# Cookbook for West Carroll High School

**Created by HPS Menu Planner**

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**Lettuce Shredded**

**Taco Filling, Beef, RF**

**Taco Filling, Beef, RF**

**Doritos RF**

**Shredded Cheese**

**Shredded Cheese**

**Salsa (1/4 cup)**

**Salsa**

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**Nutri-grain Bar (assorted)**

**Variety of Fresh Fruit (apple slices, orange or banana)**

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**Cheese Sauce**

**Roasted Broccoli**

**Jonny Pop Fruit Bar**

**Soft Shell Taco (taco beef, shell and cheese)**

**Popcorn Chicken (10 each)**

**French Toast Sticks (3 ea)**

**Breaded Chicken Patty on WG bun**

**Fruit Slushie Cup**

**Spaghetti w/ meat sauce (PS)**

**Spaghetti w/ meat sauce (HS)**

**Nacho Supreme (PS)**

**Twisted Garlic Breadstick**

**Tri Taters (5 ea)**

**Sausage Links (2 each)**

**Loaded Baked Potato with Chili**

**Sausage Links (1 each)**

**Cheeseburger on WG bun**

**French Fries Baked**

**Animal Crackers**

**Bosco Sticks (MS)**

**Chicken Gravy**

**Fried Rice**

**Fried Rice**

**Broccoli Steamed**

**Roasted Broccoli (1/2 c)**

**Taco in a Bag (MS)**

**Taco in a Bag (HS)**

**Bosco Sticks (HS)**

**Popcorn Chicken (12 each)**

**Cheeseburger on WG bun (HS)**

**Orange Chicken**

**Breaded Chicken Patty on WG bun**

**Nacho Supreme (MS)**

**Nacho Supreme (HS)**

**Chicken Fajita Meat**

**Chicken Fajita Meat (HS)**

**Tortilla Shell (6 inch)**

**Tortilla Shell (8 inch)**

**Sweet Potato Fries**

**Breakfast Pizza**

**Goldfish Grahams**

**Granola**

**Chicken Tenders (4 each)**

**Mini Corn Dogs**

**Fortune Cookie (2 ea)**

**Mandarin Oranges**

**Yogurt Cup**

**Tomato Slices**

**Sour Cream Packet**

**Diced Tomatoes**

**Sun Chips Salsa**

**Sun Chips Cheddar**

**Salad Mix**

**Cucumber Slices**

**Ketchup Packet**

**BBQ Sauce Cup**

**BBQ Sauce**

**Fresh Orange**

**Syrup Cup**

**Onions Diced**

**Baby Carrots**

**Goldfish Cheddar Crackers**

**Peaches Diced**

**Rice Krispie Treat**

**Romaine Salad**

**Scooby Graham Crackers**

**Ranch Dressing**

**Ranch Dressing Cup**

**Bug Bite Grahams**

**Garlic Toast**

**Chocolate Chip Cookie (PS)**

**Chocolate Chip Cookie (MS & HS)**

**Stuffed Crust Cheese Pizza**

**Stuffed Crust Pepperoni Pizza**

**Stir Fry Vegetables**

**Bacon Bits**

**Refried Beans**

**Potato Wedges**

**Potato Wedges Seasoned**

**Cherry Smooth Slushie**

**Sausage Gravy & Biscuit (HS)**

**Breakfast Sandwich (HS)**

**Pancake on a Stick**

**CEREAL BOWL (ASSORTED)**

**BAGEL WG**

**Strawberry Cream Cheese Cup**

**Cream Cheese Cup**

**Grape Tomatoes**

**Butter Cup**

**Glazed WG Donut**

**Glazed WG Donut**

**Raisins Sour Watermelon**

**Banana Bread Slice**

**Wild Berry Bread Slice**

**Spaghetti w/meat sauce (MS)**

**Taco Meat Chicken**

**Taco Salad (MS)**

**Sausage Gravy & Biscuit (MS)**

**Seasoned Potato Cubes**

**Gold Rush Juice Box**

**Egg & Cheese Wrap**

**Banana**

**Colby Jack Cheese Stick**

**Marinara Sauce (1/4 cup)**

**Cook's Choice**

**Assorted Cereal**

**Loaded Baked Potato with Chili (200 serv)**

**100% Fruit Juice**

**Animal Crackers**

**Cereal Bars, Assorted**

**Cheese Ravioli w/sauce**

**Augratin Potatoes**

**Hamburger on WG bun**

**Breakfast Sandwich (Biscuit, Egg, Cheese)**

**Blueberry Yogurt Parfait**

**Strawberry Yogurt Parfait**

**Breakfast Sandwich (Biscuit, Sausage, Cheese)**

**Sloppy Joe Meat (MS)**

**PBJ, Cheese Stick, Graham Snack**

**Sloppy Joe Meat (HS)**

**Baked Chicken Breast**

**Baked Chicken Thigh**

**Baked Chicken Drumstick**

**Pulled Pork (MS)**

**Coleslaw**

**Pulled Pork (HS)**

**Canned Fruit Choice**

**Sub Sandwich (HS)**

**Breakfast Egg Casserole**

**EARLY DISMISSAL - NO LUNCH SERVED**

**Augratin Potatoes**

# Sub Sandwich (PS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11310 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TURKEY BRST SLCD OVN RSTD 6-2 JENNO | 2 Slice | 2 slices = credits 1 oz m/ma | 689541 |
| TURKEY HAM UNCURED 6-2 JENNO | 1 Slice | 1 slice credits .5 oz m/ma | 690041 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | 1 slice = .5 oz weight<br>1 slice = credits .5 oz m/ma | 722360 |
| Whole Grain Hot Dog Bun - 2oz | 1 Each | | 4040 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.95 |
| **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** | 266.50 | | |
| **Fat** | 6.55g | | |
| **SaturatedFat** | 2.02g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 46.55mg | | |
| **Sodium** | 740.95mg | | |
| **Carbohydrates** | 30.02g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 5.18g | | |
| **Protein** | 22.06g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 96.00mg | **Iron** | 0.25mg |

# Chicken Tenders (3 each)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 3.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11351 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX TNDR BRD WGRAIN 1.41Z 4-7.7 | 3 Piece | | 533830 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.01 |
| **Grain** | 1.01 |
| **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: 3.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 240.00 | | |
| **Fat** | 12.00g | | |
| **SaturatedFat** | 2.25g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 45.00mg | | |
| **Sodium** | 405.00mg | | |
| **Carbohydrates** | 12.00g | | |
| **Fiber** | 1.50g | | |
| **Sugar** | 3.00g | | |
| **Protein** | 19.50g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 1.50mg |

# Corn Dog (1 each)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11352 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CORN DOG CHIX WGRAIN 72-4Z GCHC | 1 Each | 72 servings per case | 620220 |

## 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** | 240.00 | | |
| **Fat** | 9.00g | | |
| **SaturatedFat** | 2.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 40.00mg | | |
| **Sodium** | 470.00mg | | |
| **Carbohydrates** | 30.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 8.00g | | |
| **Protein** | 9.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 70.00mg | **Iron** | 1.50mg |

# Bosco Stick (PS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11353 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BREADSTICK CHS STFD 7 WGRAIN 108CT | 1 Each | CONVECTION<br>Convection Oven<br>1. Preheat oven to 400º F.<br>2. Place Bosco Sticks on a baking sheet.<br>3. THAWED: 7-9 minutes.<br>4. Let stand 2 minutes before serving.<br>CAUTION: FILLING MAY BE HOT!<br>Oven temperatures may vary. Adjust baking time and<br>or temperature as necessary.<br>DEEP_FRY<br>Deep Fry<br>1. Preheat oil to 350º F.<br>2. THAWED ONLY: 1-2 minutes.<br>3. Let stand 2 minutes before serving.<br>CAUTION: FILLING MAY BE HOT!<br>Oven temperatures may vary. Adjust baking time and<br>or temperature as necessary.<br>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.<br>THAW<br>Thawing Instructions<br>1. Thaw before baking.<br>2. Keep Bosco Sticks covered while thawing.<br>3. Bosco Sticks may be thawed in packaging.<br>4. Bosco Sticks have 8 days shelf life when refrigerated.<br>Oven temperatures may vary. Adjust baking time and<br>or temperature as necessary. | 555982 |
| CHEESE PARM GRTD 12-1 PG | 1 Tablespoon | | 164259 |
| PAN COAT/TPNG SPRY BTR 6-16.5Z GCHC | 1 Each | | 758370 |

## Preparation Instructions

CONVECTION

Convection Oven

1. Preheat oven to 400º F.
2. Place Bosco Sticks on a baking sheet.
3. THAWED: 7-9 minutes.

4. Spray bosco sticks with butter spray.
5. Sprinkle parmesan cheese on top.
5. Let stand 2 minutes before serving.
CAUTION: FILLING MAY BE HOT!
Oven temperatures may vary. Adjust baking time and or temperature as necessary.

## 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** | 222.20 | | |
| **Fat** | 6.95g | | |
| **SaturatedFat** | 3.50g | | |
| **Trans Fat** | 0.01g | | |
| **Cholesterol** | 15.00mg | | |
| **Sodium** | 317.90mg | | |
| **Carbohydrates** | 25.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 13.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 238.50mg | **Iron** | 2.00mg |

# Marinara Cup

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11354 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SAUCE MARINARA DIPN CUP 84-2.5Z REDG | 1 Each | READY_TO_EAT<br>None | 677721 |

## Preparation Instructions

Ready to eat.

Warm in warming oven if desired.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 1.00 |
| **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** | 40.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 200.00mg | | |
| **Carbohydrates** | 8.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 4.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 20.00mg | **Iron** | 0.00mg |

# Baked Beans (1/2 cup)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11355 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BEAN BAKED 6-10 BUSH | 1/2 Cup | | 520098 |

## 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** | 0.13 |
| **Legumes** | 0.50 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 150.00 | | |
| **Fat** | 0.50g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 550.00mg | | |
| **Carbohydrates** | 30.00g | | |
| **Fiber** | 5.00g | | |
| **Sugar** | 12.00g | | |
| **Protein** | 7.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 50.00mg | **Iron** | 1.90mg |

# Sugar Cookie

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11356 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| DOUGH CKY SGR WGRAIN R/F 192-1.85Z | 1 Each | Prepare from frozen state. | 170041 |

## Preparation Instructions

Place 3 x 5 on standard lined sheet pan. Bake in preheated oven for 11-14 minutes. Convection oven: 310 degrees F. Cool at room temperature.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **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: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 193.90 | | |
| **Fat** | 6.00g | | |
| **SaturatedFat** | 2.10g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 18.00mg | | |
| **Sodium** | 200.00mg | | |
| **Carbohydrates** | 35.00g | | |
| **Fiber** | 3.70g | | |
| **Sugar** | 17.00g | | |
| **Protein** | 2.80g | | |
| **Vitamin A** | 106.50IU | **Vitamin C** | 0.03mg |
| **Calcium** | 14.60mg | **Iron** | 1.00mg |

# Potato Smiles (4 each)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 4.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11357 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| POTATO SMILES 26/ 6-4 OREI | 4 Piece | Prepare from frozen state. | 228818 |

## Preparation Instructions

Convection: Preheat oven to 425°F. Spread product evenly on a shallow baking pan. Bake for 9-13 minutes, turning once for uniform cooking.

For best results, cook from a frozen state using recommended time and temperature.

Always cook to a light golden color. Do not overcook.

### 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: 1.00
Serving Size: 4.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 129.46 | | |
| **Fat** | 4.48g | | |
| **SaturatedFat** | 0.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 179.25mg | | |
| **Carbohydrates** | 19.92g | | |
| **Fiber** | 1.99g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 1.99g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 2.39mg |
| **Calcium** | 0.00mg | **Iron** | 0.36mg |

# Green Beans (1/2 cup)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11358 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BEAN GREEN CUT MXD SV LO SOD 6-10 | 1/2 Cup | | 221990 |

## 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: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 20.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 110.00mg | | |
| **Carbohydrates** | 4.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 30.00mg | **Iron** | 0.40mg |

# White Milk 1%

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Milk |
| **Serving Size:** | 8.00 Fluid Ounce | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11360 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| 1 % White Milk | 8 Fluid Ounce | | |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 8.00 Fluid Ounce

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 100.00 | | |
| **Fat** | 2.50g | | |
| **SaturatedFat** | 1.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 15.00mg | | |
| **Sodium** | 120.00mg | | |
| **Carbohydrates** | 11.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 11.00g | | |
| **Protein** | 8.00g | | |
| **Vitamin A** | 10.00IU | **Vitamin C** | 2.00mg |
| **Calcium** | 30.00mg | **Iron** | 0.00mg |

# White Milk Skim

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Milk |
| **Serving Size:** | 8.00 Fluid Ounce | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11361 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| Prairie Farms Skim White Milk Carton | 8 Fluid Ounce | | |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 8.00 Fluid Ounce

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 80.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 5.00mg | | |
| **Sodium** | 120.00mg | | |
| **Carbohydrates** | 11.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 11.00g | | |
| **Protein** | 8.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Sub Sandwich (MS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11362 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TURKEY BRST SLCD OVN RSTD 6-2 JENNO | 2 Slice | 2 slices credits 1 oz m/ma | 689541 |
| TURKEY HAM UNCURED 6-2 JENNO | 1 Slice | 1 slice credits .5 oz m/ma | 690041 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | 1 slice credits .5 oz m/ma | 722360 |
| Whole Grain Hot Dog Bun - 2oz | 1 Each | | 4040 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.95 |
| **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** | 266.50 | | |
| **Fat** | 6.55g | | |
| **SaturatedFat** | 2.02g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 46.55mg | | |
| **Sodium** | 740.95mg | | |
| **Carbohydrates** | 30.02g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 5.18g | | |
| **Protein** | 22.06g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 96.00mg | **Iron** | 0.25mg |

# Ultimate Breakfast Round

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-11363 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| ROUND BKFST UBR OATML CHOC CHP 126CT | 1 Each | Thaw and serve. | 662342 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 270.00 | | |
| **Fat** | 8.00g | | |
| **SaturatedFat** | 2.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 5.00mg | | |
| **Sodium** | 180.00mg | | |
| **Carbohydrates** | 44.00g | | |
| **Fiber** | 6.00g | | |
| **Sugar** | 19.00g | | |
| **Protein** | 5.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 20.00mg | **Iron** | 1.08mg |

# Raisins

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 1.5 oz pkg | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-11364 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| RAISIN SELECT 1.5Z BOXES 24-6CT P/L | 1 Each | READY_TO_EAT | 544426 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 1.5 oz pkg

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 504.00 | | |
| **Fat** | 1.20g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 31.20mg | | |
| **Carbohydrates** | 124.00g | | |
| **Fiber** | 9.20g | | |
| **Sugar** | 116.00g | | |
| **Protein** | 4.80g | | |
| **Vitamin A** | 14.80IU | **Vitamin C** | 0.40mg |
| **Calcium** | 63.60mg | **Iron** | 4.68mg |

# Fresh Apple (1/2 each)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 0.50 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11365 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| APPLE GALA MI 138CT MRKN | 1/2 Each | | 569392 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 35.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.00mg | | |
| **Carbohydrates** | 9.00g | | |
| **Fiber** | 1.50g | | |
| **Sugar** | 6.50g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Fresh Apple

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11366 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| APPLE GALA MI 138CT MRKN | 1 Each | | 569392 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **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** | 70.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.00mg | | |
| **Carbohydrates** | 18.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 13.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Hot Dog on WG Bun

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11367 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| FRANKS BEEF 8/ 2-5 GFS | 1 Each | | 417350 |
| Hot Dog Bun WG | 1 Each | | 4266 |

## 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** | 330.00 | | |
| **Fat** | 18.00g | | |
| **SaturatedFat** | 6.00g | | |
| **Trans Fat** | 0.50g | | |
| **Cholesterol** | 35.00mg | | |
| **Sodium** | 700.00mg | | |
| **Carbohydrates** | 31.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 4.00g | | |
| **Protein** | 13.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 178.89mg | **Iron** | 2.27mg |

# Dinner Roll

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11368 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| Dinner Roll | 1 Each | | 6619 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **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: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 110.00 | | |
| **Fat** | 1.50g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 135.00mg | | |
| **Carbohydrates** | 20.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 3.00g | | |
| **Protein** | 4.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 110.00mg | **Iron** | 1.00mg |

# Hoagie Bun

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-11369 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| Deli Roll | 1 Each | | 6055 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.75 |
| **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** | 230.00 | | |
| **Fat** | 3.00g | | |
| **SaturatedFat** | 0.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 280.00mg | | |
| **Carbohydrates** | 42.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 6.00g | | |
| **Protein** | 10.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 240.00mg | **Iron** | 2.00mg |

# Donuts Mini Chocolate

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-11370 |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 320.00 | | |
| **Fat** | 16.00g | | |
| **SaturatedFat** | 9.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 310.00mg | | |
| **Carbohydrates** | 42.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 19.00g | | |
| **Protein** | 5.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 31.00mg | **Iron** | 2.00mg |

# Donuts Mini Powdered

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-11371 |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 270.00 | | |
| **Fat** | 11.00g | | |
| **SaturatedFat** | 4.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 290.00mg | | |
| **Carbohydrates** | 41.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 19.00g | | |
| **Protein** | 4.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 27.00mg | **Iron** | 1.00mg |

# Mashed Potatoes

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13223 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| POTATO PRLS EXCEL 12-28Z BAMER | 1 Serving | RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. | 613738 |

## Preparation Instructions

Pour 1 pouch of potato pearls into a steam table pan, add 1 gallon of boiling water to potatoes, promptly stir for 15-20 seconds to ensure even distribution. Allow potatoes to sit for 3-5 minutes, then stir/fluff with fork or hand mixer. Alternate preparation- pour 2 pouches potatoes into steam table pan and add 2 gallons of boiling water, promptly stir to ensure even distribution. Allow to sit for 3-5 min, then stir/fluff with fork or hand mixer. Cover and hold in warmer till service. PFS says you get 39 1/2 cup servings per bag.

