

Cookbook for FINDLAY-HIGH SCHOOL

Created by HPS Menu Planner

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Spicy Chicken Patty

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5778
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	50 Each	327080

Preparation Instructions

Hold for hot service at 145 Degrees

****ALLERGENS: WHEAT, SOY****

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: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	270.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	400.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.00mg

Cheeseburger 9-12

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5779

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	0 Each	203260
CHEESE AMER 184CT SLCD 4-5 GCHC	0 Slice	272744
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice	722360
BEEF PTY FLAMEBR 210-2.4Z	50 Each	205030

Preparation Instructions

**ALLERGENS:

:MILK, SOY (CHEESE)**

Heat to 165 degrees

Hold for service at 145 degrees

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	165.00		
Fat	10.00g		
SaturatedFat	4.75g		
Trans Fat	0.50g		
Cholesterol	42.50mg		
Sodium	460.00mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	0.50g		
Protein	15.50g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	116.00mg	Iron	1.80mg

Pork & Bean

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5861

Ingredients

Description	Measurement	DistPart #
BEAN BKD KTTL BRN SUGAR 6-10 HRTHSTN	1 #10 CAN	822477

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly.

Pour beans into a steam table pan.

Place in

Convection Oven: at 350°F for 30-40 minutes or until internal temperature reaches 145°F.

Conventional Oven: at 375° for 30-40 minutes or until internal temperature reaches 145°F.

Cover with foil and vent. Place in heated unit until service.

Serve with a 4 oz. spoodle

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	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	140.11		
Fat	0.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	334.11mg		
Carbohydrates	28.02g		
Fiber	5.39g		
Sugar	6.47g		
Protein	7.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.04mg	Iron	2.16mg

Diced Pear Cup

Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5894
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
PEAR DCD XL/S 6-10 GCHC	1 #10 CAN	290203

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	72.43		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	17.59g		
Fiber	1.03g		
Sugar	15.52g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Diced Peaches

Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5921
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 #10 CAN	268348

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Cup up using a 4 oz spoodle

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.52
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	62.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	14.49g		
Fiber	0.00g		
Sugar	11.38g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mashed Potatoes

Servings:	39.92	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5933
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package	146581

Preparation Instructions

1: Pour 4 Liters (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half steam table pan. 2: Add all potatoes

and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

Hold for service at 145 degrees

****ALLERGEN: MILK****

Serve with a # 8 Disher

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: 39.92

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.40		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.54mg		
Carbohydrates	14.08g		
Fiber	1.01g		
Sugar	0.00g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.40mg	Iron	0.26mg

Mandarin Oranges

Servings:	22.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5941
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
ORANGES MAND BRKN L/S 6-10 GCHC	1 #10 CAN	152811

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

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: 22.00

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

Steamed Broccoli

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5952

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORETS 6-4 GCHC	9 8/13 Pound	610902
SEASONING VEGETABLE NO SALT 21Z TRDE	1 1/3 Teaspoon	647230

Preparation Instructions

9.50 cups = to 4# of frozen broccoli

Stove Top Preparation: Place in a minimum amount of boiling water while still frozen. The low temperature of the frozen vegetables will cool the water and stop boiling. Cook from second boil until tender and reach a temperature of 140°F. Avoid overcooking for better flavor and color.

Add seasoning.

Steamer: Pour into 2" perforated steam table pan with non-perforated pan. Heat just until tender and reach a temperature of 145°F.

Hold for hot service at 145 degrees

Serve with 4 oz. spoodle

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.77
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.71		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.39mg		
Carbohydrates	5.34g		
Fiber	3.08g		
Sugar	1.03g		
Protein	3.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.91mg	Iron	1.03mg

Corn

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5957
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	4 Pound	851329
SEASONING VEGETABLE NO SALT 21Z TRDE	2 Teaspoon	647230

Preparation Instructions

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON

Pour corn into a steam table pan.

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

Serve with a 4 oz. spoodle

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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.20		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	12.44g		
Fiber	1.49g		
Sugar	4.48g		
Protein	1.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Applesauce Cupped _

Servings:	25.00	Category:	Fruit
Serving Size:	4.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5975

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	1 #10 CAN	271497

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish out fruit.

