

# **Cookbook for FINDLAY-HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Spicy Chicken Patty



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	50 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. Bake until 165 Degrees	327080

## Preparation Instructions

Hold for hot service at 145 Degrees

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00

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

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00

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**Amount Per Serving**

<b>Calories</b>	270.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	15.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.00mg

# Cheeseburger 9-12



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	0 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	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	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	205030

## Preparation Instructions

**\*\*ALLERGENS:**

:MILK, SOY (CHEESE)\*\*

Heat to 165 degrees

Hold for service at 145 degrees

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00

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**Amount Per Serving**

<b>Calories</b>	165.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	4.75g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	460.00mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.50g
<b>Protein</b>	15.50g

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<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	116.00mg	<b>Iron</b>	1.80mg



# Pork & Bean



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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.54
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

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

# Diced Pear Cup



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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 25.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	72.43		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.35mg		
<b>Carbohydrates</b>	17.59g		
<b>Fiber</b>	1.03g		
<b>Sugar</b>	15.52g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Diced Peaches



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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.52
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 25.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

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

# Mashed Potatoes



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

## Ingredients

Description	Measurement	Prep Instructions	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

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

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



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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 22.00			
Serving Size: 0.50 Cup			
<b>Amount Per Serving</b>			
<b>Calories</b>		90.00	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		10.00mg	
<b>Carbohydrates</b>		20.00g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		19.00g	
<b>Protein</b>		1.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	1.00mg

# Steamed Broccoli



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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.77
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 25.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	26.71		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.39mg		
<b>Carbohydrates</b>	5.34g		
<b>Fiber</b>	3.08g		
<b>Sugar</b>	1.03g		
<b>Protein</b>	3.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.91mg	<b>Iron</b>	1.03mg

# Corn



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

## Ingredients

Description	Measurement	Prep Instructions	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

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

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

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

# Applesauce Cupped \_



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

## Ingredients

Description	Measurement	Prep Instructions	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

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

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



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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	1.07
<b>Grain</b>	1.33

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

### Nutrition Facts

Servings Per Recipe: 10.00  
Serving Size: 20.00 Piece

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**Amount Per Serving**

<b>Calories</b>	224.00
<b>Fat</b>	10.67g
<b>SaturatedFat</b>	1.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.67mg
<b>Sodium</b>	298.67mg
<b>Carbohydrates</b>	22.40g
<b>Fiber</b>	4.27g
<b>Sugar</b>	1.07g
<b>Protein</b>	9.60g

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<b>Vitamin A</b>	14.05IU	<b>Vitamin C</b>	0.14mg
<b>Calcium</b>	25.80mg	<b>Iron</b>	1.74mg

# Refried Beans



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

## Ingredients

Description	Measurement	Prep Instructions	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

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

### Nutrition Facts

Servings Per Recipe: 16.76

Serving Size: 5.51 Ounce

#### Amount Per Serving

<b>Calories</b>	180.70
<b>Fat</b>	1.51g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	652.52mg
<b>Carbohydrates</b>	31.12g
<b>Fiber</b>	10.04g

<b>Sugar</b>			0.00g
<b>Protein</b>			10.04g
<b>Vitamin A</b>	0.70IU	<b>Vitamin C</b>	0.99mg
<b>Calcium</b>	56.17mg	<b>Iron</b>	2.42mg

# Breaded Chicken Bites



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

## Ingredients

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

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

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

### Meal Components (SLE)

Amount Per Serving

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

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 18.00			
Serving Size: 10.00 Piece			
<b>Amount Per Serving</b>			
<b>Calories</b>	268.68		
<b>Fat</b>	13.43g		
<b>SaturatedFat</b>	3.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.34mg		
<b>Sodium</b>	568.37mg		
<b>Carbohydrates</b>	17.57g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	19.63g		
<b>Vitamin A</b>	206.68IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.67mg	<b>Iron</b>	1.49mg

# Mini Maple Waffles



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	25 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.*	269260

## Preparation Instructions

Hold for hot service at 145 degrees

\*\*ALLERGENS: SOY, MILK, EGG, WHEAT\*\*

### Meal Components (SLE)

Amount Per Serving

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

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

### Nutrition Facts

Servings Per Recipe: 25.00  
Serving Size: 1.00 Package

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**Amount Per Serving**

<b>Calories</b>	200.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	170.00mg
<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	4.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.10mg



# Pancake Wrap



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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 25.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	240.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	370.00mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	7.00g

---

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.90mg

# Pepperoni Calzone



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	50 Each	Allow to thaw prior to cooking. Cook for 12 - 15 minutes in a 325°F - 350°F convection oven. Products appear to be cooked but are not and need to be cooked to an internal temperature of 165°F. Keep frozen, may be refrigerated	135191

## Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

\*\*ALLERGENS: wheat Soy, Milk, Egg\*\*

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	280.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	19.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	361.00mg	<b>Iron</b>	2.00mg

# BBQ Beef Rib Sandwich



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	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

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

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 25.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	200.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Flavored Craisins



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

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



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	50 Each	READY_TO_EAT Ready to eat cereal bars	268690

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

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



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100 40-4.23FLZ	40 Each	shelf stable	698211

## Preparation Instructions

Hold at 41 degrees until service

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50

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

### Nutrition Facts

Servings Per Recipe: 40.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

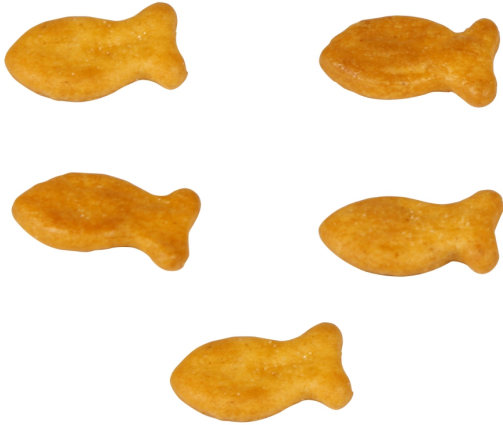
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<b>Calories</b>	80.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	0.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.00mg

# Goldfish Crackers



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

## Ingredients

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

## Preparation Instructions

\*\*ALLERGENS: WHEAT, MILK\*\*

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	150.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.00g

<b>Protein</b>		<b>3.00g</b>	
<b>Vitamin A</b>	<b>0.00IU</b>	<b>Vitamin C</b>	<b>0.00mg</b>
<b>Calcium</b>	<b>110.00mg</b>	<b>Iron</b>	<b>1.00mg</b>

# Sweet Southern BBQ Pork Sandwich



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

## Ingredients

Description	Measurement	Prep Instructions	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

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

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 20.00			
Serving Size: 4.00 Ounce			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	299.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	71.00mg		
<b>Sodium</b>	233.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	18.00g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg
<hr/>			



# Burrito



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	20 Each	Heat thawed product at 280 degrees for 16-22 minutes or until internal temperature reaches 165 degrees.	497221

## Preparation Instructions

Hold for hot service at 145 degrees.

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	460.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	3.00g

<b>Protein</b>	16.00g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.44mg

# Salsa



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP 84-3Z REDG	25 Each	READY_TO_EAT None	677802

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

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



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	25 Each	READY_TO_EAT Ready-to-eat	150471

## Preparation Instructions

\*\*ALLERGENS: CHECK PACKAGING\*\*

### Meal Components (SLE)

Amount Per Serving

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

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



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	50 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061

## Preparation Instructions

Bake until 165 degrees. Hold at 145 until service

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

### Meal Components (SLE)

Amount Per Serving

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

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



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

## Ingredients

Description	Measurement	Prep Instructions	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

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	90.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 194.00mg	<b>Iron</b> 0.00mg

# Brownie



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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

# Dominos Cheese Pizza



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

## Ingredients

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

## Preparation Instructions

Hold for service at 145 degrees

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	20.00g

<b>Vitamin A</b>	10.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	10.00mg

# Dominos Pepperoni Pizza



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

## Ingredients

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

## Preparation Instructions

Hold for service at 145 degrees

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	270.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b>	15.00IU
<b>Vitamin C</b>	10.00mg

**Calcium** 45.00mg **Iron** 10.00mg

# Broccoli Salad



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

## Ingredients

Description	Measurement	Prep Instructions	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	READY_TO_DRINK	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.16
<b>GreenVeg</b>	0.23
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	170.90		
<b>Fat</b>	10.69g		
<b>SaturatedFat</b>	1.94g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.73mg		
<b>Sodium</b>	56.48mg		
<b>Carbohydrates</b>	19.65g		
<b>Fiber</b>	1.47g		
<b>Sugar</b>	16.15g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	127.87IU	<b>Vitamin C</b>	18.31mg
<b>Calcium</b>	15.52mg	<b>Iron</b>	0.17mg

# Seasoned Wedge Fries



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

## Ingredients

Description	Measurement	Prep Instructions	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

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

### Nutrition Facts

Servings Per Recipe: 27.00  
Serving Size: 2.89 Ounce

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**Amount Per Serving**

<b>Calories</b>	123.46
<b>Fat</b>	4.12g
<b>SaturatedFat</b>	0.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	144.03mg
<b>Carbohydrates</b>	20.58g
<b>Fiber</b>	2.06g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.06g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.70mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.37mg

# Fresh Carrot Cup



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

## Ingredients

Description	Measurement	Prep Instructions	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