CCP- Hold at 135°

### 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: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 70.00 | | |
| **Fat** | 1.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 340.00mg | | |
| **Carbohydrates** | 14.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 10.00mg | **Iron** | 0.30mg |

# Buttered Corn

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13224 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CORN WHL KERNEL R/SOD 6-10 P/L | 1/2 Cup | | 222011 |
| BUTTER SUB 24-4Z BTRBUDS | 1 Tablespoon | | 209810 |

## 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: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 87.00 | | |
| **Fat** | 1.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 190.00mg | | |
| **Carbohydrates** | 16.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 7.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.30mg |

# Strawberries Sliced

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13225 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| STRAWBERRY SLCD 4+1 6-6.5 GCHC | 1/2 Cup | | 293393 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 80.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.00mg | | |
| **Carbohydrates** | 19.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 16.50g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 9.00mg | **Iron** | 0.50mg |

# Chicken Gravy

| | | | |
|---|---|---|---|
| **Servings:** | 34.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 2.00 Tablespoon | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13226 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO | 1 Package | | 552061 |
| Tap Water for Recipes | 1 Gallon | UNPREPARED | 000001WTR |

## 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: 34.00
Serving Size: 2.00 Tablespoon

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 30.08 | | |
| **Fat** | 0.75g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 3.76mg | | |
| **Sodium** | 86.47mg | | |
| **Carbohydrates** | 4.51g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.75g | | |
| **Protein** | 0.75g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 7.52mg | **Iron** | 0.00mg |

# Taco in a Bag (PS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13231 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 2/5 Ounce | Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches 165 degrees. Avoid overloading kettles where bags can be trapped against side of kettle or pot. Open bag with caution as it will be hot. | 722330 |
| CHIP NACHO REDC FAT 72-1Z DORITOS | 1 Ounce | READY_TO_EAT<br>Use code date on bag to rotate product so the oldest product is consumed first. | 456090 |

## Preparation Instructions

SERVING SIZE:

2.4 OZ TACO MEAT

1-PKG NACHO CHEESE CHIPS (1 OZ PKG)

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.51 |
| **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 Serving

| **Amount Per Serving** | | | |
|---|---|---|---|
| **Calories** | | 214.34 | |
| **Fat** | | 8.71g | |
| **SaturatedFat** | | 2.36g | |
| **Trans Fat** | | 0.22g | |
| **Cholesterol** | | 26.50mg | |
| **Sodium** | | 421.00mg | |
| **Carbohydrates** | | 23.79g | |
| **Fiber** | | 3.51g | |
| **Sugar** | | 2.51g | |
| **Protein** | | 11.69g | |
| **Vitamin A** | 488.33IU | **Vitamin C** | 3.79mg |
| **Calcium** | 71.04mg | **Iron** | 1.81mg |

# Macaroni & Cheese

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 6.00 Ounce | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13232 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| ENTREE MACAR & CHS R/F WGRAIN 6-5 | 2/3 Cup | For best results, take pouches out of the case and thaw overnight in refrigerator prior to heating. Shelf life: Freezer = 365 days | 119122 |

## Preparation Instructions

The plastic pouch is sturdy enough to withstand heating in a steamer or boiling water. Heating time can vary with type of equipment use and number of pouches heated. Take internal temperature by placing thermometer in fold of pouch.

BOILING WATER METHOD: Place thawed unopened pouch in boiling water and heat for 40 minutes, or for frozen pouch heat 50 minutes to temperature of 165 degrees f.

STEAMER METHOD: The preferees method is to place thawed, unopened pouch in steamer and heat for 35 minutes or 50 minutes from frozen. Heat to temperature of 165 degrees F. When possible keep product in heated pouches until serving. Then pouches can be cut and product can be poured into serving pans. If pre-panned, keep product covered tightly.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 6.00 Ounce

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 290.00 | | |
| **Fat** | 11.00g | | |
| **SaturatedFat** | 6.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 30.00mg | | |
| **Sodium** | 980.00mg | | |
| **Carbohydrates** | 31.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 6.00g | | |
| **Protein** | 17.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 419.00mg | **Iron** | 1.00mg |

# Broccoli Steamed

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13233 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BROCCOLI FLORETS 6-4 GCHC | 1/2 Cup | | 610902 |

## Preparation Instructions

Remove broccoli from freezer. Open and layer in steamtable pan.

Spray with virgin oil and sprinkle with seasoning salt.

Cook to 165 degrees or until broccoli texture is reached, Hold in warmer 145 degrees or higher.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 3.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 100.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 60.00mg | | |
| **Carbohydrates** | 20.00g | | |
| **Fiber** | 12.00g | | |
| **Sugar** | 4.00g | | |
| **Protein** | 12.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 140.00mg | **Iron** | 4.00mg |

# Breakfast Egg & Cheese Muffin

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13235 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| MUFFIN EGG&CHS WGRAIN IW 96-3.3Z | 1 Each | BAKE<br>From thawed state in a convection oven at 275 degrees for 11-13 minutes. | 460332 |

## Preparation Instructions

No Preparation Instructions available.

### 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** | 210.00 | | |
| **Fat** | 9.00g | | |
| **SaturatedFat** | 4.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 75.00mg | | |
| **Sodium** | 420.00mg | | |
| **Carbohydrates** | 24.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 1.00g | | |
| **Protein** | 9.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# 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-13340 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| HAM SLCD NAT CHC 6-2 HRML | 3 Slice | 1 slice = .5 oz weight<br>3 slices = 1.5 oz weight | 645340 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| Hamburger Bun WGW 16 ct pkg | 1 Each | | 6693 |

## Preparation Instructions

Place 3 slices ham and 1 slice of cheese in the hamburger bun. Wrap with foil. Place wrapped sandwiches in the warmer until ready to serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **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** | 200.00 | | |
| **Fat** | 4.63g | | |
| **SaturatedFat** | 1.63g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 30.00mg | | |
| **Sodium** | 612.50mg | | |
| **Carbohydrates** | 22.75g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 4.25g | | |
| **Protein** | 16.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 216.00mg | **Iron** | 1.27mg |

# Hot Ham & Cheese Sandwich:HS

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13341 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| HAM SLCD NAT CHC 6-2 HRML | 4 Slice | 1 slice = .5 oz weight<br>4 slices = 2.0 oz weight | 645340 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 2 Slice | | 722360 |
| Bun Hamburger 12/ct Bimbo Bakeries | 1 Each | | 3447 |

## Preparation Instructions

Place 4 slices ham and 2 slices of cheese in the hamburger bun. Wrap with foil. Place wrapped sandwiches in the warmer until ready to serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.50 |
| **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** | 290.00 | | |
| **Fat** | 7.50g | | |
| **SaturatedFat** | 3.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 45.00mg | | |
| **Sodium** | 970.00mg | | |
| **Carbohydrates** | 34.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 6.00g | | |
| **Protein** | 24.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 392.00mg | **Iron** | 2.16mg |

# Cheetos Cheese Crackers WG

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 0.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13358 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SNACK CHS CRCKR TRAX WGRAIN 150-SSV | 1 Each | Ready to use. | 393533 |

## Preparation Instructions

Ready to use.

Shelf life: Use by expiration date

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 110.00 | | |
| **Fat** | 3.50g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 140.00mg | | |
| **Carbohydrates** | 17.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Veggie Juice Box

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13365 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| JUICE FRUITABLES PLUS TROP 40-4.23FLZ | 1 Each | Shelf Stable | 272122 |

## 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: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 60.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 15.00mg | | |
| **Carbohydrates** | 14.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 12.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 500.00IU | **Vitamin C** | 60.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Breakfast Bar Banana Choc Chunk

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13367 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BAR BKFST BAN CHOC CHNK IW 48-2.5Z | 1 Each | | 875860 |

## Preparation Instructions

Remove Product from Freezer. Thaw and serve.

Place in warming cabinet if wanting them warmed up.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 280.00 | | |
| **Fat** | 8.00g | | |
| **SaturatedFat** | 3.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 15.00mg | | |
| **Sodium** | 220.00mg | | |
| **Carbohydrates** | 48.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 23.00g | | |
| **Protein** | 5.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 20.00mg | **Iron** | 1.80mg |

# Breakfast Bar Oatmeal Choc Chip

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13370 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BAR BKFST OATML CHOC CHP BNFT 48-2.5Z | 1 Each | | 240721 |

## Preparation Instructions

Remove Product from Freezer. Thaw and serve.

Place in warming cabinet if wanting them warmed up.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 280.00 | | |
| **Fat** | 8.00g | | |
| **SaturatedFat** | 3.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 15.00mg | | |
| **Sodium** | 230.00mg | | |
| **Carbohydrates** | 47.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 20.00g | | |
| **Protein** | 5.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 30.00mg | **Iron** | 2.00mg |

# Fruit Cup-Mandarin Oranges

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13371 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| ORANGES MAND IN JCE 36-4.5Z GCHC | 1 Each | | 560912 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 50.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 9.00mg | | |
| **Carbohydrates** | 13.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 10.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 20.00mg | **Iron** | 0.40mg |

# Fruit Cup-Diced Peaches

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13372 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PEACH DCD CUP IN JCE 36-4Z DOLE | 1 Each | READY_TO_EAT<br>Ready to Eat | 131970 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 80.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 5.00mg | | |
| **Carbohydrates** | 19.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 18.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Fruit Cup-Diced Pears

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13373 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PEAR DCD CUP JCE 36-4Z DOLE | 1 Each | READY_TO_EAT<br>Ready to Eat | 275260 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 90.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 5.00mg | | |
| **Carbohydrates** | 22.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 18.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Baked Chicken Drumstick (PS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13379 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX DRMSTX BRD WGRAIN CKD 4-7.4 | 1 Piece | BAKE<br>Preparation: Appliances vary, adjust accordingly.<br>Conventional Oven<br>1. Preheat oven to 375°F.<br>2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.<br>3. Heat for 35-40 minutes.<br>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.<br>CONVECTION<br>Preparation: Appliances vary, adjust accordingly.<br>Convection Oven<br>1. Preheat oven to 350°F.<br>2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.<br>3. Heat for 25-30 minutes<br>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. | 603391 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 4.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | |
|---|---|
| **Calories** | 220.00 |
| **Fat** | 13.00g |
| **SaturatedFat** | 3.00g |
| **Trans Fat** | 0.00g |
| **Cholesterol** | 60.00mg |
| **Sodium** | 530.00mg |
| **Carbohydrates** | 6.00g |
| **Fiber** | 1.00g |
| **Sugar** | 0.00g |

| | | | |
|---|---|---|---|
| **Protein** | | 19.00g | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 14.00mg | **Iron** | 1.00mg |

# String Cheese

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13380 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHEESE STRING MOZZ LT IW 168-1Z LOL | 1 Each | | 786801 |

## Preparation Instructions

1 case = 168 / 1 oz sticks

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 60.00 | | |
| **Fat** | 3.00g | | |
| **SaturatedFat** | 2.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 10.00mg | | |
| **Sodium** | 200.00mg | | |
| **Carbohydrates** | 1.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 1.00g | | |
| **Protein** | 7.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 198.00mg | **Iron** | 0.00mg |

# Applesauce Cup Strawberry

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13382 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| APPLESAUCE STRAWB UNSWT CUP 96-4.5Z | 1 Each | | 699211 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 60.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 10.00mg | | |
| **Carbohydrates** | 15.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 12.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Muffin - Choc & Choc Chip WG

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13383 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z | 1 Each | Thaw & Serve | 557991 |

## Preparation Instructions

Thaw and serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 190.00 | | |
| **Fat** | 6.00g | | |
| **SaturatedFat** | 2.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 35.00mg | | |
| **Sodium** | 130.00mg | | |
| **Carbohydrates** | 33.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 17.00g | | |
| **Protein** | 3.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 40.00mg | **Iron** | 1.50mg |

# Muffin - Blueberry WG

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13384 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557970 |

## Preparation Instructions

Thaw and serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 190.00 | | |
| **Fat** | 6.00g | | |
| **SaturatedFat** | 2.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 30.00mg | | |
| **Sodium** | 130.00mg | | |
| **Carbohydrates** | 30.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 16.00g | | |
| **Protein** | 3.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 30.00mg | **Iron** | 0.90mg |

# Muffin - Banana WG

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13385 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA | 1 Each | Thaw and serve. | 557981 |

## Preparation Instructions

Thaw and serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 190.00 | | |
| **Fat** | 6.00g | | |
| **SaturatedFat** | 2.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 40.00mg | | |
| **Sodium** | 130.00mg | | |
| **Carbohydrates** | 30.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 17.00g | | |
| **Protein** | 3.00g | | |
| **Vitamin A** | 100.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 20.00mg | **Iron** | 0.72mg |

# Muffin - Apple Cinnamon WG

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13386 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| MUFFIN APPL CINN WGRAIN IW 72-2Z | 1 Each | Thaw and serve. | 558011 |

## Preparation Instructions

Thaw and serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 180.00 | | |
| **Fat** | 6.00g | | |
| **SaturatedFat** | 2.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 35.00mg | | |
| **Sodium** | 125.00mg | | |
| **Carbohydrates** | 32.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 16.00g | | |
| **Protein** | 3.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 30.00mg | **Iron** | 0.90mg |

# Pop-Tart Cinnamon

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13387 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PASTRY POP-TART WGRAIN CINN 120-1CT | 1 Piece | | 695880 |

## Preparation Instructions

Item Yield: 1 case = 120 pastries, pop-tart, cinnamon WG, individually wrapped

Product is pre-packaged and is ready to eat at room temperature or can be served warm.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 190.00 | | |
| **Fat** | 3.00g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 200.00mg | | |
| **Carbohydrates** | 38.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 16.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 500.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 100.00mg | **Iron** | 1.80mg |

# Pop-Tart Fudge

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13388 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PASTRY POP-TART WGRAIN FUDG 120-1CT | 1 Each | | 452062 |

## Preparation Instructions

Item Yield: 1 case = 120 pastries, pop-tart, cinnamon WG, individually wrapped

Product is pre-packaged and is ready to eat at room temperature or can be served warm.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 190.00 | | |
| **Fat** | 3.00g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 200.00mg | | |
| **Carbohydrates** | 38.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 15.00g | | |
| **Protein** | 3.00g | | |
| **Vitamin A** | 500.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 100.00mg | **Iron** | 1.80mg |

# Pop-Tart Strawberry

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13389 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PASTRY POP-TART WGRAIN STRAWB 120-1CT | 1 Piece | | 695890 |

## Preparation Instructions

Item Yield: 1 case = 120 pastries, pop-tart, cinnamon WG, individually wrapped

Product is pre-packaged and is ready to eat at room temperature or can be served warm.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 180.00 | | |
| **Fat** | 2.50g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 190.00mg | | |
| **Carbohydrates** | 38.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 15.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 500.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 130.00mg | **Iron** | 1.80mg |

# Apples, Sliced Fresh Cut

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 Package | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13391 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| APPLE FRSH SLCD 100-2Z P/L | 1 Package | READY_TO_EAT | 473171 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Package

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 30.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.00mg | | |
| **Carbohydrates** | 7.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 6.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 20.00mg |
| **Calcium** | 20.00mg | **Iron** | 0.00mg |

# Sun Splash Juice Box

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13392 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| JUICE SUN SPLASH 100 VEG 40-4.23FLZ | 1 Each | Shelf Stable | 214513 |

## 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: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 60.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 10.00mg | | |
| **Carbohydrates** | 15.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 13.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 10.00mg | **Iron** | 0.00mg |

# Pineapple Tidbits

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13393 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PINEAPPLE TIDBITS IN JCE 6-10 GCHC | 1/2 Cup | | 189979 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

| **Amount Per Serving** | | | |
|---|---|---|---|
| **Calories** | 59.70 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.00mg | | |
| **Carbohydrates** | 14.93g | | |
| **Fiber** | 0.75g | | |
| **Sugar** | 12.69g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 5.22mg | **Iron** | 0.30mg |

# Paradise Punch Juice Box

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13394 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| JUICE BOX PARADS PNCH 40-4.23FLZ | 1 Each | Chill prior to serving. | 698261 |

## Preparation Instructions

Chill prior to serving. Ready to serve.

