

Cookbook for FINDLAY-HIGH SCHOOL

Created by HPS Menu Planner

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

Preparation Instructions

**ALLERGENS:

:MILK, SOY (CHEESE)**

Heat to 165 degrees

Hold for service at 145 degrees

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving	
Calories	165.00
Fat	10.00g
SaturatedFat	4.75g
Trans Fat	0.50g
Cholesterol	42.50mg
Sodium	460.00mg
Carbohydrates	2.00g
Fiber	1.00g
Sugar	0.50g

Protein	15.50g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 116.00mg	Iron 1.80mg

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	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

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

Diced Peaches

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

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

Mashed Potatoes

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 39.92

Serving Size: 0.50 Cup

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

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	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

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Applesauce Cupped _

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.50 Ounce

Amount Per Serving

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

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	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

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

Nutrition Facts

Servings Per Recipe: 16.76

Serving Size: 5.51 Ounce

Amount Per Serving

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

Breaded Chicken Bites

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 10.00 Piece

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

Mini Maple Waffles

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	25 Package	BAKE 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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

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

Pancake Wrap

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

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	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each	BAKE 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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

Flavored Craisins

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

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

Cereal Bar

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Package

Amount Per Serving

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

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

Preparation Instructions

ALLERGENS: WHEAT, MILK

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

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

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	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

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

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

Salsa

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

Breakfast in a Bag

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

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

Breaded Chicken Patty Sandwich

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

Ingredients

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

Preparation Instructions

Bake until 165 degrees. Hold at 145 until service

ALLERGENS: SOY, WHEAT

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

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	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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

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

Dominos Pepperoni Pizza

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

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

Broccoli Salad

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

Ingredients

Description	Measurement	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

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 170.90

Fat 10.69g

SaturatedFat 1.94g

Trans Fat 0.00g

Cholesterol 9.73mg

Sodium 56.48mg

Carbohydrates 19.65g

Fiber 1.47g

Sugar 16.15g

Protein 0.67g

Vitamin A 127.87IU **Vitamin C** 18.31mg

Calcium 15.52mg **Iron** 0.17mg

Seasoned Wedge Fries

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 2.89 Ounce

Amount Per Serving

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

Fresh Carrot Cup

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 9.23

Serving Size: 2.60 Ounce

Amount Per Serving

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

String Cheese Stick

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

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	Prep Instructions	DistPart #
ORANGES NAVAL/VALENCIA FCY 113CT MRKN	25 Each		198013

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

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

Chef Salad

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

Ingredients

Description	Measurement	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

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.96
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

4 " Whole Grain Bun

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

Dinner Roll

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

Cereal

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

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

Orange Juice

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

Potato Salad

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 4.00 Ounce

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

Fresh Red Pepper Stix

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 7.33

Serving Size: 2.18 Ounce

Amount Per Serving

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

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	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.00 Each

Amount Per Serving

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

Fresh Apple

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

Banana

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

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

Fish Sandwich +

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

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

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	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	1.00mg
Calcium	14.00mg	Iron	0.00mg

Cinnamon Toast Breakfast Square

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

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

Turkey Bologna Cheese Sub

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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