT 4-30CT CP	2 1/8 Ounce		218740

Preparation Instructions

Cook ingredients according to directions. In a bowl layer the ingredient. Mac and Cheese on the bottom followed by the pulled pork mixed with the BBQ sauce. Serve with the corn bread on the side.

Meal Components (SLE)

Amount Per Serving

Meat	3.50
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	863.42		
Fat	41.51g		
SaturatedFat	12.94g		
Trans Fat	0.00g		
Cholesterol	171.59mg		
Sodium	1491.14mg		
Carbohydrates	83.75g		
Fiber	1.49g		
Sugar	38.91g		
Protein	35.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	355.29mg	Iron	3.23mg

Memphis BBQ Bowl 2

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24077
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	2 Ounce		366320
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup		119122

Preparation Instructions

Cook ingredients according to directions. In a bowl layer the ingredient. Mac and Cheese on the bottom followed by the pulled pork mixed with the BBQ sauce. Serve with the corn bread on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.75
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	315.42
Fat	11.31g
SaturatedFat	5.53g
Trans Fat	0.02g
Cholesterol	44.39mg
Sodium	851.29mg
Carbohydrates	32.13g
Fiber	2.19g
Sugar	12.48g
Protein	21.09g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 327.69mg	Iron 0.75mg

Chicken Fajita

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24446
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce		100117
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	3 Tablespoon		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	264.26		
Fat	12.10g		
SaturatedFat	7.18g		
Trans Fat	0.00g		
Cholesterol	66.03mg		
Sodium	593.97mg		
Carbohydrates	20.93g		
Fiber	2.00g		
Sugar	2.18g		
Protein	18.84g		
Vitamin A	225.00IU	Vitamin C	0.00mg
Calcium	169.25mg	Iron	1.08mg

Tater Tot Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26836
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce	Weight	768230
POTATO TATER TOTS 6-5 LMBSUPR	2 1/2 Ounce	Weight	233404
SAUCE CHS CHED SHRP 6-10 GCHC	2 Tablespoon		150991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

Amount Per Serving			
Calories	285.73		
Fat	14.53g		
SaturatedFat	3.26g		
Trans Fat	0.00g		
Cholesterol	55.37mg		
Sodium	867.13mg		
Carbohydrates	21.01g		
Fiber	2.00g		
Sugar	1.50g		
Protein	17.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.63mg	Iron	1.69mg