### 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: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 60.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 5.00mg | | |
| **Carbohydrates** | 14.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 13.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Celery Sticks

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 3.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13395 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CELERY STIX 4-3 RSS | 1 Each | | 781592 |

## 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** | 0.02 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 3.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 0.36 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 1.90mg | | |
| **Carbohydrates** | 0.07g | | |
| **Fiber** | 0.05g | | |
| **Sugar** | 0.05g | | |
| **Protein** | 0.02g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.95mg | **Iron** | 0.00mg |

# Sunbutter

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Tablespoon | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13396 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SPREAD SUNFLWR SD CRMY 6-5# SUNBTR | 1 Tablespoon | | 889483 |

## Preparation Instructions

2 T. = 1 oz m/ma

1 T. - .5 oz m/ma

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.50 |
| **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: 1.00

Serving Size: 1.00 Tablespoon

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 100.00 | | |
| **Fat** | 8.00g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 60.00mg | | |
| **Carbohydrates** | 3.50g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 1.50g | | |
| **Protein** | 3.50g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 10.00mg | **Iron** | 0.70mg |

# Mustard Packet

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13397 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| MUSTARD PKT 500-5.5GM GFS | 1 Each | | 700051 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 0.00 | | |
| **Fat** | 0.20g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 85.60mg | | |
| **Carbohydrates** | 0.00g | | |
| **Fiber** | 0.10g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 0.20g | | |
| **Vitamin A** | 0.50IU | **Vitamin C** | 0.04mg |
| **Calcium** | 4.36mg | **Iron** | 0.10mg |

# Mayo Lite Packet

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13398 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| MAYONNAISE LT PKT 200-12GM GCHC | 1 Each | | 188741 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 50.00 | | |
| **Fat** | 4.50g | | |
| **SaturatedFat** | 0.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 10.00mg | | |
| **Sodium** | 70.00mg | | |
| **Carbohydrates** | 2.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 2.00mg | **Iron** | 0.00mg |

# Clementines (2 each)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 2.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13399 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CLEMENTINE 5 SPECLTY | 1/2 Cup | 2 = 1/2 cup fruit | 225200 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 2.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 51.70 | | |
| **Fat** | 0.30g | | |
| **SaturatedFat** | 0.05g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 1.95mg | | |
| **Carbohydrates** | 13.00g | | |
| **Fiber** | 1.75g | | |
| **Sugar** | 10.50g | | |
| **Protein** | 0.80g | | |
| **Vitamin A** | 663.98IU | **Vitamin C** | 26.04mg |
| **Calcium** | 36.08mg | **Iron** | 0.15mg |

# Taco Filling, Beef, RF

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 2.40 Ounce | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13400 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 2/5 Ounce | | 722330 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.51 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 2.40 Ounce

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 84.34 | | |
| **Fat** | 3.71g | | |
| **SaturatedFat** | 1.36g | | |
| **Trans Fat** | 0.22g | | |
| **Cholesterol** | 26.50mg | | |
| **Sodium** | 221.00mg | | |
| **Carbohydrates** | 3.79g | | |
| **Fiber** | 1.51g | | |
| **Sugar** | 1.51g | | |
| **Protein** | 9.69g | | |
| **Vitamin A** | 488.33IU | **Vitamin C** | 3.79mg |
| **Calcium** | 31.04mg | **Iron** | 1.51mg |

# Lettuce Shredded

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13401 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| LETTUCE SHRD TACO 1/8CUT 4-5 RSS | 1/2 Cup | | 242489 |

## 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** | 0.25 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 5.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 2.50mg | | |
| **Carbohydrates** | 1.00g | | |
| **Fiber** | 0.50g | | |
| **Sugar** | 0.50g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 5.00mg | **Iron** | 0.00mg |

# Taco Filling, Beef, RF

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 3.17 Ounce | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13402 |
| **School:** | West Carroll High School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 3 1/6 Ounce | | 722330 |

## 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** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 3.17 Ounce

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 111.40 | | |
| **Fat** | 4.90g | | |
| **SaturatedFat** | 1.80g | | |
| **Trans Fat** | 0.29g | | |
| **Cholesterol** | 35.00mg | | |
| **Sodium** | 291.90mg | | |
| **Carbohydrates** | 5.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 12.80g | | |
| **Vitamin A** | 645.00IU | **Vitamin C** | 5.00mg |
| **Calcium** | 41.00mg | **Iron** | 2.00mg |

# Taco Filling, Beef, RF

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 2.40 Ounce | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13403 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 2/5 Ounce | | 722330 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.51 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 2.40 Ounce

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 84.34 | | |
| **Fat** | 3.71g | | |
| **SaturatedFat** | 1.36g | | |
| **Trans Fat** | 0.22g | | |
| **Cholesterol** | 26.50mg | | |
| **Sodium** | 221.00mg | | |
| **Carbohydrates** | 3.79g | | |
| **Fiber** | 1.51g | | |
| **Sugar** | 1.51g | | |
| **Protein** | 9.69g | | |
| **Vitamin A** | 488.33IU | **Vitamin C** | 3.79mg |
| **Calcium** | 31.04mg | **Iron** | 1.51mg |

# Doritos RF

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Package | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13405 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIP NACHO REDC FAT 72-1Z DORITOS | 1 Ounce | READY_TO_EAT<br>Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering<br>box lunches. Contact PepsiCo Foodservice for display equipment options. | 456090 |

## Preparation Instructions

No Preparation Instructions available.

### 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** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Package

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 130.00 | | |
| **Fat** | 5.00g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 200.00mg | | |
| **Carbohydrates** | 20.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 1.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 40.00mg | **Iron** | 0.30mg |

# Shredded Cheese

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 0.50 Ounce | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13406 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHEESE MOZZ SHRD 4-5 LOL | 1/4 Ounce | | 645170 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Ounce | | 150250 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.50 |
| **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: 1.00
Serving Size: 0.50 Ounce

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 50.00 | | |
| **Fat** | 3.75g | | |
| **SaturatedFat** | 2.38g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 11.25mg | | |
| **Sodium** | 92.50mg | | |
| **Carbohydrates** | 0.50g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.25g | | |
| **Protein** | 3.50g | | |
| **Vitamin A** | 75.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 101.00mg | **Iron** | 0.00mg |

# Shredded Cheese

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Ounce | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13407 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHEESE MOZZ SHRD 4-5 LOL | 1/2 Ounce | | 645170 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/2 Ounce | | 150250 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Ounce

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 100.00 | | |
| **Fat** | 7.50g | | |
| **SaturatedFat** | 4.75g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 22.50mg | | |
| **Sodium** | 185.00mg | | |
| **Carbohydrates** | 1.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.50g | | |
| **Protein** | 7.00g | | |
| **Vitamin A** | 150.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 202.00mg | **Iron** | 0.00mg |

# Salsa (1/4 cup)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.25 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13408 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SALSA 103Z 6-10 REDG | 1/4 Cup | READY_TO_EAT<br>None | 452841 |

## 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** | 0.36 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.25 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 21.45 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 148.72mg | | |
| **Carbohydrates** | 4.29g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 1.43g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 1.43mg |

# Salsa

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 2.00 Tablespoon | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13409 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SALSA 103Z 6-10 REDG | 2 Tablespoon | READY_TO_EAT<br>None | 452841 |

## 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** | 0.17 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 2.00 Tablespoon

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 10.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 69.33mg | | |
| **Carbohydrates** | 2.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.67g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.67mg |

# Loaded Tater Tots (PS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13421 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| POTATO TOTS 6-5# SIMPL | 8 Each | | 231141 |
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 Ounce | Thaw product under refrigeration for 3 days prior to preparation. | 722330 |
| SAUCE CHS CHED POUCH 6-106Z LOL | 1 1/2 Ounce | Use 2 oz spoodle to serve cheese sauce. | 135261 |

## Preparation Instructions

SERVING = 8 TATER TOTS, 2 OZ TACO MEAT AND 1.5 OZ (2 OZ SPOODLE) CHEESE SAUCE

Tater tots: Preheat convection to 450 degrees. Place frozen tots in a single layer on baking pans. Bake for 10-15 minutes (times will vary depending on how many trays per oven).

Taco Meat: Place sealed bags in a steamer or in boilling water. Heat approximately 30 minutes or until product reaches serving temperature. Or you can open the bags and pour thawed taco meat into steamtable pan, cover with foil and heat in oven until product reaches serving temperature.

Cheese Sauce: Unopened pouch may be heated in boiling water or steamer (peel off label prior to "in pouch" heating). Boiling method: 15-18 minutes. Steamer method: 12-15 minutes. Do not microwave.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.81 |
| **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 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 218.41 | | |
| **Fat** | 10.72g | | |
| **SaturatedFat** | 2.51g | | |
| **Trans Fat** | 0.18g | | |
| **Cholesterol** | 23.96mg | | |
| **Sodium** | 408.54mg | | |
| **Carbohydrates** | 19.47g | | |
| **Fiber** | 2.26g | | |
| **Sugar** | 1.26g | | |
| **Protein** | 9.51g | | |
| **Vitamin A** | 406.94IU | **Vitamin C** | 3.15mg |
| **Calcium** | 43.81mg | **Iron** | 1.66mg |

# Loaded Tater Tots (MS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13447 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| POTATO TOTS 6-5# SIMPL | 8 Each | | 231141 |
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 Ounce | Thaw product under refrigeration for 3 days prior to preparation. | 722330 |
| SAUCE CHS CHED POUCH 6-106Z LOL | 1 1/2 Ounce | Use 2 oz spoodle to serve cheese sauce. | 135261 |

## Preparation Instructions

SERVING = 8 TATER TOTS, 2 OZ TACO MEAT AND 1.5 OZ (1/4 CUP) CHEESE SAUCE

Tater tots: Preheat convection to 450 degrees. Place frozen tots in a single layer on baking pans. Bake for 10-15 minutes (times will vary depending on how many trays per oven).

Taco Meat: Place sealed bags in a steamer or in boilling water. Heat approximately 30 minutes or until product reaches serving temperature. Or you can open the bags and pour thawed taco meat into steamtable pan, cover with foil and heat in oven until product reaches serving temperature.

Cheese Sauce: Unopened pouch may be heated in boiling water or steamer (peel off label prior to "in pouch" heating). Boiling method: 15-18 minutes. Steamer method: 12-15 minutes. Do not microwave.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.81 |
| **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 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 218.41 | | |
| **Fat** | 10.72g | | |
| **SaturatedFat** | 2.51g | | |
| **Trans Fat** | 0.18g | | |
| **Cholesterol** | 23.96mg | | |
| **Sodium** | 408.54mg | | |
| **Carbohydrates** | 19.47g | | |
| **Fiber** | 2.26g | | |
| **Sugar** | 1.26g | | |
| **Protein** | 9.51g | | |
| **Vitamin A** | 406.94IU | **Vitamin C** | 3.15mg |
| **Calcium** | 43.81mg | **Iron** | 1.66mg |

# Loaded Baked Potato with Taco Meat

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13450 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| POTATO BAKER BABY WHL 6-2.5 RSTWRKS | 1/2 Cup | Bake potatoes in convection oven at 375 degrees for 13-18 minutes in a single layer on a sheet pan. | 697990 |
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 Ounce | Thaw product under refrigeration for 3 days prior to preparation. | 722330 |
| SAUCE CHS CHED POUCH 6-106Z LOL | 3 Ounce | Use 3 oz spoodle to serv the cheese sauce. | 135261 |

## Preparation Instructions

SERVING = 1/2 CUP BABY BAKER POTATOES, 2 OZ TACO MEAT and 3 OZ (3 OZ SPOODLE) CHEESE SAUCE

Baby Bakers: Bake in convection oven at 375 degrees for 13-18 minutes in a single layer on sheet pan.

Taco Meat: Place sealed bags in a steamer or in boilling water. Heat approximately 30 minutes or until product reaches serving temperature. Or you can open the bags and pour thawed taco meat into steamtable pan, cover with foil and heat in oven until product reaches serving temperature.

Cheese Sauce: Unopened pouch may be heated in boiling water or steamer (peel off label prior to "in pouch" heating). Boiling method: 15-18 minutes. Steamer method: 12-15 minutes. Do not microwave.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.36 |
| **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 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 186.53 | | |
| **Fat** | 6.34g | | |
| **SaturatedFat** | 1.89g | | |
| **Trans Fat** | 0.18g | | |
| **Cholesterol** | 25.83mg | | |
| **Sodium** | 432.91mg | | |
| **Carbohydrates** | 20.78g | | |
| **Fiber** | 1.26g | | |
| **Sugar** | 1.26g | | |
| **Protein** | 11.95g | | |
| **Vitamin A** | 406.94IU | **Vitamin C** | 3.15mg |
| **Calcium** | 71.74mg | **Iron** | 2.06mg |

# Nutri-grain Bar (assorted)

| | | | |
|---|---|---|---|
| **Servings:** | 3.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13480 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BAR STRAWB WGRAIN 96CT NUTRIGRAIN | 1 Each | 1 CASE = 96 BARS | 209761 |
| BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN | 1 Each | 1 CASE = 96 BARS | 209741 |
| BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN | 1 Each | 1 CASE = 96 BARS | 498170 |

## Preparation Instructions

READY-TO-EAT

### 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** | 150.00 | | |
| **Fat** | 3.50g | | |
| **SaturatedFat** | 0.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 140.00mg | | |
| **Carbohydrates** | 30.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 14.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 140.00mg | **Iron** | 1.90mg |

# Variety of Fresh Fruit (apple slices, orange or banana)

| | | | |
|---|---|---|---|
| **Servings:** | 75.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13504 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| ORANGES FANCY 72-88CT MRKN | 25 Each | | 198005 |
| BANANA TURNING SNGL 150CT 40 P/L | 25 Each | | 197769 |
| APPLE SLCD FRSH | 25 Package | | 530851 |

## 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: 75.00
Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 60.15 | | |
| **Fat** | 0.17g | | |
| **SaturatedFat** | 0.03g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 1.02mg | | |
| **Carbohydrates** | 15.83g | | |
| **Fiber** | 2.30g | | |
| **Sugar** | 9.33g | | |
| **Protein** | 0.68g | | |
| **Vitamin A** | 93.10IU | **Vitamin C** | 19.68mg |
| **Calcium** | 13.79mg | **Iron** | 0.14mg |

# Cheese Sauce

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 0.25 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13505 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SAUCE CHS CHED POUCH 6-106Z LOL | 1/4 Cup | 1/4 cup = approx. 2.2 oz = credits .75 oz m/ma | 135261 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.75 |
| **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: 1.00
Serving Size: 0.25 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 10.83 | | |
| **Fat** | 0.83g | | |
| **SaturatedFat** | 0.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 2.50mg | | |
| **Sodium** | 45.83mg | | |
| **Carbohydrates** | 0.42g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 0.58g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 23.92mg | **Iron** | 0.00mg |

# Cheese Sauce

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 2.00 Tablespoon | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13506 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SAUCE CHS CHED POUCH 6-106Z LOL | 2 Tablespoon | 1/8 cup = approx. 1.1 oz = credits .25 oz m/ma | 135261 |

## 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** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 2.00 Tablespoon

| **Amount Per Serving** | | | |
|---|---|---|---|
| **Calories** | 5.42 | | |
| **Fat** | 0.42g | | |
| **SaturatedFat** | 0.25g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 1.25mg | | |
| **Sodium** | 22.92mg | | |
| **Carbohydrates** | 0.21g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 0.29g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 11.96mg | **Iron** | 0.00mg |

# Roasted Broccoli

| | | | |
|---|---|---|---|
| **Servings:** | 60.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.25 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13508 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BROCCOLI FLORETS 6-4 GCHC | 6 Pound | | 610902 |
| OIL OLV XVGRN 3-1GAL FILIPPO | 1/2 Cup | | 645142 |
| SPICE GARLIC POWDER 21Z TRDE | 3/4 Teaspoon | | 224839 |
| SALT IODIZED 18-2.25 GCHC | 3/4 Teaspoon | | 350732 |
| SPICE PEPR BLK REG GRIND 16Z TRDE | 3/4 Teaspoon | | 225037 |

## Preparation Instructions

1. Preheat convection oven to 400 degrees F or conventional oven to 425 degrees F.
2. Spray an 18x26 sheet pan with non-stick spray or use a pan liner sheet that has been sprayed with non-stick spray.
3. In a large bowl, whisk the olive oi, garlic powder, salt and pepper. Add the broccoli and using a spatula, toss to coat evenly.
4. Place the broccoli in a single layer on two full-size sheet pand (3 lbs per sheet pan).
5. Roast for 25-30 minutes, or until fork-tender and tips are beginning to brown.
6. Transfer the broccoli to 2 1/2 in deep full size steamtable pans for service.
7. Serve 1/4 cup portions with a 2 oz spoodle.

## Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.90 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

## Nutrition Facts

Servings Per Recipe: 60.00
Serving Size: 0.25 Cup

| Amount Per Serving | |
|---|---|
| **Calories** | 46.13 |
| **Fat** | 1.87g |
| **SaturatedFat** | 0.27g |
| **Trans Fat** | 0.00g |
| **Cholesterol** | 0.00mg |
| **Sodium** | 22.94mg |
| **Carbohydrates** | 6.05g |
| **Fiber** | 3.61g |
| **Sugar** | 1.20g |

| | | | |
|---|---|---|---|
| **Protein** | | 3.61g | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 42.03mg | **Iron** | 1.20mg |

# Jonny Pop Fruit Bar

| | | | |
|---|---|---|---|
| **Servings:** | 2.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13509 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| NOVELTY FZ POP STRAWB BAN 96-1.55FLZ | 1 Each | | 857571 |
| NOVELTY FZ POP TRPL BERRY 96-1.55FLZ | 1 Each | | 134142 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.32 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 2.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 50.00 | | |
| **Fat** | 0.75g | | |
| **SaturatedFat** | 0.25g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 2.50mg | | |
| **Sodium** | 25.00mg | | |
| **Carbohydrates** | 10.50g | | |
| **Fiber** | 0.50g | | |
| **Sugar** | 10.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 6.00mg |
| **Calcium** | 20.00mg | **Iron** | 0.00mg |

# Soft Shell Taco (taco beef, shell and cheese)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13510 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TORTILLA FLOUR ULTRGR 6 30-12CT | 1 Each | Refrigerated Product that can be used directly from the bag. SHELF LIFE: cooler = 90 days from the date of production. | 882690 |
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 2/5 Ounce | Thaw product under refrigeration for 3 days prior to preparation. | 722330 |
| CHEESE MOZZ SHRD 4-5 LOL | 1/4 Ounce | | 645170 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Ounce | | 150250 |

## Preparation Instructions

Place Sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. Avoid overloading kettles where bags can be trapped against side of kettle or pot. Open bag with caution as it will be hot.