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: 25.00

Serving Size: 4.50 Ounce

Amount Per Serving

Calories	70.34		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.12mg		
Carbohydrates	17.48g		
Fiber	1.34g		
Sugar	16.14g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.03mg	Iron	0.00mg

Shrimp Poppers

Servings:	10.00	Category:	Entree
Serving Size:	20.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6005
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	2 Pound	275752

Preparation Instructions

TO BAKE: Preheat oven to 425°F. Place frozen Shrimp Poppers in a single layer on a baking sheet on center oven rack and bake for 8 to 10 minutes or until golden brown.

TO BAKE: (convection oven): Preheat oven to 375°F. Place frozen Shrimp Poppers in a single layer on a baking sheet on center oven rack and bake for 7 to 8 minutes or until golden brown.

Serve with a 4 oz. spoodle

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: WHEAT, SOY, SHELLFISH

Meal Components (SLE)

Amount Per Serving

Meat	1.07
Grain	1.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 20.00 Piece

Amount Per Serving

Calories	224.00		
Fat	10.67g		
SaturatedFat	1.60g		
Trans Fat	0.00g		
Cholesterol	42.67mg		
Sodium	298.67mg		
Carbohydrates	22.40g		
Fiber	4.27g		
Sugar	1.07g		
Protein	9.60g		
Vitamin A	14.05IU	Vitamin C	0.14mg
Calcium	25.80mg	Iron	1.74mg

Refried Beans

Servings:	16.76	Category:	Vegetable
Serving Size:	5.51 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6017
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	1 Package	183910

Preparation Instructions

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 steam table.

Hold for hot service at 145 degrees

Serve with a #6 Disher

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.76

Serving Size: 5.51 Ounce

Amount Per Serving

Calories	180.70		
Fat	1.51g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	652.52mg		
Carbohydrates	31.12g		
Fiber	10.04g		
Sugar	0.00g		
Protein	10.04g		
Vitamin A	0.70IU	Vitamin C	0.99mg
Calcium	56.17mg	Iron	2.42mg

Breaded Chicken Bites

Servings:	18.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6021
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	5 Pound	536620

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: MILK, SOY, WHEAT

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: 18.00

Serving Size: 10.00 Piece

Amount Per Serving

Calories	268.68		
Fat	13.43g		
SaturatedFat	3.10g		
Trans Fat	0.00g		
Cholesterol	72.34mg		
Sodium	568.37mg		
Carbohydrates	17.57g		
Fiber	3.10g		
Sugar	0.00g		
Protein	19.63g		
Vitamin A	206.68IU	Vitamin C	0.00mg
Calcium	20.67mg	Iron	1.49mg

Mini Maple Waffles

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-6030
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	25 Package	269260

Preparation Instructions

Hold for hot service at 145 degrees

ALLERGENS: SOY, MILK, EGG, WHEAT

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: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	200.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	13.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.10mg

Pancake Wrap

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-6031
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	25 Each	497202

Preparation Instructions

PREFERRED METHOD FOR COOKING IS THAWED.

CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES.

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.

Hold for hot service at 145 degrees

**ALLERGENS: WHEAT, SOY, EGGS, **

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: 25.00

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

Pepperoni Calzone

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6269
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	50 Each	135191

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: wheat Soy, Milk, Egg

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	361.00mg	Iron	2.00mg

BBQ Beef Rib Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6284
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each	451410

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: MILK, SOY, WHEAT (BEEF RIB)

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	200.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	670.00mg		
Carbohydrates	13.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	14.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Flavored Craisins

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6454

Ingredients

Description	Measurement	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	25 Each	765981

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: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	24.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cereal Bar

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6481
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	50 Each	268690

Preparation Instructions

ALLERGENS: WHEAT, SOY

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: 50.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	160.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	105.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	1.50mg

Grape Juice

Servings:	40.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6488

Ingredients

Description	Measurement	DistPart #
JUICE BOX GRP 100 40-4.23FLZ	40 Each	698211

Preparation Instructions

Hold at 41 degrees until service

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: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	80.00		
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	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

Goldfish Crackers

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6489

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	25 Package	736280

Preparation Instructions

ALLERGENS: WHEAT, MILK

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: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	100.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.00mg

Sweet Southern BBQ Pork Sandwich

Servings:	20.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6556
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	5 Pound	498702

Preparation Instructions

Preheat:

Convection: 350°

Conventional: 375°

Steamer 212°

Heat product until internal temperature reaches 165°

Place in heated warmer until service.