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

### Nutrition Facts

Servings Per Recipe: 9.23

Serving Size: 2.60 Ounce

#### Amount Per Serving

<b>Calories</b>	21.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	47.67mg		
<b>Carbohydrates</b>	5.20g		
<b>Fiber</b>	1.73g		
<b>Sugar</b>	2.60g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	18548.21IU	<b>Vitamin C</b>	6.76mg

**Calcium** 23.59mg      **Iron** 0.31mg

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# String Cheese Stick



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

## Ingredients

Description	Measurement	Prep Instructions	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

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

Starch

0.00

## Nutrition Facts

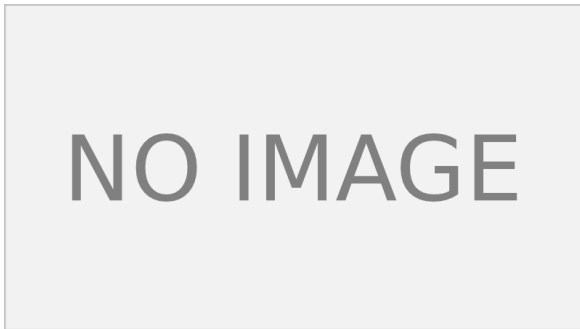
Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	60.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 198.00mg	<b>Iron</b> 0.00mg

# Diced Peach Cup



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving			
<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.00mg	<b>Iron</b>	0.00mg



# Fresh Orange



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

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



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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.96
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	171.54
<b>Fat</b>	10.66g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.27mg
<b>Sodium</b>	366.14mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	1.67g

<b>Sugar</b>			1.67g
<b>Protein</b>			13.32g
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	235.67mg	<b>Iron</b>	1.91mg

# 4 " Whole Grain Bun



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	160.00
<b>Fat</b>	2.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	190.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 4.00mg **Iron** 10.00mg

# Dinner Roll



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sliced White Dinner Rolls	25 Each	READY_TO_EAT	5212

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00
<b>Fat</b>	1.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	19.00g

<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Cereal

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	25 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

# Orange Juice



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

## Ingredients

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

## Preparation Instructions

Serve at 41 degrees

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	50.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.00mg
<b>Carbohydrates</b>	13.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	600.00mg

**Calcium**

0.00mg

**Iron**

0.00mg

# Potato Salad

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD POTATO 12-4Z SANDR	1 Each	Hold Cold Storage to Serve	771538

## Preparation Instructions

CCP:

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 4.00 Ounce

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

# Fresh Red Pepper Stix



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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.55
<b>OtherVeg</b>	0.00

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 7.33			
Serving Size: 2.18 Ounce			
<b>Amount Per Serving</b>			
<b>Calories</b>	20.74		
<b>Fat</b>	0.11g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.53mg		
<b>Carbohydrates</b>	5.46g		
<b>Fiber</b>	0.87g		
<b>Sugar</b>	3.27g		
<b>Protein</b>	0.65g		
<b>Vitamin A</b>	2182.68IU	<b>Vitamin C</b>	126.91mg
<b>Calcium</b>	6.68mg	<b>Iron</b>	0.34mg

# Side Salad



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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.58
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving	
<b>Calories</b>	15.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.00mg
<b>Carbohydrates</b>	3.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 22.00mg **Iron** 1.00mg



# Chicken and Cheese Taquitos



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

## Ingredients

Description	Measurement	Prep Instructions	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

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 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



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

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

# Banana



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

# Fish Sandwich +



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	12 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	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

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

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 12.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	215.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	3.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.50mg		
<b>Sodium</b>	755.00mg		
<b>Carbohydrates</b>	16.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	11.00g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	72.50mg	<b>Iron</b>	1.80mg
<hr/>			

# Cocktail Sauce



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN	READY_TO_EAT None	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

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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Ounce

### Amount Per Serving

<b>Calories</b>	55.21		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	178.43mg		
<b>Carbohydrates</b>	11.12g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.04g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.32mg	<b>Iron</b>	0.02mg

# Mixed Fruit Cup



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

## Ingredients

Description	Measurement	Prep Instructions	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

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.00mg

**Calcium** 14.00mg **Iron** 0.00mg

# Cinnamon Toast Breakfast Square



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST CINN TST & CHS IW 72-2.36Z	25 Each	Heat from frozen or thaw and serve. Place Cinnamon Squares into a steam table pan and load the pan into a heated warmer. Serve gently warmed.	880415

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

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



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Bologna and Cheese Sub IW	1 Each	PREPARED Thaw before eating	317

## Preparation Instructions

Thaw and serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	283.00
<b>Fat</b>	88.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	716.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b>	100.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 300.00mg **Iron** 2.52mg