1 SERVING:

1 TORTILLA SHELL

2.4 OZ TACO FILLING

1/2 OZ SHREDDED CHEESE (mixture of 1/4 oz shredded cheddar and 1/4 oz shredded mozzarella)

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.01 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

| Amount Per Serving | |
|---|---|
| **Calories** | 224.34 |
| **Fat** | 9.96g |
| **SaturatedFat** | 4.74g |
| **Trans Fat** | 0.22g |
| **Cholesterol** | 37.75mg |
| **Sodium** | 388.50mg |
| **Carbohydrates** | 19.29g |
| **Fiber** | 3.51g |

| | | | |
|---|---|---|---|
| **Sugar** | | 2.76g | |
| **Protein** | | 15.19g | |
| **Vitamin A** | 563.33IU | **Vitamin C** | 3.79mg |
| **Calcium** | 156.04mg | **Iron** | 2.51mg |

# Popcorn Chicken (10 each)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 10.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13511 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX PCORN LRG WGRAIN CKD 6-5 | 10 Each | BAKE<br>FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. | 536620 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 10.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 260.00 | | |
| **Fat** | 13.00g | | |
| **SaturatedFat** | 3.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 70.00mg | | |
| **Sodium** | 550.00mg | | |
| **Carbohydrates** | 17.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 19.00g | | |
| **Vitamin A** | 200.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 20.00mg | **Iron** | 1.44mg |

# French Toast Sticks (3 ea)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 3.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13512 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| FRENCH TST STIX CINN WGRAIN 100-3CT | 3 Each | Prepare from frozen. Heat and serve. | 667462 |

## Preparation Instructions

Heat and serve.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 3.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 210.00 | | |
| **Fat** | 9.00g | | |
| **SaturatedFat** | 2.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 105.00mg | | |
| **Sodium** | 290.00mg | | |
| **Carbohydrates** | 26.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 11.00g | | |
| **Protein** | 8.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 59.00mg | **Iron** | 1.00mg |

# Breaded Chicken Patty on WG bun

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13513 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX BRST BRD FLLT WGRAIN CKD 120-4Z | 1 Each | BAKE<br>FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F. | 666531 |
| Hamburger Bun WGW 16 ct pkg | 1 Each | | 6693 |

## 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 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 336.00 | | |
| **Fat** | 9.50g | | |
| **SaturatedFat** | 1.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 50.00mg | | |
| **Sodium** | 750.00mg | | |
| **Carbohydrates** | 39.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 3.00g | | |
| **Protein** | 23.00g | | |
| **Vitamin A** | 200.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 140.00mg | **Iron** | 2.08mg |

# Fruit Slushie Cup

| | | | |
|---|---|---|---|
| **Servings:** | 4.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13514 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SLUSHIE BL RASP/LEM 84CT SIDEKICKS | 1 Each | READY_TO_EAT<br>Remove from freezer and let sit out a short time before eating | 794181 |
| SLUSHIE SR CHRY-LEM 84-4.4FLZ | 1 Each | READY_TO_EAT<br>Remove from freezer and let sit out a short time before eating | 667911 |
| SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS | 1 Each | READY_TO_EAT<br>Remove from freezer and let sit out a short time before eating | 863880 |
| SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC | 1 Each | READY_TO_EAT<br>Remove from freezer and let sit out a short time before eating | 863890 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.63 |
| **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** | 90.00 |
| **Fat** | 0.00g |
| **SaturatedFat** | 0.00g |
| **Trans Fat** | 0.00g |
| **Cholesterol** | 0.00mg |
| **Sodium** | 31.25mg |
| **Carbohydrates** | 22.00g |
| **Fiber** | 0.00g |
| **Sugar** | 18.75g |
| **Protein** | 0.00g |

| | | | |
|---|---|---|---|
| **Vitamin A** | 1187.50IU | **Vitamin C** | 60.00mg |

| | | | |
|---|---|---|---|
| **Calcium** | 80.00mg | **Iron** | 0.00mg |

# Spaghetti w/ meat sauce (PS)

| | | | |
|---|---|---|---|
| **Servings:** | 266.00 | **Category:** | Entree |
| **Serving Size:** | 0.75 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13515 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BEEF GRND 81/19 FINE GRIND 6-10AVG | 40 Pound | | 272691 |
| PASTA SPAG 51 WGRAIN 2-10 | 20 Pound | | 221460 |
| SAUCE SPAGHETTI FCY 6-10 REDPK | 12 #10 CAN | | 852759 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.75 |
| **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: 266.00
Serving Size: 0.75 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 294.31 | | |
| **Fat** | 9.92g | | |
| **SaturatedFat** | 3.99g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 33.27mg | | |
| **Sodium** | 539.12mg | | |
| **Carbohydrates** | 36.62g | | |
| **Fiber** | 6.39g | | |
| **Sugar** | 9.18g | | |
| **Protein** | 17.51g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 33.92mg | **Iron** | 1.94mg |

# Spaghetti w/ meat sauce (HS)

| | | | |
|---|---|---|---|
| **Servings:** | 200.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13517 |
| **School:** | West Carroll High School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BEEF GRND 81/19 FINE GRIND 6-10AVG | 40 Pound | | 272691 |
| PASTA SPAG 51 WGRAIN 2-10 | 20 Pound | | 221460 |
| SAUCE SPAGHETTI FCY 6-10 REDPK | 12 #10 CAN | | 852759 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.25 |
| **Grain** | 1.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.50 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 200.00
Serving Size: 1.00 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 391.43 | | |
| **Fat** | 13.19g | | |
| **SaturatedFat** | 5.31g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 44.25mg | | |
| **Sodium** | 717.04mg | | |
| **Carbohydrates** | 48.71g | | |
| **Fiber** | 8.50g | | |
| **Sugar** | 12.20g | | |
| **Protein** | 23.29g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 45.12mg | **Iron** | 2.58mg |

# Nacho Supreme (PS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13518 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 2/5 Ounce | | 722330 |
| SAUCE CHS QUESO JALAP POUC 6-106Z LOL | 1/4 Cup | 1/4 cup=2.2 oz=.5 m/ma | 135271 |
| CHIP TORTL YEL RND 12-16Z SHEAR | 1/2 Ounce | 1/2 oz = approx 5 chips= .5 oz grain credit | 512530 |

## Preparation Instructions

SERVING: 2.4 OZ TACO MEAT, 1/4 CUP CHEESE SAUCE AND 1/2 OZ TORTILLA CHIPS

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.51 |
| **Grain** | 0.63 |
| **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 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 161.01 | | |
| **Fat** | 7.54g | | |
| **SaturatedFat** | 2.11g | | |
| **Trans Fat** | 0.22g | | |
| **Cholesterol** | 29.00mg | | |
| **Sodium** | 323.50mg | | |
| **Carbohydrates** | 14.20g | | |
| **Fiber** | 2.51g | | |
| **Sugar** | 1.51g | | |
| **Protein** | 11.27g | | |
| **Vitamin A** | 488.33IU | **Vitamin C** | 3.79mg |
| **Calcium** | 54.96mg | **Iron** | 1.81mg |

# Twisted Garlic Breadstick

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13565 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BREADSTICK GARL WGRAIN TWST 54-2.1Z | 1 Each | Prepare from frozen state. | 644051 |

## Preparation Instructions

SERVING: 1 breadstick = 2 oz grain

Preheat convection oven to 350 degrees F.

Place frozen breadsticks on a baking sheet and bake for 6-8 minutes.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 150.00 | | |
| **Fat** | 3.00g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 180.00mg | | |
| **Carbohydrates** | 26.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 5.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 16.00mg | **Iron** | 1.00mg |

# Tri Taters (5 ea)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 5.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13566 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| HASHBROWN TRIANGLE TNY 6-5# SIMPL | 5 Each | 5 EACH = 5 OZ | 446751 |

## Preparation Instructions

Convection Oven: Preheat oven to 400 degrees F. Arrange taters in a single layer on sheet pans. Bake for 10-15 minutes.

Standard Oven: Preheat oven to 400 degrees F. Arrange Taters in a single layer on sheet pans. Bake for 20-25 minutes.

CASE: 6/5# BAGS = 96 SERVINGS (5 EACH) = CREDITS 1/2 CUP STARCHY VEG

BAG: 5# = 16 SERVINGS (5 EACH) = CREDITS 1/2 CUP STARCHY VEG

### 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: 1.00
Serving Size: 5.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 220.00 | | |
| **Fat** | 10.00g | | |
| **SaturatedFat** | 1.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 550.00mg | | |
| **Carbohydrates** | 32.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 3.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.90mg |

# Sausage Links (2 each)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 2.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13571 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SAUSAGE LINK LO SOD CKD 160-1Z JDF | 2 Each | Precooked links | 278201 |

## Preparation Instructions

Preheat oven to 325 degrees F.

Heat 10-12 minutes if frozen and 8-10 minutes if thawed.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 240.00 | | |
| **Fat** | 24.00g | | |
| **SaturatedFat** | 8.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 40.00mg | | |
| **Sodium** | 180.00mg | | |
| **Carbohydrates** | 0.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 8.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.72mg |

# Loaded Baked Potato with Chili

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13572 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| POTATO BAKER BABY WHL 6-2.5 RSTWRKS | 1/2 Cup | Bake potatoes in convection oven at 375 degrees for 13-18 minutes in a single layer on a sheet pan. | 697990 |
| CHILI BEEF W/BEAN 6-5 COMM | 3 Ounce | KEEP FROZEN Place sealed bag in a steamer or in boiling water.<br>Heat Approximately 30 minutes or until product reaches serving<br>temperature. CAUTION: Open bag carefully to avoid being burned | 344012 |
| SAUCE CHS CHED POUCH 6-106Z LOL | 3 Ounce | Use 3 oz spoodle to serve the cheese sauce. | 135261 |

## Preparation Instructions

SERVING = 1/2 CUP BABY BAKER POTATOES, 3 OZ JTM CHILI and 3 OZ (3 oz spoodle) CHEESE SAUCE

Baby Bakers: Bake in convection oven at 375 degrees for 13-18 minutes in a single layer on sheet pan.

Chili: Place sealed bags in a steamer or in boilling water. Heat approximately 30 minutes or until product reaches serving temperature. Or you can open the bags and pour thawed taco meat into steamtable pan, cover with foil and heat in oven until product reaches serving temperature.

Cheese Sauce: Unopened pouch may be heated in boiling water or steamer (peel off label prior to "in pouch" heating). Boiling method: 15-18 minutes. Steamer method: 12-15 minutes. Do not microwave.

## 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 Serving

| Amount Per Serving | |
|---|---|
| **Calories** | 194.46 |
| **Fat** | 5.82g |
| **SaturatedFat** | 1.62g |
| **Trans Fat** | 0.00g |
| **Cholesterol** | 19.70mg |
| **Sodium** | 367.10mg |
| **Carbohydrates** | 25.34g |
| **Fiber** | 2.06g |
| **Sugar** | 2.57g |
| **Protein** | 10.56g |

| | | | |
|---|---|---|---|
| **Vitamin A** | 644.25IU | **Vitamin C** | 9.78mg |
| **Calcium** | 72.12mg | **Iron** | 2.34mg |

# Sausage Links (1 each)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13574 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SAUSAGE LINK LO SOD CKD 160-1Z JDF | 1 Each | Precooked links | 278201 |

## Preparation Instructions

Preheat oven to 325 degrees F.

Heat 10-12 minutes if frozen and 8-10 minutes if thawed.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.50 |
| **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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 120.00 | | |
| **Fat** | 12.00g | | |
| **SaturatedFat** | 4.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 20.00mg | | |
| **Sodium** | 90.00mg | | |
| **Carbohydrates** | 0.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 4.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.36mg |

# Cheeseburger on WG bun

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13587 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BEEF STKBRGR PTY CKD 170-2Z SMRTPKS | 1 Each | COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. | 658622 |
| 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

Place heated hamburger patty and slice of cheese on hamburger bun. Wrap in foil and hold in warming cabinet until time of service.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.25 |
| **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** | 275.00 |
| **Fat** | 11.50g |
| **SaturatedFat** | 4.75g |
| **Trans Fat** | 0.50g |
| **Cholesterol** | 47.50mg |
| **Sodium** | 450.00mg |
| **Carbohydrates** | 22.00g |
| **Fiber** | 2.00g |
| **Sugar** | 3.50g |
| **Protein** | 18.50g |

| | | | |
|---|---|---|---|
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 98.00mg | **Iron** | 9.08mg |

# French Fries Baked

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13588 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| FRIES 3/8" C/C DP GROOVE 6-5# | 1/2 Cup | DEEP_FRY<br>DEEP FRY: Preheat fryer to 345°F. Fill fryer basket half full. Fry for 2½ - 3 minutes. CONVECTION OVEN: Preheat oven to 400°F. Arrange fries in a single layer on sheet pans. Bake for 10 - 15 minutes. STANDARD OVEN: Preheat oven to 425°F. Arrange fries in a single layer on sheet pans. Bake for 20 - 25 minutes. | 797720 |

## 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: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 90.00 | | |
| **Fat** | 3.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 180.00mg | | |
| **Carbohydrates** | 16.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 10.00mg | **Iron** | 0.40mg |

# Animal Crackers

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Package | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13708 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CRACKER ANIMAL WGRAIN 150-1Z KEEB | 1 Package | | 682840 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Package

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 120.00 | | |
| **Fat** | 3.50g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 115.00mg | | |
| **Carbohydrates** | 22.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 8.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.80mg |

# Bosco Sticks (MS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 2.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13709 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BREADSTICK CHS STFD WGRAIN 6 144CT | 2 Each | CONVECTION<br>Convection Oven<br>1. Preheat oven to 400º F.<br>2. Place Bosco Sticks on a baking sheet.<br>3. THAWED: 7-9 minutes.<br>4. Let stand 2 minutes before serving.<br>CAUTION: FILLING MAY BE HOT!<br>Oven temperatures may vary. Adjust baking time and<br>or temperature as necessary.<br>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.<br>DEEP_FRY<br>Deep Fry1. Preheat oil to 350º F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.<br>THAW<br>Thawing Instructions<br>1. Thaw before baking.<br>2. Keep Bosco Sticks covered while thawing<br>3. Bosco Sticks may be thawed in packaging.<br>4. Bosco Stick have 8 days shelf life when refrigerated.<br>Oven temperatures may vary. Adjust baking time and<br>or temperature as necessary.<br>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. | 235411 |

## Preparation Instructions

CONVECTION
Convection Oven
1. Preheat oven to 400º F.
2. Place Bosco Sticks on a baking sheet.
3. THAWED: 7-9 minutes.
4. Let stand 2 minutes before serving.
CAUTION: FILLING MAY BE HOT!
Oven temperatures may vary. Adjust baking time and
or temperature as necessary.

## 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: 2.00 Each

| **Amount Per Serving** | | | |
|---|---|---|---|
| **Calories** | 300.00 | | |
| **Fat** | 10.00g | | |
| **SaturatedFat** | 5.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 30.00mg | | |
| **Sodium** | 440.00mg | | |
| **Carbohydrates** | 34.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 20.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 444.00mg | **Iron** | 2.00mg |

# Chicken Gravy

| | | | |
|---|---|---|---|
| **Servings:** | 34.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 0.25 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13710 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO | 1 Package | | 552061 |
| Tap Water for Recipes | 1 Gallon | UNPREPARED | 000001WTR |

## 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: 34.00
Serving Size: 0.25 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 30.08 | | |
| **Fat** | 0.75g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 3.76mg | | |
| **Sodium** | 86.47mg | | |
| **Carbohydrates** | 4.51g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.75g | | |
| **Protein** | 0.75g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 7.52mg | **Iron** | 0.00mg |

# Fried Rice

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13711 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| RICE FRIED VEG WGRAIN 6-5.16 MINH | 1/2 Cup | | 676463 |

## Preparation Instructions

Pre-heat convection oven to 350 degrees F.

Spray full size steam table pan with vegetable spray.

Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil.

Cook for 45-50 minutes or until temperature reaches 165 degrees F.

Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking.

Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

1/2 CUP SERVING (2.95 oz weight) = CREDITS 1 OZ GRAIN

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.07 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.07 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 135.00 | | |
| **Fat** | 1.25g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 220.00mg | | |
| **Carbohydrates** | 27.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 1.50g | | |
| **Protein** | 3.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 2.00mg |

# Fried Rice

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13712 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| RICE FRIED VEG WGRAIN 6-5.16 MINH | 1 Cup | Cook from frozen. | 676463 |

## Preparation Instructions

Pre-heat convection oven to 350 degrees F.

Spray full size steam table pan with vegetable spray.

Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil.

Cook for 45-50 minutes or until temperature reaches 165 degrees F.

Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking.

Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

1 CUP SERVING (5.9 oz weight) = CREDITS 2 OZ GRAIN

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.13 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.13 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 270.00 | | |
| **Fat** | 2.50g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 440.00mg | | |
| **Carbohydrates** | 54.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 3.00g | | |
| **Protein** | 6.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 4.00mg |

# Broccoli Steamed

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.25 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13713 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BROCCOLI FLORETS 6-4 GCHC | 1/4 Cup | | 610902 |

## Preparation Instructions

Remove broccoli from freezer. Open and layer in steamtable pan.

Spray with virgin oil and sprinkle with seasoning salt.

