

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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories 165.00

Fat 10.00g

Saturated Fat 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

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

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

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

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

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

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

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.

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

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

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

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

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, **

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

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)**

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.

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

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

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

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

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

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.

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

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

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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 120.00

Fat 7.00g

Saturated Fat 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

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

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)

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 170.90

Fat 10.69g

Saturated Fat 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.

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.

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

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.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories 70.00

Fat 0.00g

Saturated Fat 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 NAVAL/VALENCIA FCY 113CT MRKN	25 Each	198013

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 80.90

Fat 0.20g

Saturated Fat 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

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.

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.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 100.00

Fat 1.50g

Saturated Fat 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.

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

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:

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 16.67

Fat 0.83g

Saturated Fat 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.

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.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories 15.00

Fat 0.00g

Saturated Fat 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

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.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 66.60

Fat 0.20g

Saturated Fat 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.

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)

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.

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.

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.

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.

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