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: SOY

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: 20.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	299.00		
Fat	17.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	71.00mg		
Sodium	233.00mg		
Carbohydrates	17.00g		
Fiber	0.00g		
Sugar	16.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Burrito

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6565
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	20 Each	497221

Preparation Instructions

Hold for hot service at 145 degrees.

****ALLERGENS: MILK, SOY, MILK, GLUTEN****

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: 20.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	360.00
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	460.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 400.00IU	Vitamin C 1.20mg
Calcium 100.00mg	Iron 1.44mg

Salsa

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6680
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
SALSA CUP 84-3Z REDG	25 Each	677802

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	6.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Breakfast in a Bag

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6682
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	25 Each	150471

Preparation Instructions

ALLERGENS: CHECK PACKAGING

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: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	270.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.10g		
Cholesterol	0.00mg		
Sodium	215.00mg		
Carbohydrates	55.00g		
Fiber	4.00g		
Sugar	25.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	208.00mg	Iron	4.60mg

Breaded Chicken Patty Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6691
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	50 Each	558061

Preparation Instructions

Bake until 165 degrees. Hold at 145 until service

****ALLERGENS: SOY, WHEAT****

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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	240.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	460.00mg		
Carbohydrates	15.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.00mg

Colby Cheese Stick

Servings:	25.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6714
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
CHEESE STIX COLBY JK R/F IW 168-1Z	25 Each	786510

Preparation Instructions

Hold for cold service at 41 degrees or below

****ALLERGENS: MILK****

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	6.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	200.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 194.00mg	Iron 0.00mg

Brownie

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6715
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
BAR COCOA CHRY WGRAIN IW 120-1.8Z	25	419172

Preparation Instructions

ALLERGENS: WHEAT, SOY

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	1.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	120.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	33.00g		
Fiber	0.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Dominos Cheese Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6738
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
14" Whole Grain (16 oz.) LM Cheese Pizza-8 cut	8	11412

Preparation Instructions

Hold for service at 145 degrees

****ALLERGENS: MILK, SOY, WHEAT****

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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	260.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	480.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	20.00g		
Vitamin A	10.00IU	Vitamin C	8.00mg
Calcium	50.00mg	Iron	10.00mg

Dominos Pepperoni Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6739

Ingredients

Description	Measurement	DistPart #
14" Whole Grain (16 oz.) RFRS Pepperoni Pizza-8 cut	8 Slice	11413

Preparation Instructions

Hold for service at 145 degrees

ALLERGENS: WHEAT, MILK, SOY

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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	270.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	570.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	3.00g
Protein	20.00g
Vitamin A 15.00IU	Vitamin C 10.00mg
Calcium 45.00mg	Iron 10.00mg

Broccoli Salad

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8579

Ingredients

Description	Measurement	DistPart #
MAYONNAISE 4-1GAL KE	1 1/2 Cup	631411
BROCCOLI FLORET BITE SIZE 2-3 RSS	2 Pound	732451
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1/4 Cup	629640
SUGAR CANE GRANUL 25 GCHC	1 Cup	108642
1% White Milk 8 oz.	1/3 Cup	52266
ONION DCD 1/4 2-5 RSS	1/2 Cup	198307
CRANBERRY DRIED 300-1.16Z COMM	8 Ounce	765981

Preparation Instructions

1. Dressing: Combine mayonnaise, sugar, vinegar, and milk in a medium bowl. Stir well. Set aside for step 3.
2. Combine broccoli, onions, and dried cranberries in a large bowl. Toss lightly. Set aside for step 3.
3. Pour 3 cups (about 1 lb 8 oz) dressing over 1 gal (about 3 lb 1 oz) vegetable mixture. Stir well.
4. Transfer 3 qt (about 4 lb 8 oz) broccoli salad to a steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan.