Cook to 165 degrees or until broccoli texture is reached, Hold in warmer 145 degrees or higher.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 1.50 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 50.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 30.00mg | | |
| **Carbohydrates** | 10.00g | | |
| **Fiber** | 6.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 6.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 70.00mg | **Iron** | 2.00mg |

# Roasted Broccoli (1/2 c)

| | | | |
|---|---|---|---|
| **Servings:** | 30.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13715 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BROCCOLI FLORETS 6-4 GCHC | 6 Pound | | 610902 |
| OIL OLV XVGRN 3-1GAL FILIPPO | 1/2 Cup | | 645142 |
| SPICE GARLIC POWDER 21Z TRDE | 3/4 Teaspoon | | 224839 |
| SALT IODIZED 18-2.25 GCHC | 3/4 Teaspoon | | 350732 |
| SPICE PEPR BLK REG GRIND 16Z TRDE | 3/4 Teaspoon | | 225037 |

## Preparation Instructions

1. Preheat convection oven to 400 degrees F or conventional oven to 425 degrees F.
2. Spray an 18x26 sheet pan with non-stick spray or use a pan liner sheet that has been sprayed with non-stick spray.
3. In a large bowl, whisk the olive oi, garlic powder, salt and pepper. Add the broccoli and using a spatula, toss to coat evenly.
4. Place the broccoli in a single layer on two full-size sheet pand (3 lbs per sheet pan).
5. Roast for 25-30 minutes, or until fork-tender and tips are beginning to brown.
6. Transfer the broccoli to 2 1/2 in deep full size steamtable pans for service.
7. Serve 1/4 cup portions with a 2 oz spoodle.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 1.80 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 30.00
Serving Size: 0.50 Cup

| Amount Per Serving | |
|---|---|
| **Calories** | 92.26 |
| **Fat** | 3.73g |
| **SaturatedFat** | 0.53g |
| **Trans Fat** | 0.00g |
| **Cholesterol** | 0.00mg |
| **Sodium** | 45.88mg |
| **Carbohydrates** | 12.10g |
| **Fiber** | 7.21g |
| **Sugar** | 2.40g |

| | | | |
|---|---|---|---|
| **Protein** | | 7.21g | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 84.06mg | **Iron** | 2.41mg |

# Taco in a Bag (MS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13716 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 2/5 Ounce | Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches 165 degrees. Avoid overloading kettles where bags can be trapped against side of kettle or pot. Open bag with caution as it will be hot. | 722330 |
| CHIP NACHO CHS R/F TOP N GO 44-1.4Z | 1 Package | Pull open the easy open strip to reveal the product. Cover product with toppings. | 815803 |

## Preparation Instructions

SERVING SIZE:

2.4 OZ TACO MEAT

1-PKG TOP N GO NACHO CHEESE CHIPS (1.4 OZ PKG)

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.51 |
| **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 Serving

| **Amount Per Serving** | | | |
|---|---|---|---|
| **Calories** | 274.34 | | |
| **Fat** | 10.71g | | |
| **SaturatedFat** | 2.36g | | |
| **Trans Fat** | 0.22g | | |
| **Cholesterol** | 26.50mg | | |
| **Sodium** | 501.00mg | | |
| **Carbohydrates** | 31.79g | | |
| **Fiber** | 3.51g | | |
| **Sugar** | 2.51g | | |
| **Protein** | 12.69g | | |
| **Vitamin A** | 488.33IU | **Vitamin C** | 3.79mg |
| **Calcium** | 81.04mg | **Iron** | 1.91mg |

# Taco in a Bag (HS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13717 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 3 1/6 Ounce | Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches 165 degrees. Avoid overloading kettles where bags can be trapped against side of kettle or pot. Open bag with caution as it will be hot. | 722330 |
| CHIP NACHO CHS R/F TOP N GO 44-1.4Z | 1 Package | Pull open the easy open strip to reveal the product. Cover product with toppings. | 815803 |

## Preparation Instructions

SERVING SIZE:

3.17 OZ TACO MEAT

1-PKG TOP N GO NACHO CHEESE CHIPS (1.4 OZ PKG)

### 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 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 301.40 | | |
| **Fat** | 11.90g | | |
| **SaturatedFat** | 2.80g | | |
| **Trans Fat** | 0.29g | | |
| **Cholesterol** | 35.00mg | | |
| **Sodium** | 571.90mg | | |
| **Carbohydrates** | 33.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 3.00g | | |
| **Protein** | 15.80g | | |
| **Vitamin A** | 645.00IU | **Vitamin C** | 5.00mg |
| **Calcium** | 91.00mg | **Iron** | 2.40mg |

# Bosco Sticks (HS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 2.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13718 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BREADSTICK CHS STFD 7 WGRAIN 108CT | 2 Each | CONVECTION<br>Convection Oven<br>1. Preheat oven to 400º F.<br>2. Place Bosco Sticks on a baking sheet.<br>3. THAWED: 7-9 minutes.<br>4. Let stand 2 minutes before serving.<br>CAUTION: FILLING MAY BE HOT!<br>Oven temperatures may vary. Adjust baking time and<br>or temperature as necessary.<br>DEEP_FRY<br>Deep Fry<br>1. Preheat oil to 350º F.<br>2. THAWED ONLY: 1-2 minutes.<br>3. Let stand 2 minutes before serving.<br>CAUTION: FILLING MAY BE HOT!<br>Oven temperatures may vary. Adjust baking time and<br>or temperature as necessary.<br>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.<br>THAW<br>Thawing Instructions<br>1. Thaw before baking.<br>2. Keep Bosco Sticks covered while thawing.<br>3. Bosco Sticks may be thawed in packaging.<br>4. Bosco Sticks have 8 days shelf life when refrigerated.<br>Oven temperatures may vary. Adjust baking time and<br>or temperature as necessary. | 555982 |

## Preparation Instructions

CONVECTION

Convection Oven

1. Preheat oven to 400º F.
2. Place Bosco Sticks on a baking sheet.
3. THAWED: 7-9 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and

or temperature as necessary.

## Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 3.00 |
| **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: 2.00 Each

| **Amount Per Serving** | | | |
|---|---|---|---|
| **Calories** | 420.00 | | |
| **Fat** | 12.00g | | |
| **SaturatedFat** | 6.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 30.00mg | | |
| **Sodium** | 540.00mg | | |
| **Carbohydrates** | 50.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 4.00g | | |
| **Protein** | 24.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 422.00mg | **Iron** | 4.00mg |

# Popcorn Chicken (12 each)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 12.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13719 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX PCORN LRG WGRAIN CKD 6-5 | 12 Each | BAKE<br>FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. | 536620 |

## Preparation Instructions

No Preparation Instructions available.

### 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** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 12.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 312.00 | | |
| **Fat** | 15.60g | | |
| **SaturatedFat** | 3.60g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 84.00mg | | |
| **Sodium** | 660.00mg | | |
| **Carbohydrates** | 20.40g | | |
| **Fiber** | 3.60g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 22.80g | | |
| **Vitamin A** | 240.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 24.00mg | **Iron** | 1.73mg |

# Cheeseburger on WG bun (HS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13720 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| Beef Steak Patty | 1 Each | Do not thaw. Prepare from frozen. | 661880 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| 4" WG HAMBURGER BUN, AUNT MILLIES | 1 bun | UNSPECIFIED | 3159 |

## Preparation Instructions

CONVECTION OVEN (preheated to 350 degrees F)

Place frozen beef patty flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree preheated oven and set timer for 7-9 minutes. Remove from oven when internal temperature of 160 degrees or higher.

STEAMER: Place bag of burgers in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees. Cook time will depend on amount of product in steamer.

Place heated hamburger patty and slice of cheese on hamburger bun. Wrap in foil and hold in warming cabinet until time of service.

## 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** | 398.00 | | |
| **Fat** | 19.00g | | |
| **SaturatedFat** | 7.05g | | |
| **Trans Fat** | 0.90g | | |
| **Cholesterol** | 67.50mg | | |
| **Sodium** | 713.00mg | | |
| **Carbohydrates** | 31.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 4.50g | | |
| **Protein** | 24.50g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 130.00mg | **Iron** | 12.00mg |

# Orange Chicken

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 3.60 Ounce | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13721 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| ENTREE CHIX MAND ORNG W/SCE 6-5# YANG | 3 3/5 Ounce | Keep frozen. | 550512 |

## Preparation Instructions

Prepare from frozen state. Place a single layer of chicken on baking sheet.
Heat at 400 degrees F for 16-20 minutes until internal temperature reaches 165 degrees F.
Heat sauce in steamer, low boil in the bag or microwave.
Add sauce to chicken just prior to serving.
Mix thoroughly to cover all chicken pieces.
SERVING SIZE: 3.6 oz serving

### 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: 1.00
Serving Size: 3.60 Ounce

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 150.00 | | |
| **Fat** | 3.00g | | |
| **SaturatedFat** | 0.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 40.00mg | | |
| **Sodium** | 280.00mg | | |
| **Carbohydrates** | 19.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 10.00g | | |
| **Protein** | 11.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 1.20mg |
| **Calcium** | 0.00mg | **Iron** | 0.72mg |

# Breaded Chicken Patty on WG bun

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13722 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX BRST BRD FLLT WGRAIN CKD 120-4Z | 1 Each | BAKE<br>FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F. | 666531 |
| Bun Hamburger 12/ct Bimbo Bakeries | 1 Each | | 3447 |

## 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 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 376.00 | | |
| **Fat** | 10.00g | | |
| **SaturatedFat** | 1.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 50.00mg | | |
| **Sodium** | 810.00mg | | |
| **Carbohydrates** | 49.00g | | |
| **Fiber** | 5.00g | | |
| **Sugar** | 4.00g | | |
| **Protein** | 25.00g | | |
| **Vitamin A** | 200.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 220.00mg | **Iron** | 2.88mg |

# Nacho Supreme (MS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13723 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 2 2/5 Ounce | | 722330 |
| SAUCE CHS QUESO JALAP POUC 6-106Z LOL | 1/4 Cup | 1/4 cup=2.2 oz=.5 m/ma | 135271 |
| CHIP TORTL YEL RND 12-16Z SHEAR | 1 Ounce | 1 oz = credits 1.25 oz grain | 512530 |

## Preparation Instructions

SERVING: 2.4 OZ TACO MEAT, 1/4 CUP CHEESE SAUCE AND 1 OZ TORTILLA CHIPS

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.51 |
| **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: 1.00
Serving Size: 1.00 Serving

| **Amount Per Serving** | | | |
|---|---|---|---|
| **Calories** | 226.01 | | |
| **Fat** | 10.54g | | |
| **SaturatedFat** | 2.36g | | |
| **Trans Fat** | 0.22g | | |
| **Cholesterol** | 29.00mg | | |
| **Sodium** | 378.50mg | | |
| **Carbohydrates** | 24.20g | | |
| **Fiber** | 3.51g | | |
| **Sugar** | 1.51g | | |
| **Protein** | 12.27g | | |
| **Vitamin A** | 488.33IU | **Vitamin C** | 3.79mg |
| **Calcium** | 54.96mg | **Iron** | 2.11mg |

# Nacho Supreme (HS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13724 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 3 1/6 Ounce | | 722330 |
| SAUCE CHS QUESO JALAP POUC 6-106Z LOL | 1/4 Cup | 1/4 cup=2.2 oz=.5 m/ma | 135271 |
| CHIP TORTL YEL RND 12-16Z SHEAR | 2 Ounce | 1 oz tortilla chips credits 1.25 oz grain | 512530 |

## Preparation Instructions

SERVING: 2.4 OZ TACO MEAT, 1/4 CUP CHEESE SAUCE AND 1/2 OZ TORTILLA CHIPS

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 3.00 |
| **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 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 383.07 | | |
| **Fat** | 17.73g | | |
| **SaturatedFat** | 3.30g | | |
| **Trans Fat** | 0.29g | | |
| **Cholesterol** | 37.50mg | | |
| **Sodium** | 559.40mg | | |
| **Carbohydrates** | 45.42g | | |
| **Fiber** | 6.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 17.38g | | |
| **Vitamin A** | 645.00IU | **Vitamin C** | 5.00mg |
| **Calcium** | 64.92mg | **Iron** | 3.20mg |

# Chicken Fajita Meat

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 2.00 Ounce | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13728 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX STRP FAJT DK MT FC 6-5 TYS | 2 Ounce | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>Set at 350°F, reheat 25 - 30 minutes from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>Set at 400°F, 15 - 20 minutes from frozen.<br>MICROWAVE<br>Appliances vary, adjust accordingly.<br>Microwave Oven<br>Reheat 3 1<br>2 minutes on high setting from frozen. | 860390 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.25 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 2.00 Ounce

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 93.33 | | |
| **Fat** | 4.67g | | |
| **SaturatedFat** | 1.33g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 53.33mg | | |
| **Sodium** | 266.67mg | | |
| **Carbohydrates** | 1.33g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 11.33g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 9.33mg | **Iron** | 0.67mg |

# Chicken Fajita Meat (HS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 3.00 Ounce | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13729 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX STRP FAJT DK MT FC 6-5 TYS | 3 Ounce | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>Set at 350°F, reheat 25 - 30 minutes from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>Set at 400°F, 15 - 20 minutes from frozen.<br>MICROWAVE<br>Appliances vary, adjust accordingly.<br>Microwave Oven<br>Reheat 3 1<br>2 minutes on high setting from frozen. | 860390 |

## 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** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 3.00 Ounce

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 140.00 | | |
| **Fat** | 7.00g | | |
| **SaturatedFat** | 2.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 80.00mg | | |
| **Sodium** | 400.00mg | | |
| **Carbohydrates** | 2.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 17.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 14.00mg | **Iron** | 1.00mg |

# Tortilla Shell (6 inch)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13730 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TORTILLA FLOUR ULTRGR 6 30-12CT | 1 Each | This is a refrigerated product that can be used directly from the bag. | 882690 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 90.00 | | |
| **Fat** | 2.50g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 75.00mg | | |
| **Carbohydrates** | 15.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 1.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 24.00mg | **Iron** | 1.00mg |

# Tortilla Shell (8 inch)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13731 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TORTILLA FLOUR ULTRGR 8 18-12CT | 1 Each | This is a refrigerated product that can be used directly from the bag. | 882700 |

## Preparation Instructions

No Preparation Instructions available.

### 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** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 110.00 | | |
| **Fat** | 3.00g | | |
| **SaturatedFat** | 1.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 95.00mg | | |
| **Carbohydrates** | 19.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 1.00g | | |
| **Protein** | 3.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 20.00mg | **Iron** | 1.08mg |

# Sweet Potato Fries

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13732 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| FRIES SWT 5/16 S/C SVRY 6-2.5 | 1/2 Cup | CONVECTION<br>PREHEAT OVEN TO 425° F. (FULL OVEN). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 34 TO 38 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (ONE SHEET). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. | 817730 |

## Preparation Instructions

Convection Oven from Frozen. Preheat oven to 425 degrees F.

Spread evenly on a shallow baking sheet.

Bake for 32-34 minutes, turning once for uniform cooking.

CCP: Hold for hot service at 135 degrees F or higher.

### 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: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 160.00 | | |
| **Fat** | 7.50g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 210.00mg | | |
| **Carbohydrates** | 23.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 3.00g | | |
| **Protein** | 3.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 40.00mg | **Iron** | 0.36mg |

# Breakfast Pizza

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13733 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z | 1 Each | BAKE<br>COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1<br>2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion. | 503660 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **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** | 210.00 | | |
| **Fat** | 9.00g | | |
| **SaturatedFat** | 4.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 60.00mg | | |
| **Sodium** | 340.00mg | | |
| **Carbohydrates** | 22.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 5.00g | | |
| **Protein** | 10.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 160.00mg | **Iron** | 1.50mg |

# Goldfish Grahams

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13734 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CRACKER GLDFSH CINN 300-2CT PEPPFM | 1 Package | | 194510 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 120.00 | | |
| **Fat** | 4.00g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 140.00mg | | |
| **Carbohydrates** | 19.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 7.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 80.00mg | **Iron** | 1.80mg |

# Granola

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13735 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| GRANOLA BAG IW 144-1Z FLDSTN | 1 Package | READY_TO_EAT<br>Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs. | 649742 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 120.00 | | |
| **Fat** | 3.50g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 75.00mg | | |
| **Carbohydrates** | 20.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 6.00g | | |
| **Protein** | 3.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.72mg |

# Chicken Tenders (4 each)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 4.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13737 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX TNDR BRD WGRAIN 1.41Z 4-7.7 | 4 Piece | | 533830 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.68 |
| **Grain** | 1.34 |
| **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: 4.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 320.00 | | |
| **Fat** | 16.00g | | |
| **SaturatedFat** | 3.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 60.00mg | | |
| **Sodium** | 540.00mg | | |
| **Carbohydrates** | 16.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 4.00g | | |
| **Protein** | 26.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 2.00mg |

# Mini Corn Dogs

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 6.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13738 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CORN DOG CHIX MINI WGRAIN CN 2-5 | 6 Each | BAKE<br>CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. | 497360 |

## Preparation Instructions

SERVING SIZE: 6 EACH

SERV PER CASE: 40

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 4.50 |
| **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: 6.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 270.00 | | |
| **Fat** | 12.00g | | |
| **SaturatedFat** | 3.75g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 45.00mg | | |
| **Sodium** | 480.00mg | | |
| **Carbohydrates** | 30.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 7.50g | | |
| **Protein** | 10.50g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 75.00mg | **Iron** | 1.50mg |

# Fortune Cookie (2 ea)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 2.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13739 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| COOKIE FORTUNE WGRAIN 400CT GRNDRGN | 2 Each | | 565142 |

## 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: 1.00
Serving Size: 2.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 23.33 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.00mg | | |
| **Carbohydrates** | 5.33g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 3.33g | | |
| **Protein** | 0.33g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 1.00mg | **Iron** | 0.00mg |

# Mandarin Oranges

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13740 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| ORANGES MAND WHL L/S 6-10 GCHC | 1/2 Cup | | 117897 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 90.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 10.00mg | | |
| **Carbohydrates** | 20.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 19.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 26.00mg | **Iron** | 1.00mg |

# Yogurt Cup

| | | | |
|---|---|---|---|
| **Servings:** | 2.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 4 OZ CUP | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13741 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| YOGURT DANIMAL STRAWB BAN N/F 48-4Z | 1 Each | READY_TO_EAT | 869921 |
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 1 Each | READY_TO_EAT | 885750 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 2.00
Serving Size: 1.00 4 OZ CUP

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 70.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 60.00mg | | |
| **Carbohydrates** | 14.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 10.00g | | |
| **Protein** | 4.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 150.00mg | **Iron** | 0.00mg |

# Tomato Slices

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 3.00 Slice | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13742 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TOMATO 5X6 XL 5 MRKN | 1/8 Cup | | 438197 |

## 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** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 3.00 Slice

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 4.21 | | |
| **Fat** | 0.05g | | |
| **SaturatedFat** | 0.01g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 1.17mg | | |
| **Carbohydrates** | 0.91g | | |
| **Fiber** | 0.29g | | |
| **Sugar** | 0.65g | | |
| **Protein** | 0.21g | | |
| **Vitamin A** | 194.92IU | **Vitamin C** | 3.21mg |
| **Calcium** | 2.34mg | **Iron** | 0.06mg |

# Sour Cream Packet

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13743 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SOUR CREAM PKT 400-1Z GCHC | 1 Each | READY_TO_EAT<br>Served as a topping on a hot or cold meal | 836750 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 60.00 | | |
| **Fat** | 5.00g | | |
| **SaturatedFat** | 3.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 20.00mg | | |
| **Sodium** | 50.00mg | | |
| **Carbohydrates** | 2.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 1.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 43.00mg | **Iron** | 0.00mg |

# Diced Tomatoes

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.25 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13744 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TOMATO 5X6 XL 5 MRKN | 1/4 Cup | | 438197 |

## 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** | 0.25 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.25 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 8.10 | | |
| **Fat** | 0.10g | | |
| **SaturatedFat** | 0.03g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 2.25mg | | |
| **Carbohydrates** | 1.75g | | |
| **Fiber** | 0.55g | | |
| **Sugar** | 1.25g | | |
| **Protein** | 0.40g | | |
| **Vitamin A** | 374.85IU | **Vitamin C** | 6.17mg |
| **Calcium** | 4.50mg | **Iron** | 0.12mg |

# Sun Chips Salsa

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Package | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13745 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIP GARDEN SALSA 104-SSV SUNCHIP | 1 Package | READY_TO_EAT<br>Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering<br>box lunches. Contact PepsiCo Foodservice for display equipment options. | 696900 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **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: 1.00
Serving Size: 1.00 Package

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 140.00 | | |
| **Fat** | 6.00g | | |
| **SaturatedFat** | 0.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 140.00mg | | |
| **Carbohydrates** | 19.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 10.00mg | **Iron** | 0.60mg |

# Sun Chips Cheddar

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Package | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13746 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIP HARV CHED 104-SSV SUNCHIP | 1 Package | READY_TO_EAT<br>Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering<br>box lunches. Contact PepsiCo Foodservice for display equipment options. | 105260 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **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: 1.00
Serving Size: 1.00 Package

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 140.00 | | |
| **Fat** | 6.00g | | |
| **SaturatedFat** | 0.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 170.00mg | | |
| **Carbohydrates** | 19.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 10.00mg | **Iron** | 0.60mg |

# Salad Mix

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 1.00 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13747 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| LETTUCE BLND ICEBERG/ROMN 4-5 RSS | 1 Ounce | | 600504 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.19 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Cup

| **Amount Per Serving** | | | |
|---|---|---|---|
| **Calories** | 5.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 3.33mg | | |
| **Carbohydrates** | 1.00g | | |
| **Fiber** | 0.33g | | |
| **Sugar** | 0.33g | | |
| **Protein** | 0.33g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 7.33mg | **Iron** | 0.33mg |

# Cucumber Slices

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13748 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CUCUMBER SELECT 6CT MRKN | 1/2 Cup | | 592323 |

## 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: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 3.90 | | |
| **Fat** | 0.05g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.50mg | | |
| **Carbohydrates** | 1.00g | | |
| **Fiber** | 0.15g | | |
| **Sugar** | 0.50g | | |
| **Protein** | 0.15g | | |
| **Vitamin A** | 27.30IU | **Vitamin C** | 0.73mg |
| **Calcium** | 4.16mg | **Iron** | 0.08mg |

# Ketchup Packet

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13750 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| KETCHUP PKT LO SOD 1000-9GM REDG | 1 Each | READY_TO_EAT<br>None | 634610 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 10.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 25.00mg | | |
| **Carbohydrates** | 2.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# BBQ Sauce Cup

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13751 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SAUCE BBQ CUP DUNK LO SOD 250-1Z REDG | 1 Each | READY_TO_EAT<br>None | 141201 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 40.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 65.00mg | | |
| **Carbohydrates** | 10.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 8.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# BBQ Sauce

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13752 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SAUCE BBQ 4-1GAL SWTBRAY | 2 Tablespoon | | 655937 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 70.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 290.00mg | | |
| **Carbohydrates** | 18.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 17.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Fresh Orange

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13753 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| ORANGES NAVEL/VALENCIA FCY 138CT MRKN | 1 Each | | 198021 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 44.10 | | |
| **Fat** | 0.25g | | |
| **SaturatedFat** | 0.05g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.00mg | | |
| **Carbohydrates** | 10.50g | | |
| **Fiber** | 2.25g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 0.95g | | |
| **Vitamin A** | 207.00IU | **Vitamin C** | 43.65mg |
| **Calcium** | 36.00mg | **Iron** | 0.08mg |

# Syrup Cup

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13754 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SYRUP PANCK CUP 200-1.5Z GCHC | 1 Each | BAKE | 160090 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 120.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.00mg | | |
| **Carbohydrates** | 31.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 19.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Onions Diced

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 2.00 Tablespoon | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13755 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| ONION RED JUMBO 10 MRKN | 2 Tablespoon | | 596973 |

## 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** | 0.13 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 2.00 Tablespoon

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 5.65 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.55mg | | |
| **Carbohydrates** | 1.50g | | |
| **Fiber** | 0.25g | | |
| **Sugar** | 0.50g | | |
| **Protein** | 0.15g | | |
| **Vitamin A** | 0.29IU | **Vitamin C** | 1.05mg |
| **Calcium** | 3.26mg | **Iron** | 0.03mg |

# Baby Carrots

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13756 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CARROT BABY WHL PETITE 4-5 RSS | 1/2 Cup | | 768146 |

## 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** | 0.28 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 28.89 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 48.89mg | | |
| **Carbohydrates** | 6.67g | | |
| **Fiber** | 2.22g | | |
| **Sugar** | 3.33g | | |
| **Protein** | 0.56g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 22.22mg | **Iron** | 0.00mg |

# Goldfish Cheddar Crackers

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Package | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13759 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CRACKER GLDFSH XTRA WGRAIN 300-.75Z | 1 Package | | 745481 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Package

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 90.00 | | |
| **Fat** | 3.50g | | |
| **SaturatedFat** | 0.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 200.00mg | | |
| **Carbohydrates** | 14.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.72mg |

# Peaches Diced

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13760 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PEACH DCD XL/S 6-10 GCHC | 1/2 Cup | | 268348 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 60.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 10.00mg | | |
| **Carbohydrates** | 14.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 11.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Rice Krispie Treat

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13761 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TREAT RICE KRISPIE MINI WGRAIN 600CT | 1 Each | | 565002 |

## 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: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 50.00 | | |
| **Fat** | 1.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 45.00mg | | |
| **Carbohydrates** | 9.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 3.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.60mg |

# Romaine Salad

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13762 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 1/2 Cup | | 451730 |

## 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** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 5.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.00mg | | |
| **Carbohydrates** | 1.00g | | |
| **Fiber** | 0.50g | | |
| **Sugar** | 0.50g | | |
| **Protein** | 0.50g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 8.00mg | **Iron** | 0.00mg |

# Scooby Graham Crackers

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Package | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13763 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CRACKER GRHM STCK SCOOBY 210-1Z | 1 Package | | 859550 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Package

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 120.00 | | |
| **Fat** | 3.50g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 115.00mg | | |
| **Carbohydrates** | 21.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 8.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.70mg |

# Ranch Dressing

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Tablespoon | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13764 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| DRESSING RNCH HMSTYL 4-1GAL KENS | 1 Tablespoon | | 223158 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Tablespoon

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 50.00 | | |
| **Fat** | 5.50g | | |
| **SaturatedFat** | 0.75g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 5.00mg | | |
| **Sodium** | 125.00mg | | |
| **Carbohydrates** | 0.50g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.50g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Ranch Dressing Cup

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13765 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SAUCE RNCH DIPN CUP 100-1Z PPI | 1 Each | | 182265 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 110.00 | | |
| **Fat** | 11.00g | | |
| **SaturatedFat** | 2.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 10.00mg | | |
| **Sodium** | 250.00mg | | |
| **Carbohydrates** | 2.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 1.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Bug Bite Grahams

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Package | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13766 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CRACKER GRHM BUG BITES 210CT KEEB | 1 Package | | 859560 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Package

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 120.00 | | |
| **Fat** | 3.50g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 115.00mg | | |
| **Carbohydrates** | 21.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 8.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.70mg |

# Garlic Toast

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Slice | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13767 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BREAD GARL TST SLC WGRAIN 12-12CT | 1 Slice | BAKE<br>Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.<br>GRIDDLE_FRY<br>Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through.<br>GRILL<br>Place toast on grill. Heat each side for 30 seconds or until heated through. | 277862 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Slice

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 80.00 | | |
| **Fat** | 3.50g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 150.00mg | | |
| **Carbohydrates** | 10.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 4.00mg | **Iron** | 1.00mg |

# Chocolate Chip Cookie (PS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13768 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| DOUGH CKY CHOC CHIP WGRAIN 384-1Z | 1 Each | | 243371 |

## 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: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 110.00 | | |
| **Fat** | 3.50g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 5.00mg | | |
| **Sodium** | 85.00mg | | |
| **Carbohydrates** | 18.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 8.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 10.00mg | **Iron** | 0.90mg |

# Chocolate Chip Cookie (MS & HS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13769 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| DOUGH CKY CHOC CHP WGRAIN 192-1.85Z | 1 Each | | 169992 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 192.40 | | |
| **Fat** | 5.80g | | |
| **SaturatedFat** | 2.10g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 19.00mg | | |
| **Sodium** | 173.30mg | | |
| **Carbohydrates** | 34.00g | | |
| **Fiber** | 3.60g | | |
| **Sugar** | 17.00g | | |
| **Protein** | 3.10g | | |
| **Vitamin A** | 56.50IU | **Vitamin C** | 0.03mg |
| **Calcium** | 19.10mg | **Iron** | 1.20mg |

# Stuffed Crust Cheese Pizza

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13770 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PIZZA CHS WGRAIN STFD 72-4.84Z MAX | 1 Each | | 261680 |

## 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** | 0.13 |
| **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** | 310.00 | | |
| **Fat** | 12.00g | | |
| **SaturatedFat** | 4.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 20.00mg | | |
| **Sodium** | 640.00mg | | |
| **Carbohydrates** | 35.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 4.00g | | |
| **Protein** | 15.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 360.00mg | **Iron** | 2.60mg |

# Stuffed Crust Pepperoni Pizza

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13771 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PIZZA PEPP WDG WGRAIN STFD 72-4.87Z | 1 Each | | 259910 |

## 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** | 0.13 |
| **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** | 320.00 | | |
| **Fat** | 13.00g | | |
| **SaturatedFat** | 4.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 20.00mg | | |
| **Sodium** | 700.00mg | | |
| **Carbohydrates** | 36.00g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 4.00g | | |
| **Protein** | 16.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 320.00mg | **Iron** | 2.20mg |

# Stir Fry Vegetables

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13773 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| VEG BLND STIR FRY 12-2 GCHC | 1/2 Cup | DO NOT THAW PRIOR TO COOKING. | 440884 |

## Preparation Instructions

Place in minum amount of boiling water while still frozen. The low temperature of the frozen vegetables will cool the water and stop boiling.

Bring to second boil and cook until tender.

Avoid overcooking for best flavor and color.

### 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: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 20.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 6.67mg | | |
| **Carbohydrates** | 4.00g | | |
| **Fiber** | 1.33g | | |
| **Sugar** | 1.33g | | |
| **Protein** | 0.67g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Bacon Bits

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 2.00 Tablespoon | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13774 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BACON TOPPING CKD 1/2 DCD 2-5 GCHC | 2 Tablespoon | THAW IN REFRIGERATOR OVERNIGHT | 814781 |

## Preparation Instructions

FULLY COOKED, JUST HEAT 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** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 2.00 Tablespoon

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 50.00 | | |
| **Fat** | 3.00g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 10.00mg | | |
| **Sodium** | 220.00mg | | |
| **Carbohydrates** | 0.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 6.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Refried Beans

| | | | |
|---|---|---|---|
| **Servings:** | 33.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.25 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13775 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BEAN REFRD VEGTAR 6-27.09Z SANTG | 1 Package | | 703753 |

## Preparation Instructions

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.

### 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** | 0.25 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 0.25 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 86.15 | | |
| **Fat** | 0.76g | | |
| **SaturatedFat** | 0.25g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 309.14mg | | |
| **Carbohydrates** | 15.20g | | |
| **Fiber** | 5.07g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 5.07g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.45mg |
| **Calcium** | 25.79mg | **Iron** | 1.16mg |

# Potato Wedges

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13776 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| FRIES WEDGE 10CUT 6-5# SIMPL | 1/2 Cup | COOK FROM FROZEN | 446673 |

## Preparation Instructions

CONVECTION OVER:
PREHEAT OVEN TO 400 DEGREES F.
ARRANGE FRIES IN A SINGLE LAYER ON SHEET PANS.
BAKE FOR 7-12 MINUTES

### 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: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 110.00 | | |
| **Fat** | 3.50g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 230.00mg | | |
| **Carbohydrates** | 19.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 10.00mg | **Iron** | 0.70mg |

# Potato Wedges Seasoned

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13777 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| Wedge Fries Savory | 1/2 Cup | COOK FROM FROZEN | 412661 |

## Preparation Instructions

CONVECTION OVEN:
PREHEAT OVEN TO 375 DEGREES F.
ARRANGE FRIES IN A SINGLE LAYER ON SHEET PANS.
BAKE FOR 12-15 MINUTES.

### 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: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 125.22 | | |
| **Fat** | 4.82g | | |
| **SaturatedFat** | 0.96g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 385.29mg | | |
| **Carbohydrates** | 18.30g | | |
| **Fiber** | 0.96g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 1.93g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.77mg |

# Cherry Smooth Slushie

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13778 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SLUSHIE CHERRY SMTH 84-4.4FLZ | 1 Each | READY_TO_EAT<br>Thaw for 15 minutes before serving<br>Smooth-frozen for effortless spoonability | 824040 |

## 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: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 100.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 25.00mg | | |
| **Carbohydrates** | 25.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 21.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 1000.00IU | **Vitamin C** | 60.00mg |
| **Calcium** | 80.00mg | **Iron** | 0.00mg |

# Sausage Gravy & Biscuit (HS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13779 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| GRAVY SAUS CNTRY 6-10 CHEFM | 1/2 Cup | | 464694 |
| BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS | 2 Each | BAKE<br>For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits. | 631902 |

## Preparation Instructions

SERVING = 1/2 CUP SAUSAGE GRAVY AND 2 BISCUITS

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 4.00 |
| **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 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 580.00 | | |
| **Fat** | 32.00g | | |
| **SaturatedFat** | 18.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 20.00mg | | |
| **Sodium** | 1320.00mg | | |
| **Carbohydrates** | 62.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 4.00g | | |
| **Protein** | 12.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 300.00mg | **Iron** | 2.36mg |

# Breakfast Sandwich (HS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13780 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR | 1 Each | BAKE<br>Convection or Combination Oven: Preheat oven to 350Â°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes | 663091 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| SAUSAGE PTY LO SOD CKD 80-2Z JDF | 1 Each | | 277722 |
| MUFFIN ENG 100WHLWHT 2Z 6-12CT THMAS | 1 Each | | 880111 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.25 |
| **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** | 435.00 |
| **Fat** | 28.50g |
| **SaturatedFat** | 9.75g |
| **Trans Fat** | 0.00g |
| **Cholesterol** | 147.50mg |
| **Sodium** | 735.00mg |
| **Carbohydrates** | 25.00g |
| **Fiber** | 3.00g |
| **Sugar** | 1.50g |
| **Protein** | 18.50g |

| | | | |
|---|---|---|---|
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 207.00mg | **Iron** | 2.32mg |

# Pancake on a Stick

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13781 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PANCK WRAP MAPL WGRAIN STIX 56-2.85Z | 1 Each | THAW UNDER REFRIGERATION IN ORIGINAL PACKAGE. DO NOT THAW AT ROOM TEMPERATURE. | 497202 |

## Preparation Instructions

CONVECTION OVEN: 350 DEGREES F.
FROZEN: 20 MINUTES
THAWED: 13 MINUTES
FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING.
HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.
CASE: 56/2.85 OZ EACH

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 240.00 | | |
| **Fat** | 15.00g | | |
| **SaturatedFat** | 4.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 25.00mg | | |
| **Sodium** | 370.00mg | | |
| **Carbohydrates** | 18.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 5.00g | | |
| **Protein** | 7.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 30.00mg | **Iron** | 0.90mg |

# CEREAL BOWL (ASSORTED)

| | | | |
|---|---|---|---|
| **Servings:** | 4.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13782 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CEREAL COCOA PUFFS WGRAIN R/S 96CT | 1 Each | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 270401 |
| CEREAL CINN TOAST R/S BWL 96CT GENM | 1 Each | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 365790 |
| CEREAL TRIX R/S WGRAIN BWL 96CT GENM | 1 Package | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265782 |
| CEREAL LUCKY CHARMS WGRAIN BWL 96CT | 1 Package | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265811 |

## Preparation Instructions

CEREAL BOWL: CREDITS 1 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: 4.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 112.50 | | |
| **Fat** | 1.63g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 150.00mg | | |
| **Carbohydrates** | 23.50g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 7.50g | | |
| **Protein** | 1.50g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 107.50mg | **Iron** | 3.40mg |

# BAGEL WG

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13783 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BAGEL WHT WGRAIN IW 72-2Z LENDER | 1 Each | KEEP FROZEN UNTIL READY TO USE | 217911 |

## Preparation Instructions

FOR BEST RESULTS USE TOASTER OR TOASTER OVEN TO WARM OR TOAST

CASE: 72 BAGELS

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 140.00 | | |
| **Fat** | 1.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 160.00mg | | |
| **Carbohydrates** | 28.00g | | |
| **Fiber** | 4.00g | | |
| **Sugar** | 5.00g | | |
| **Protein** | 6.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 40.00mg | **Iron** | 1.44mg |

# Strawberry Cream Cheese Cup

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13784 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHEESE CREAM STRAWB CUP 100-1Z GCHC | 1 Each | PRODUCT MUST BE HELD UNDER REFRIGERATION. CANNOT BE FROZEN. | 863106 |

## Preparation Instructions

CASE: 100/1 OZ CUPS

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 90.00 | | |
| **Fat** | 7.00g | | |
| **SaturatedFat** | 5.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 20.00mg | | |
| **Sodium** | 90.00mg | | |
| **Carbohydrates** | 4.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 300.00IU | **Vitamin C** | 1.20mg |
| **Calcium** | 20.00mg | **Iron** | 0.00mg |

# Cream Cheese Cup

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13785 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHEESE CREAM CUP 100-1Z GCHC | 1 Each | PRODUCT MUST BE HELD UNDER REFRIGERATION. CANNOT BE FROZEN. | 228427 |

## Preparation Instructions

CASE: 100/1 OZ CUPS

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 100.00 | | |
| **Fat** | 9.00g | | |
| **SaturatedFat** | 6.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 25.00mg | | |
| **Sodium** | 95.00mg | | |
| **Carbohydrates** | 1.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 1.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 300.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 20.00mg | **Iron** | 0.00mg |

# Grape Tomatoes

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13787 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TOMATO GRAPE SWT 10 MRKN | 1/2 Cup | | 129631 |

## Preparation Instructions

10# BOX: 500-700 COUNT

### 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: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 16.20 | | |
| **Fat** | 0.20g | | |
| **SaturatedFat** | 0.05g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 4.50mg | | |
| **Carbohydrates** | 3.50g | | |
| **Fiber** | 1.10g | | |
| **Sugar** | 2.50g | | |
| **Protein** | 0.80g | | |
| **Vitamin A** | 749.70IU | **Vitamin C** | 12.33mg |
| **Calcium** | 9.00mg | **Iron** | 0.25mg |

# Butter Cup

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Condiments or Other |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13788 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BUTTER CUP 720-5GM 8 GFS | 1 Each | | 272001 |

## Preparation Instructions

10# BOX: 500-700 COUNT

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 40.00 | | |
| **Fat** | 4.00g | | |
| **SaturatedFat** | 2.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 11.00mg | | |
| **Sodium** | 31.00mg | | |
| **Carbohydrates** | 0.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Glazed WG Donut

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13789 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| DONUT RNG HMSTYL YST RSD 84-2.1Z RICH | 1 Each | | 131940 |
| GLAZE DONUT HNY DIP 24# RICH | 1 Tablespoon | | 889442 |

## Preparation Instructions

DONUTS: Place on lined sheet pans. Thaw 60 minutes at room temperature. Heat in 375 degree oven for 2-3 minutes.