5. Critical Control Point: Cool to 40 °F or lower within 4 hours.
6. Critical Control Point: Hold at 40 °F or below.
7. Portion with No. 8 scoop (1/2 cup)

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.16
GreenVeg	0.23
RedVeg	0.00
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	170.90
Fat	10.69g
SaturatedFat	1.94g
Trans Fat	0.00g
Cholesterol	9.73mg
Sodium	56.48mg
Carbohydrates	19.65g

Fiber	1.47g		
Sugar	16.15g		
Protein	0.67g		
Vitamin A	127.87IU	Vitamin C	18.31mg
Calcium	15.52mg	Iron	0.17mg

Seasoned Wedge Fries

Servings:	27.00	Category:	Vegetable
Serving Size:	2.89 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10802

Ingredients

Description	Measurement	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	5 Pound	174251

Preparation Instructions

General Cautions:

FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME. PRODUCT MUST BE FULLY COOKED FOR FOOD SAFETY AND QUALITY.

Convection Oven: Temp(°F): 350 - Cooking Time(min): 20 to 25 - Instructions:

Bake: Temp(°F): 425 - Cooking Time(min): 19

Convection: Temp(°F): 350 - Cooking Time(min): 20 to 25

Convection Oven From Frozen: Instructions: CONVECTION OVEN: PREHEAT OVEN TO 350° F. (FULL OVEN, FAN ON HIGH). SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 20 TO 25 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (FULL OVEN, FAN ON HIGH). SPREAD FROZEN WEDGES

Hold at 135 Degrees.

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: 27.00

Serving Size: 2.89 Ounce

Amount Per Serving

Calories	123.46		
Fat	4.12g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	144.03mg		
Carbohydrates	20.58g		
Fiber	2.06g		
Sugar	0.00g		
Protein	2.06g		
Vitamin A	0.00IU	Vitamin C	3.70mg
Calcium	0.00mg	Iron	0.37mg

Fresh Carrot Cup

Servings:	9.23	Category:	Vegetable
Serving Size:	2.60 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12199

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1 1/2 Pound	510637

Preparation Instructions

Wash vegetables and allow to dry.

Weight out correct measurement into a 9 oz. vegetable cup and put on lid. Place in refrigerator.

Hold at 41 Degrees until service.

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: 9.23

Serving Size: 2.60 Ounce

Amount Per Serving

Calories	21.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	47.67mg		
Carbohydrates	5.20g		
Fiber	1.73g		
Sugar	2.60g		
Protein	0.00g		
Vitamin A	18548.21IU	Vitamin C	6.76mg
Calcium	23.59mg	Iron	0.31mg

String Cheese Stick

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15330
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	25 Each	786801

Preparation Instructions

Hold at 41 Degrees or Less

****ALLERGENS: MILK****

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: 25.00

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

Diced Peach Cup

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15398
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
PEACH DCD CUP 72-4.5Z ZEE ZEE	25 Each	136741

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: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.00mg

Fresh Orange

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15529
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	25 Each	198013

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	80.90
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.70mg
Carbohydrates	21.00g
Fiber	3.60g
Sugar	14.00g
Protein	1.50g
Vitamin A 407.55IU	Vitamin C 97.52mg
Calcium 70.95mg	Iron 0.21mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15535
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	5 Ounce	600504
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150

Preparation Instructions

Hold for cold service at 41 degrees or below

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.96
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	171.54
Fat	10.66g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	48.27mg
Sodium	366.14mg
Carbohydrates	6.00g
Fiber	1.67g
Sugar	1.67g
Protein	13.32g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 235.67mg	Iron 1.91mg

4 " Whole Grain Bun

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16124
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	25 bun	3159

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	160.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	10.00mg

Dinner Roll

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16126
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
Sliced White Dinner Rolls	25 Each	5212

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cereal

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16132
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	25 Each	264702

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	21.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	9.00mg

Orange Juice

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16133
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
Orange Juice 4 oz.	25 Carton	14000

Preparation Instructions

Serve at 41 degrees

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: 25.00

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	10.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	600.00mg
Calcium	0.00mg	Iron	0.00mg

Potato Salad

Servings:	12.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16238
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
SALAD POTATO 12-4Z SANDR	1 Each	771538

Preparation Instructions

CCP:

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: 12.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	16.67		
Fat	0.83g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	1.25mg		
Sodium	29.17mg		
Carbohydrates	2.08g		
Fiber	0.75g		
Sugar	0.67g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.83mg	Iron	0.03mg

Fresh Red Pepper Stix

Servings:	7.33	Category:	Vegetable
Serving Size:	2.18 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16368
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	4 Pound	560715

Preparation Instructions

Wash vegetables and allow to dry.