GLAZE: Store at room temperature. Stir glaze before applying to hot donuts. Dip or pour glaze over hot donuts. Allow to dry on cooling rack 10-15 minutes. Securely tighten lid after each use.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 295.00 | | |
| **Fat** | 12.00g | | |
| **SaturatedFat** | 5.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 280.00mg | | |
| **Carbohydrates** | 42.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 19.00g | | |
| **Protein** | 4.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 10.00mg | **Iron** | 1.50mg |

# Glazed WG Donut

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13790 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| DONUT RNG HMSTYL YST RSD 84-2.1Z RICH | 1 Each | | 131940 |
| GLAZE DONUT HNY DIP 24# RICH | 1 Tablespoon | | 889442 |

## Preparation Instructions

DONUTS: Place on lined sheet pans. Thaw 60 minutes at room temperature. Heat in 375 degree oven for 2-3 minutes.

GLAZE: Store at room temperature. Stir glaze before applying to hot donuts. Dip or pour glaze over hot donuts. Allow to dry on cooling rack 10-15 minutes. Securely tighten lid after each use.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| **Amount Per Serving** | | | |
|---|---|---|---|
| **Calories** | 295.00 | | |
| **Fat** | 12.00g | | |
| **SaturatedFat** | 5.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 280.00mg | | |
| **Carbohydrates** | 42.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 19.00g | | |
| **Protein** | 4.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 10.00mg | **Iron** | 1.50mg |

# Raisins Sour Watermelon

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 1.3 oz pkg | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13791 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| RAISIN SOUR WTRMLN 250-1.3Z AMAZIN | 1 Package | READY TO EAT | 512132 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 1.3 oz pkg

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 110.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 10.00mg | | |
| **Carbohydrates** | 25.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 22.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 26.00mg | **Iron** | 0.72mg |

# Banana Bread Slice

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13792 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BREAD BANANA IW 70-3.4Z SUPBAK | 1 Each | THAW AND SERVE. | 230361 |

## Preparation Instructions

CASE: 70 SLICES

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 260.00 | | |
| **Fat** | 8.00g | | |
| **SaturatedFat** | 1.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 240.00mg | | |
| **Carbohydrates** | 45.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 24.00g | | |
| **Protein** | 5.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 161.00mg | **Iron** | 1.00mg |

# Wild Berry Bread Slice

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13793 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BREAD WILD BRY IW 70-3.4Z SUPBAK | 1 Piece | THAW AND SERVE | 523222 |

## Preparation Instructions

CASE: 70 SLICES

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 270.00 | | |
| **Fat** | 8.00g | | |
| **SaturatedFat** | 1.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 250.00mg | | |
| **Carbohydrates** | 46.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 24.00g | | |
| **Protein** | 5.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 46.00mg | **Iron** | 1.00mg |

# Spaghetti w/meat sauce (MS)

| | | | |
|---|---|---|---|
| **Servings:** | 70.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13794 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SAUCE SPAGHETTI BF REDC FAT 6-5 COMM | 22 1/2 Pound | | 573201 |
| PASTA SPAG 51 WGRAIN 2-10 | 3 Pound | | 221460 |
| ONION DEHY CHPD 15 P/L | 1/4 Cup | | 263036 |
| SPICE PEPR BLK REG GRIND 16Z TRDE | 1 Tablespoon | | 225037 |
| SPICE GARLIC POWDER 21Z TRDE | 1 Tablespoon | | 224839 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.75 |
| **Grain** | 0.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.25 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 70.00
Serving Size: 1.00 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 219.63 | | |
| **Fat** | 6.77g | | |
| **SaturatedFat** | 2.57g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 50.51mg | | |
| **Sodium** | 266.64mg | | |
| **Carbohydrates** | 22.67g | | |
| **Fiber** | 3.25g | | |
| **Sugar** | 7.13g | | |
| **Protein** | 16.21g | | |
| **Vitamin A** | 594.18IU | **Vitamin C** | 17.45mg |
| **Calcium** | 44.21mg | **Iron** | 2.50mg |

# Taco Meat Chicken

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13795 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX TACO FILLING CKD 4-5.03 TYS | 2 1/4 Ounce | Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F. | 200511 |

## 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** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 123.75 | | |
| **Fat** | 5.63g | | |
| **SaturatedFat** | 1.69g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 73.13mg | | |
| **Sodium** | 281.25mg | | |
| **Carbohydrates** | 3.38g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 1.13g | | |
| **Protein** | 14.63g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 1.13mg |

# Taco Salad (MS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13796 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX TACO FILLING CKD 4-5.03 TYS | 2 1/4 Ounce | UNSPECIFIED<br>Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F. | 200511 |
| CHIP TORTL YEL RND 12-16Z SHEAR | 1 Ounce | | 512530 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.50 |
| **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: 1.00
Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 253.75 | | |
| **Fat** | 11.63g | | |
| **SaturatedFat** | 2.19g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 73.13mg | | |
| **Sodium** | 391.25mg | | |
| **Carbohydrates** | 23.38g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 1.13g | | |
| **Protein** | 16.63g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 1.73mg |

# Sausage Gravy & Biscuit (MS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13809 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| GRAVY SAUS CNTRY 6-10 CHEFM | 1/4 Cup | | 464694 |
| BISCUIT BTRMLK GLDN 2.25Z 5-24CT | 1 Each | BAKE<br>Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions. | 109830 |

## Preparation Instructions

SERVING = 1/2 CUP SAUSAGE GRAVY AND 2 BISCUITS

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 2.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 350.00 | | |
| **Fat** | 20.00g | | |
| **SaturatedFat** | 10.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 10.00mg | | |
| **Sodium** | 910.00mg | | |
| **Carbohydrates** | 34.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 7.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 30.00mg | **Iron** | 1.90mg |

# Seasoned Potato Cubes

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13810 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| POTATO CUBES 6-5 REDSTNCAN | 1/2 Cup | PREPARE FROM FROZEN | 271880 |

## Preparation Instructions

SERVING: 1/2 CUP (3.2 OZ WEIGHT)
CONVECTION OVEN: PREHEAT OVEN TO 425 DEGREES F.
SPREAD FROZEN CUBES EVENLY ON A SHALLOW BAKING SHEET.
BAKE FOR 12-14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.
FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE.
ALWAYS COOK TO LIGHT GOLDEN COLOR. DO NOT OVERCOOK.

### 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: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 120.00 | | |
| **Fat** | 4.50g | | |
| **SaturatedFat** | 0.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 470.00mg | | |
| **Carbohydrates** | 21.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Gold Rush Juice Box

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13811 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ | 1 Each | | 597380 |

## Preparation Instructions

CASE: 40 / 4.23 OZ JUICE BOXES

### 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: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 40.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 60.00mg | | |
| **Carbohydrates** | 10.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 8.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 5000.00IU | **Vitamin C** | 60.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Egg & Cheese Wrap

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13813 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| WRAP BKFST EGG CHS 75-3.1Z CARG | 1 Each | PREPARE FROM FROZEN STATE OR THAW BEFORE USE UNDER REFRIGERATION | 449422 |

## Preparation Instructions

CASE: 75 / 3.1 OZ PACKAGES

CONVECTION OVEN: 325 DEGREES F.

10-12 MINUTES IF THAWED.

20-25 MINUTES IF FROZEN.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 180.00 | | |
| **Fat** | 10.00g | | |
| **SaturatedFat** | 4.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 170.00mg | | |
| **Sodium** | 410.00mg | | |
| **Carbohydrates** | 14.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 1.00g | | |
| **Protein** | 10.00g | | |
| **Vitamin A** | 300.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 100.00mg | **Iron** | 0.72mg |

# Banana

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13814 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BANANA TURNING SNGL 150CT 40 P/L | 1 Each | | 197769 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 105.00 | | |
| **Fat** | 0.40g | | |
| **SaturatedFat** | 0.10g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 1.20mg | | |
| **Carbohydrates** | 27.00g | | |
| **Fiber** | 3.10g | | |
| **Sugar** | 14.00g | | |
| **Protein** | 1.30g | | |
| **Vitamin A** | 75.52IU | **Vitamin C** | 10.27mg |
| **Calcium** | 5.90mg | **Iron** | 0.31mg |

# Colby Jack Cheese Stick

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13817 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| Cheese Stix Colby Jk | 1 Each | READY_TO_EAT<br>Ready to eat. | 807821 |

## Preparation Instructions

CASE: 168 / 1 oz sticks

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 110.00 | | |
| **Fat** | 9.00g | | |
| **SaturatedFat** | 6.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 25.00mg | | |
| **Sodium** | 200.00mg | | |
| **Carbohydrates** | 0.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 7.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 203.00mg | **Iron** | 0.00mg |

# Marinara Sauce (1/4 cup)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.25 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13818 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SAUCE MARINARA A/P 6-10 REDPK | 1/4 Cup | READY TO USE | 592714 |

## 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** | 0.25 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.25 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 15.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 137.00mg | | |
| **Carbohydrates** | 2.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 2.00g | | |
| **Protein** | 1.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 8.00mg | **Iron** | 0.00mg |

# Cook's Choice

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13824 |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

| **Amount Per Serving** | | | |
|---|---|---|---|
| **Calories** | 0.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.00mg | | |
| **Carbohydrates** | 0.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Assorted Cereal

| | | | |
|---|---|---|---|
| **Servings:** | 4.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-13835 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CEREAL CINN TOAST R/S BWL 96CT GENM | 1 Each | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 365790 |
| CEREAL COCOA PUFFS WGRAIN R/S 96CT | 1 Each | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 270401 |
| CEREAL LUCKY CHARMS WGRAIN BWL 96CT | 1 Each | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265811 |
| CEREAL TRIX R/S WGRAIN BWL 96CT GENM | 1 Package | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265782 |

## 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** | 112.50 | | |
| **Fat** | 1.63g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 150.00mg | | |
| **Carbohydrates** | 23.50g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 7.50g | | |
| **Protein** | 1.50g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 107.50mg | **Iron** | 3.40mg |

# Loaded Baked Potato with Chili (200 serv)

| | | | |
|---|---|---|---|
| **Servings:** | 200.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-13872 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| POTATO BAKER BABY WHL 6-2.5 RSTWRKS | 100 Cup | Bake potatoes in convection oven at 375 degrees for 13-18 minutes in a single layer on a sheet pan. | 697990 |
| CHILI BEEF W/BEAN 6-5 COMM | 600 Ounce | KEEP FROZEN Place sealed bag in a steamer or in boiling water.<br>Heat Approximately 30 minutes or until product reaches serving<br>temperature. CAUTION: Open bag carefully to avoid being burned | 344012 |
| SAUCE CHS CHED POUCH 6-106Z LOL | 600 Ounce | Use 3 oz spoodle to serve the cheese sauce. | 135261 |

## Preparation Instructions

SERVING = 1/2 CUP BABY BAKER POTATOES, 3 OZ JTM CHILI and 3 OZ (3 oz spoodle) CHEESE SAUCE

Baby Bakers: Bake in convection oven at 375 degrees for 13-18 minutes in a single layer on sheet pan.

Chili: Place sealed bags in a steamer or in boilling water. Heat approximately 30 minutes or until product reaches serving temperature. Or you can open the bags and pour thawed taco meat into steamtable pan, cover with foil and heat in oven until product reaches serving temperature.

Cheese Sauce: Unopened pouch may be heated in boiling water or steamer (peel off label prior to "in pouch" heating). Boiling method: 15-18 minutes. Steamer method: 12-15 minutes. Do not microwave.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.12 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.20 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.50 |

### Nutrition Facts

Servings Per Recipe: 200.00
Serving Size: 1.00 Serving

| Amount Per Serving | |
|---|---|
| **Calories** | 194.46 |
| **Fat** | 5.82g |
| **SaturatedFat** | 1.62g |
| **Trans Fat** | 0.00g |
| **Cholesterol** | 19.70mg |
| **Sodium** | 367.10mg |
| **Carbohydrates** | 25.34g |
| **Fiber** | 2.06g |
| **Sugar** | 2.57g |
| **Protein** | 10.56g |

| | | | |
|---|---|---|---|
| **Vitamin A** | 644.25IU | **Vitamin C** | 9.78mg |
| **Calcium** | 72.12mg | **Iron** | 2.34mg |

# 100% Fruit Juice

| | | | |
|---|---|---|---|
| **Servings:** | 5.00 | **Category:** | Fruit |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-14893 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| JUICE BOX GRP 100 40-4.23FLZ | 1 Each | | 698211 |
| JUICE BOX FRT PNCH 100 40-4.23FLZ | 1 Each | | 698240 |
| JUICE BOX ORNG TANGR 100 40-4.23FLZ | 1 Each | | 698251 |
| JUICE BOX VERY BRY 40-4.23FLZ | 1 Each | | 698391 |
| JUICE BOX APPL 100 40-4.23FLZ | 1 Each | | 698744 |

## 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** | 64.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 8.00mg | | |
| **Carbohydrates** | 16.20g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 14.80g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 59.80mg | **Iron** | 0.00mg |

# Animal Crackers

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Package | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-14898 |
| **School:** | West Carroll High School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CRACKER ANIMAL WGRAIN 150-1Z KEEB | 1 Package | | 682840 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Package

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 120.00 | | |
| **Fat** | 3.50g | | |
| **SaturatedFat** | 1.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 115.00mg | | |
| **Carbohydrates** | 22.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 8.00g | | |
| **Protein** | 2.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.80mg |

# Cereal Bars, Assorted

| | | | |
|---|---|---|---|
| **Servings:** | 3.00 | **Category:** | Grain |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-16379 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BAR CEREAL COCOPUFF WGRAIN 96-1.42Z | 1 Each | READY_TO_EAT<br>Ready to eat cereal bars | 265901 |
| BAR CEREAL TRIX WGRAIN 96-1.42Z GENM | 1 Each | READY_TO_EAT<br>Ready to eat cereal bars | 268690 |
| BAR CEREAL CINN TST WGRAIN 96-1.42Z | 1 Each | READY_TO_EAT<br>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: 3.00
Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 160.00 | | |
| **Fat** | 3.50g | | |
| **SaturatedFat** | 0.17g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 110.00mg | | |
| **Carbohydrates** | 29.67g | | |
| **Fiber** | 3.00g | | |
| **Sugar** | 8.67g | | |
| **Protein** | 2.33g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 250.00mg | **Iron** | 1.70mg |

# Cheese Ravioli w/sauce

| | | | |
|---|---|---|---|
| **Servings:** | 36.00 | **Category:** | Entree |
| **Serving Size:** | 7.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-17824 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| RAVIOLI CHS WGRAIN MINI 6-5 TASTY | 5 Pound | KEEP FROZEN until ready to prepare | 524650 |
| SAUCE MARINARA A/P 6-10 REDPK | 8 Cup | READY_TO_EAT<br>None | 592714 |

## Preparation Instructions

1. Preheat convection oven to 375 degrees.
2. Spray bottom and sides of full steam table pan with non-stick cooking spray.
3. Pour 3 cups of room temperature, canned marinara sauce into the bottom of a pan and spread to cover the bottom.
4. Place 5 pounds of frozen ravioli and cover with 5 cups of room temperature canned marinara sauce.
5. Spread sauce over pasta to cover.
6. Lightly apply non-stick cooking spray to bottom of aluminum foil: cover pan tightly with the foil.
7. Bake for 50 minutes or until reaching a minimum internal temperature of 165 ° for at least 15 seconds in the coldest spot of pan.

NOTE: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.

## Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.50 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.25 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

## Nutrition Facts

Servings Per Recipe: 36.00
Serving Size: 7.00 Each

| Amount Per Serving | |
|---|---|
| **Calories** | 141.84 |
| **Fat** | 2.56g |
| **SaturatedFat** | 1.02g |
| **Trans Fat** | 0.00g |
| **Cholesterol** | 15.35mg |
| **Sodium** | 358.16mg |
| **Carbohydrates** | 17.89g |
| **Fiber** | 2.29g |

| | | | |
|---|---|---|---|
| **Sugar** | | 3.56g | |
| **Protein** | | 9.46g | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 112.49mg | **Iron** | 0.74mg |

# Augratin Potatoes

| | | | |
|---|---|---|---|
| **Servings:** | 31.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-17826 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| POTATO AUGRATIN CLASSIC R/SOD 6-2.25 | 1 Package | BAKE<br>1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same. | 118575 |
| Tap Water for Recipes | 5 Quart | Heat to boiling | 000001WTR |
| BUTTER PRINT UNSLTD GRD AA 36-1 GCHC | 4 Ounce | | 299405 |

## Preparation Instructions

1. Add 5 quarts boiling water for convection over (4 1/2 quarts for conventional) and 4 ounces butter to a 2 1/2" deep full-size steamtable pan.
2. Stir in sauce mix until dissolved.
3. Add potato slices. Stir.
4. Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes.

TIPS: For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.

## 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: 31.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 152.48 | | |
| **Fat** | 3.89g | | |
| **SaturatedFat** | 1.81g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 7.74mg | | |
| **Sodium** | 285.02mg | | |
| **Carbohydrates** | 26.39g | | |
| **Fiber** | 1.06g | | |
| **Sugar** | 3.17g | | |
| **Protein** | 2.11g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 42.23mg | **Iron** | 0.32mg |

# Hamburger on WG bun

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-18595 |
| **School:** | West Carroll Primary School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BEEF STKBRGR PTY CKD 170-2Z SMRTPKS | 1 Each | COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. | 658622 |
| 3.5 WG Hamburger Bun | 1 Each | READY_TO_EAT | 3354 |

## Preparation Instructions

Place heated hamburger patty and slice of cheese on hamburger bun. Wrap in foil and hold in warming cabinet until time of service.

### 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** | 240.00 | | |
| **Fat** | 9.50g | | |
| **SaturatedFat** | 3.50g | | |
| **Trans Fat** | 0.50g | | |
| **Cholesterol** | 40.00mg | | |
| **Sodium** | 240.00mg | | |
| **Carbohydrates** | 21.00g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 3.00g | | |
| **Protein** | 15.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 2.00mg | **Iron** | 9.08mg |

# Breakfast Sandwich (Biscuit, Egg, Cheese)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-18654 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BISCUIT BTRMLK GLDN 2.25Z 5-24CT | 1 Each | BAKE<br>Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions. | 109830 |
| EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR | 1 Each | BAKE<br>Convection or Combination Oven: Preheat oven to 350Â°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes | 663091 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.25 |
| **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** | 345.00 |
| **Fat** | 18.50g |
| **SaturatedFat** | 10.25g |
| **Trans Fat** | 0.00g |
| **Cholesterol** | 107.50mg |
| **Sodium** | 995.00mg |
| **Carbohydrates** | 31.00g |
| **Fiber** | 1.00g |
| **Sugar** | 2.50g |

| | | | |
|---|---|---|---|
| **Protein** | | 11.50g | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 147.00mg | **Iron** | 1.80mg |

# Blueberry Yogurt Parfait

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-18964 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| YOGURT VAN L/F PARFPR 6-4 YOPL | 4 Ounce | READY_TO_EAT<br>Ready to use with pouch & serving tip. | 811500 |
| BLUEBERRY FREE-FLOW IQF 30 GCHC | 1/2 Cup | | 119873 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 151.94 | | |
| **Fat** | 0.75g | | |
| **SaturatedFat** | 0.37g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 59.70mg | | |
| **Carbohydrates** | 33.13g | | |
| **Fiber** | 1.50g | | |
| **Sugar** | 23.42g | | |
| **Protein** | 4.23g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 134.33mg | **Iron** | 0.00mg |

# Strawberry Yogurt Parfait

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-18965 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| YOGURT VAN L/F PARFPR 6-4 YOPL | 4 Ounce | READY_TO_EAT<br>Ready to use with pouch & serving tip. | 811500 |
| STRAWBERRY WHL IQF 4-5 GCHC | 1/2 Cup | | 244630 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.50 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 134.44 | | |
| **Fat** | 0.75g | | |
| **SaturatedFat** | 0.37g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 59.70mg | | |
| **Carbohydrates** | 28.63g | | |
| **Fiber** | 1.50g | | |
| **Sugar** | 19.92g | | |
| **Protein** | 4.23g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 145.33mg | **Iron** | 0.50mg |

# Breakfast Sandwich (Biscuit, Sausage, Cheese)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-18972 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BISCUIT BTRMLK GLDN 2.25Z 5-24CT | 1 Each | BAKE<br>Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions. | 109830 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| SAUSAGE PTY LO SOD CKD 80-2Z JDF | 1 Each | BAKE | 277722 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.25 |
| **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** | 525.00 | | |
| **Fat** | 37.00g | | |
| **SaturatedFat** | 16.25g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 47.50mg | | |
| **Sodium** | 1040.00mg | | |
| **Carbohydrates** | 32.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 2.50g | | |
| **Protein** | 15.50g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 126.00mg | **Iron** | 2.52mg |

# Sloppy Joe Meat (MS)

| | | | |
|---|---|---|---|
| **Servings:** | 300.00 | **Category:** | Entree |
| **Serving Size:** | 2.17 Ounce | **HACCP Process:** | Complex Food Prep |
| **Meal Type:** | Lunch | **Recipe ID:** | R-18973 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BEEF GRND 40 COMM | 50 Pound | | 110520 |
| KETCHUP CAN 33% FCY 6-10 REDG | 2 #10 CAN | READY_TO_EAT None | 137661 |
| SUGAR BROWN LT 12-2 P/L | 12 Ounce | | 860311 |
| ONION DEHY CHPD 15 P/L | 1 Cup | | 263036 |
| SPICE MUSTARD GRND 14Z TRDE | 2 Tablespoon | | 224928 |
| SPICE PEPR BLK REG GRIND 16Z TRDE | 1 Tablespoon | | 225037 |
| SPICE GARLIC POWDER 21Z TRDE | 1 Tablespoon | | 224839 |
| SAUCE WORCESTERSHIRE 3-1GAL L&P | 1/4 Cup | | 358851 |

## Preparation Instructions

1. Brown ground beef and drain.
2. Add remaining ingredients and stir well
3. Heat to 165 degrees

Total Weight of Recipe = 40.68# = 650 oz

Serving Size = 2.17 oz by weight

Serve using 2 oz (blue) scoop

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.99 |
| **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: 2.17 Ounce

| **Amount Per Serving** | | | |
|---|---|---|---|
| **Calories** | 192.32 | | |
| **Fat** | 11.94g | | |
| **SaturatedFat** | 3.98g | | |
| **Trans Fat** | 1.99g | | |
| **Cholesterol** | 51.74mg | | |
| **Sodium** | 273.43mg | | |
| **Carbohydrates** | 7.30g | | |
| **Fiber** | 0.02g | | |
| **Sugar** | 5.73g | | |
| **Protein** | 13.95g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.28mg | **Iron** | 0.01mg |

# PBJ, Cheese Stick, Graham Snack

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-18979 |
| **School:** | West Carroll High School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z | 1 Each | | 527462 |
| CHEESE STRING MOZZ LT IW 168-1Z LOL | 1 Each | | 786801 |
| CRACKER GRHM STCK SCOOBY 210-1Z | 1 Package | | 859550 |

## 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** | 480.00 | | |
| **Fat** | 22.50g | | |
| **SaturatedFat** | 6.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 10.00mg | | |
| **Sodium** | 595.00mg | | |
| **Carbohydrates** | 54.00g | | |
| **Fiber** | 5.00g | | |
| **Sugar** | 24.00g | | |
| **Protein** | 18.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 241.00mg | **Iron** | 1.70mg |

# Sloppy Joe Meat (HS)

| | | | |
|---|---|---|---|
| **Servings:** | 300.00 | **Category:** | Entree |
| **Serving Size:** | 2.17 Ounce | **HACCP Process:** | Complex Food Prep |
| **Meal Type:** | Lunch | **Recipe ID:** | R-18983 |
| **School:** | West Carroll High School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| BEEF GRND 40 COMM | 50 Pound | | 110520 |
| KETCHUP CAN 33% FCY 6-10 REDG | 2 #10 CAN | READY_TO_EAT None | 137661 |
| SUGAR BROWN LT 12-2 P/L | 12 Ounce | | 860311 |
| ONION DEHY CHPD 15 P/L | 1 Cup | | 263036 |
| SPICE MUSTARD GRND 14Z TRDE | 2 Tablespoon | | 224928 |
| SPICE PEPR BLK REG GRIND 16Z TRDE | 1 Tablespoon | | 225037 |
| SPICE GARLIC POWDER 21Z TRDE | 1 Tablespoon | | 224839 |
| SAUCE WORCESTERSHIRE 3-1GAL L&P | 1/4 Cup | | 358851 |

## Preparation Instructions

1. Brown ground beef and drain.
2. Add remaining ingredients and stir well
3. Heat to 165 degrees

Total Weight of Recipe = 40.68# = 650 oz

Serving Size = 2.17 oz by weight

Serve using 2 oz (blue) scoop

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.99 |
| **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: 2.17 Ounce

| **Amount Per Serving** | | | |
|---|---|---|---|
| **Calories** | 192.32 | | |
| **Fat** | 11.94g | | |
| **SaturatedFat** | 3.98g | | |
| **Trans Fat** | 1.99g | | |
| **Cholesterol** | 51.74mg | | |
| **Sodium** | 273.43mg | | |
| **Carbohydrates** | 7.30g | | |
| **Fiber** | 0.02g | | |
| **Sugar** | 5.73g | | |
| **Protein** | 13.95g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.28mg | **Iron** | 0.01mg |

# Baked Chicken Breast

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-19264 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS | 4 1/4 Ounce | 1 breast = 4.24 oz | 258610 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.25 |
| **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 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 268.53 | | |
| **Fat** | 15.55g | | |
| **SaturatedFat** | 3.53g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 98.93mg | | |
| **Sodium** | 664.27mg | | |
| **Carbohydrates** | 8.48g | | |
| **Fiber** | 1.41g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 22.61g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 28.27mg | **Iron** | 1.53mg |

# Baked Chicken Thigh

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-19265 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS | 6 2/3 Ounce | 1 thigh = 6.66 oz | 258610 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 3.25 |
| **Grain** | 1.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 421.80 | | |
| **Fat** | 24.42g | | |
| **SaturatedFat** | 5.55g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 155.40mg | | |
| **Sodium** | 1043.40mg | | |
| **Carbohydrates** | 13.32g | | |
| **Fiber** | 2.22g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 35.52g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 44.40mg | **Iron** | 2.40mg |

# Baked Chicken Drumstick

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-19266 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS | 3 8/9 Ounce | 1 drumstick=3.89 oz | 258610 |

## 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: 1.00
Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 246.37 | | |
| **Fat** | 14.26g | | |
| **SaturatedFat** | 3.24g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 90.77mg | | |
| **Sodium** | 609.43mg | | |
| **Carbohydrates** | 7.78g | | |
| **Fiber** | 1.30g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 20.75g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 25.93mg | **Iron** | 1.40mg |

# Pulled Pork (MS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-19269 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PORK PULLED BBQ TRADITIONAL 4-5 GCHC | 1/2 Cup | | 584050 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 200.00 | | |
| **Fat** | 8.00g | | |
| **SaturatedFat** | 2.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 45.00mg | | |
| **Sodium** | 860.00mg | | |
| **Carbohydrates** | 17.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 14.00g | | |
| **Protein** | 14.00g | | |
| **Vitamin A** | 200.00IU | **Vitamin C** | 3.60mg |
| **Calcium** | 40.00mg | **Iron** | 0.72mg |

# Coleslaw

| | | | |
|---|---|---|---|
| **Servings:** | 65.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-19270 |
| **School:** | West Carroll Middle School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| MAYONNAISE LT 4-1GAL GFS | 6 Cup | | 429406 |
| SUGAR CANE GRANUL 25 GCHC | 1 Cup | | 108642 |
| VINEGAR WHT DISTILLED 5 4-1GAL GCHC | 1 Tablespoon | | 629640 |
| SALT IODIZED 18-2.25 GCHC | 1/2 Teaspoon | | 350732 |
| SPICE PEPR BLK REG GRIND 16Z TRDE | 1 Teaspoon | | 225037 |
| Milk White 1% WC | 2 Cup | READY_TO_DRINK | 2 |
| COLE SLAW SHRED SEP BAG 1/8 4-5 P/L | 5 Pound | | 361300 |

## 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: 65.00
Serving Size: 0.50 Cup

| Amount Per Serving | |
|---|---|
| **Calories** | 61.71 |
| **Fat** | 1.55g |
| **SaturatedFat** | 0.05g |
| **Trans Fat** | 0.00g |
| **Cholesterol** | 15.23mg |
| **Sodium** | 101.46mg |
| **Carbohydrates** | 11.31g |
| **Fiber** | 0.70g |
| **Sugar** | 6.18g |
| **Protein** | 0.60g |

| | | | |
|---|---|---|---|
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |

| | | | |
|---|---|---|---|
| **Calcium** | 23.19mg | **Iron** | 0.16mg |

# Pulled Pork (HS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-19436 |
| **School:** | West Carroll High School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| PORK PULLED BBQ TRADITIONAL 4-5 GCHC | 1/2 Cup | | 584050 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 200.00 | | |
| **Fat** | 8.00g | | |
| **SaturatedFat** | 2.50g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 45.00mg | | |
| **Sodium** | 860.00mg | | |
| **Carbohydrates** | 17.00g | | |
| **Fiber** | 1.00g | | |
| **Sugar** | 14.00g | | |
| **Protein** | 14.00g | | |
| **Vitamin A** | 200.00IU | **Vitamin C** | 3.60mg |
| **Calcium** | 40.00mg | **Iron** | 0.72mg |

# Canned Fruit Choice

| | | | |
|---|---|---|---|
| **Servings:** | 4.00 | **Category:** | Fruit |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-19438 |
| **School:** | West Carroll High School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| APPLESAUCE CINN UNSWT CUP 96-4.5Z | 1 Each | | 699180 |
| PEACH SLCD XL/S 6-10 P/L | 1/2 Cup | | 256770 |
| PEAR SLCD XL/S 6-10 GCHC | 1/2 Cup | | 262706 |
| PINEAPPLE TIDBITS IN JCE 6-10 GCHC | 1/2 Cup | | 189979 |

## 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: 4.00
Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 59.93 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 6.25mg | | |
| **Carbohydrates** | 15.23g | | |
| **Fiber** | 1.19g | | |
| **Sugar** | 13.17g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 75.00IU | **Vitamin C** | 0.90mg |
| **Calcium** | 1.31mg | **Iron** | 0.16mg |

# Sub Sandwich (HS)

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Each | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-19439 |
| **School:** | West Carroll High School | | |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| TURKEY BRST SLCD OVN RSTD 6-2 JENNO | 2 Slice | 2 slices credits 1 oz m/ma | 689541 |
| TURKEY HAM UNCURED 6-2 JENNO | 2 Slice | 2 slices credits 1 oz m/ma | 690041 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | 1 slice credits .5 oz m/ma | 722360 |
| Whole Grain Hot Dog Bun - 2oz | 1 Each | | 4040 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 2.63 |
| **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** | 307.46 | | |
| **Fat** | 8.60g | | |
| **SaturatedFat** | 2.53g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 65.32mg | | |
| **Sodium** | 863.82mg | | |
| **Carbohydrates** | 31.05g | | |
| **Fiber** | 2.00g | | |
| **Sugar** | 5.87g | | |
| **Protein** | 26.50g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 96.00mg | **Iron** | 0.49mg |

# Breakfast Egg Casserole

| | | | |
|---|---|---|---|
| **Servings:** | 24.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Piece | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Breakfast | **Recipe ID:** | R-19829 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| HASHBROWN SHRD IQF 6-3 GCHC | 2 Pound | | 316334 |
| ONION DEHY CHPD 15 P/L | 1/4 Cup | | 263036 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 Pound | | 150250 |
| EGG SHL LRG A GRD 6-30CT GCHC | 12 Each | | 206539 |
| 1 % White Milk | 2 Cup | READY_TO_DRINK | 3601 |
| Gravy Mix, Country Sausage | 1 OZ PKG | | 300 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 1.67 |
| **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: 24.00
Serving Size: 1.00 Piece

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 149.74 | | |
| **Fat** | 8.71g | | |
| **SaturatedFat** | 4.87g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 113.75mg | | |
| **Sodium** | 190.11mg | | |
| **Carbohydrates** | 9.19g | | |
| **Fiber** | 0.95g | | |
| **Sugar** | 1.40g | | |
| **Protein** | 9.28g | | |
| **Vitamin A** | 200.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 153.34mg | **Iron** | 0.78mg |

# EARLY DISMISSAL - NO LUNCH SERVED

| | | | |
|---|---|---|---|
| **Servings:** | 1.00 | **Category:** | Entree |
| **Serving Size:** | 1.00 Serving | **HACCP Process:** | No Cook |
| **Meal Type:** | Lunch | **Recipe ID:** | R-20072 |
| **School:** | West Carroll Primary School | | |

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

| | |
|---|---|
| **Meat** | 0.00 |
| **Grain** | 0.00 |
| **Fruit** | 0.00 |
| **GreenVeg** | 0.00 |
| **RedVeg** | 0.00 |
| **OtherVeg** | 0.00 |
| **Legumes** | 0.00 |
| **Starch** | 0.00 |

### Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|---|---|---|---|
| **Calories** | 0.00 | | |
| **Fat** | 0.00g | | |
| **SaturatedFat** | 0.00g | | |
| **Trans Fat** | 0.00g | | |
| **Cholesterol** | 0.00mg | | |
| **Sodium** | 0.00mg | | |
| **Carbohydrates** | 0.00g | | |
| **Fiber** | 0.00g | | |
| **Sugar** | 0.00g | | |
| **Protein** | 0.00g | | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 0.00mg | **Iron** | 0.00mg |

# Augratin Potatoes

| | | | |
|---|---|---|---|
| **Servings:** | 31.00 | **Category:** | Vegetable |
| **Serving Size:** | 0.50 Cup | **HACCP Process:** | Same Day Service |
| **Meal Type:** | Lunch | **Recipe ID:** | R-21356 |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|---|---|
| POTATO AUGRATIN CLASSIC R/SOD 6-2.25 | 1 Package | BAKE<br>1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same. | 118575 |
| Tap Water for Recipes | 5 Quart | Heat to boiling | 000001WTR |
| BUTTER PRINT UNSLTD GRD AA 36-1 GCHC | 4 Ounce | | 299405 |

## Preparation Instructions

1. Add 5 quarts boiling water for convection over (4 1/2 quarts for conventional) and 4 ounces butter to a 2 1/2" deep full-size steamtable pan.
2. Stir in sauce mix until dissolved.
3. Add potato slices. Stir.
4. Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes.

TIPS: For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.

### 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: 31.00
Serving Size: 0.50 Cup

| Amount Per Serving | |
|---|---|
| **Calories** | 152.48 |
| **Fat** | 3.89g |
| **SaturatedFat** | 1.81g |
| **Trans Fat** | 0.00g |
| **Cholesterol** | 7.74mg |
| **Sodium** | 285.02mg |
| **Carbohydrates** | 26.39g |
| **Fiber** | 1.06g |

| | | | |
|---|---|---|---|
| **Sugar** | | 3.17g | |
| **Protein** | | 2.11g | |
| **Vitamin A** | 0.00IU | **Vitamin C** | 0.00mg |
| **Calcium** | 42.23mg | **Iron** | 0.32mg |