Weight out correct measurement into a 9 oz. vegetable cup and put on lid.

Place in refrigerator.

Hold at 41 Degrees until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.55
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 7.33

Serving Size: 2.18 Ounce

Amount Per Serving

Calories	20.74		
Fat	0.11g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.53mg		
Carbohydrates	5.46g		
Fiber	0.87g		
Sugar	3.27g		
Protein	0.65g		
Vitamin A	2182.68IU	Vitamin C	126.91mg
Calcium	6.68mg	Iron	0.34mg

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16469
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Ounce	600504

Preparation Instructions

Weight out and place in container.

Hold for cold service at 41 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.58
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	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	1.00mg

Chicken and Cheese Taquitos

Servings:	25.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16476
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
APTZR TAQUITO CHIX & CHS 140-2.75Z	50	454494

Preparation Instructions

Temperature 350°

Frozen LOW FAN: 14 MINUTES

PREHEAT OVEN TO 350°F. PLACE TAQUITOS EVENLY 1 INCH APART ON A COOKING SHEET. LET REST FOR 1 MINUTE.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F. SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING. *CAUTION: PRODUCT MAY BE HOT.*

Hold for hot served at 145 Degrees

ALLERGENS: WHEAT, SOY, MILK

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: 25.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	280.00		
Fat	12.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	800.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	800.00mg	Iron	0.00mg

Fresh Apple

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16493
School:	DONNELL MIDDLE SCHOOL		

Ingredients

Description	Measurement	DistPart #
APPLE DELICIOUS RED 163CT MRKN	25 Piece	540005

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

Banana

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16494

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	25 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: 25.00

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

Fish Sandwich +

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16848

Ingredients

Description	Measurement	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	12 Each	576255
CHEESE AMER 184CT SLCD 4-5 GCHC	12 Slice	272744

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

**ALLERGEN: FISH, MILK, WHEAT, SOY (FISH)

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: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	215.00		
Fat	10.50g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	32.50mg		
Sodium	755.00mg		
Carbohydrates	16.50g		
Fiber	1.00g		
Sugar	0.50g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.50mg	Iron	1.80mg

Cocktail Sauce

Servings:	75.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17369

Ingredients

Description	Measurement	DistPart #
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN	200621
SAUCE WORCESTERSHIRE 4-1GAL FRENC	3/4 Cup	109843
HORSERADISH 6-32Z GFS	2 Tablespoon	283908

Preparation Instructions

Wash Hands

Mix all together until well blended.

Using a #20 disher, place into 2 Oz. souffle cups and lid.

Refrigerate overnight.

Hold for cold service at 41 degrees or lower

Serve Chilled.

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: 75.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	55.21		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	178.43mg		
Carbohydrates	11.12g		
Fiber	0.00g		
Sugar	11.04g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.32mg	Iron	0.02mg

Mixed Fruit Cup

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26224
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
FRUIT MXD DCD CUP IN JCE 72-4.5Z NFG	25 Each	731041

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: 25.00

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	0.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	1.00mg
Calcium	14.00mg	Iron	0.00mg

Cinnamon Toast Breakfast Square

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26801
School:	SSO LINC. 2020		

Ingredients

Description	Measurement	DistPart #
BAR BKFST CINN TST & CHS IW 72-2.36Z	25 Each	880415

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: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	280.00mg		
Carbohydrates	40.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Turkey Bologna Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26848
School:	SSO LINC. 2020		

Ingredients

Description	Measurement	DistPart #
Turkey Bologna and Cheese Sub IW	1 Each	317

Preparation Instructions

Thaw and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	283.00		
Fat	88.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	716.00mg		
Carbohydrates	35.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	14.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	2.52mg