

Cookbook for C-store Production

Created by HPS Menu Planner

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Pinwheels

Chicken on a Biscuit - Breakfast

Sausage Pizza (Homemade)

Yogurt Parfait

c-store pretzel and marinara sauce

Protein Pack

Turkey Wrap

Ham Wrap

Assorted Pastries (frudels, mini bagels, bagel stix)

Assorted Crackers (Goldfish, Grahams, & Teddys)

Assorted Muffins

Assorted PopTarts

Assorted Fresh Fruit

Assorted Fruit (canned/cups)

Assorted Fruit Juices

Veggies - Dark Greens

Veggies - Red/orange

Cheese Sticks - Cheddar or Mozz

Veggies - Other

Veggies - Starchy

Veggies - Legumes/beans

Salad - c-store meal

Small Salad

Nashville Hot Mega Minis with a roll

Sausage & Cheese on English Muffin



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-13065

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
MUFFIN ENG 100WHLWHT 2Z 6- 12CT THMAS	1 Each		880111

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	225.00
Fat	8.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	700.00mg
Carbohydrates	24.00g

Fiber		3.00g	
Sugar		1.50g	
Protein		15.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	206.00mg	Iron	1.96mg

Chicken Nuggets & Dinner Roll



Servings:	5.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13277

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	5 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.	558040
Honey Wheat Tea Roll BB	1 Each	READY_TO_EAT	4365

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN.

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: 5.00

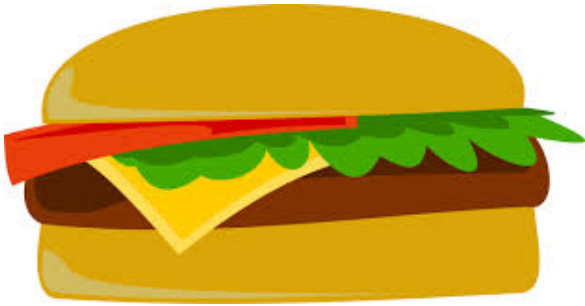
Serving Size: 1.00 Serving

Amount Per Serving

Calories	62.00
Fat	3.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	112.00mg
Carbohydrates	6.00g
Fiber	1.00g
Sugar	0.60g

Protein		3.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.20mg	Iron	1.60mg

Cheeseburger on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13319

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	1 Cup		722360
BEEF PTY CHARB 200-2.5Z ADV	1 Cup	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
Hamburger Bun ZPS	1 Cup		3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	305.00		
Fat	9.00g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	670.00mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	23.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	11.80mg

Pepperoni Pizza



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13336
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
PEPPERONI SLCD 14-16/Z 2- 12.5 GCHC	40 Slice		729973
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

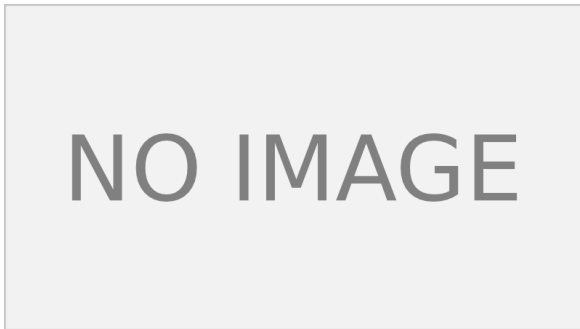
Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	431.67
Fat	22.83g
SaturatedFat	10.42g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	1040.00mg
Carbohydrates	34.00g
Fiber	2.00g
Sugar	5.50g
Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 430.00mg	Iron 2.10mg

Breaded Chicken Patty on a Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13419
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 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
Hamburger Bun	1 Each	READY_TO_EAT	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	380.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	650.00mg
Carbohydrates	41.00g

Fiber	6.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.00mg

Cheese Pizza



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13422
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNQ 20-16RICH	1 Each	<p>BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.</p>	626930

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA PREP 6-10 ANGM	1 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon		513733

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	385.00
Fat	18.50g
SaturatedFat	8.75g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	860.00mg
Carbohydrates	34.00g
Fiber	2.00g
Sugar	5.50g
Protein	20.50g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	430.00mg
Iron	1.98mg

Baked Mozzarella Cheese Sticks & Marinara



Servings:	6.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13425
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	1 1/2 Cup	READY_TO_EAT None	592714
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	36 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	331.43
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	755.71mg
Carbohydrates	35.86g
Fiber	4.43g
Sugar	4.86g
Protein	20.43g
Vitamin A 578.00IU	Vitamin C 0.93mg
Calcium 527.43mg	Iron 1.77mg

Bosco Sticks & Marinara



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13429
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	<p>READY_TO_EAT None</p>	592714

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
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	321.43
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	635.71mg
Carbohydrates	36.86g
Fiber	5.43g
Sugar	4.86g
Protein	21.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 455.43mg	Iron 2.00mg

Mini Corn Dogs



Servings:	1.00	Category:	Entree
Serving Size:	6.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13438
School:	Zeeland Middle Schools		

Ingredients

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

Preparation Instructions

From a frozen state open bag and place mini corn dogs on cooking tray and cook at 350 degrees F. Heat for approximately 20 minutes or until product reaches serving temperature.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	4.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 6.00 Piece			
Amount Per Serving			
Calories		270.00	
Fat		12.00g	
SaturatedFat		3.75g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		480.00mg	
Carbohydrates		30.00g	
Fiber		0.00g	
Sugar		7.50g	
Protein		10.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	1.50mg

Meat Lovers Pizza



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13448
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNQ 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	12 Ounce		645170
PEPPERONI SLCD 14-16/Z 2- 12.5 GCHC	20 Slice		729973
SAUSAGE ITAL CHNK CKD W/TVP40/Z 10PG	1/2 Cup		499552

Description	Measurement	Prep Instructions	DistPart #
BACON TOPPING 3/8 DCD 2-5 HRML	6 Ounce		104396
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	472.08
Fat	26.04g
SaturatedFat	11.40g
Trans Fat	0.00g
Cholesterol	68.75mg
Sodium	1382.50mg
Carbohydrates	33.75g
Fiber	2.00g
Sugar	5.00g
Protein	26.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 330.00mg	Iron 2.17mg

Popcorn Chicken & Cornbread Mini Loaf

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13453
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Piece	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.	327120
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

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 244.21

Fat 9.63g

SaturatedFat 1.20g

Trans Fat 0.00g

Cholesterol 20.58mg

Sodium 187.71mg

Carbohydrates 31.91g

Fiber 1.84g

Sugar 15.28g

Protein 6.91g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 31.21mg **Iron** 1.56mg

Spicy Chicken Patty on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13456
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 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.	327080
4" Whole Grain Hamburger Bun	1	READY_TO_EAT	3159

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories 430.00

Fat 17.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 590.00mg

Carbohydrates 46.00g

Fiber 5.00g

Sugar 5.00g

Protein 21.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 40.00mg **Iron** 12.00mg

Breakfast Sandwich: Sausage Egg and Cheese on Bagle



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13460
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Cup	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Cup		722360
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Cup		592625
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Cup		230264

Preparation Instructions

Cook Sausage as directed until internal temperature reaches 168 degrees

Open bagel up and place on the work surface

Place one Egg patty on the bottom part of the bagel

Take one slice of American Cheese and put on top of the Egg patty

Add one Sausage patty to the slice of cheese

Place the top of bagel on the sandwich

Wrap in a paper wrapper and keep in warmer at 140 degrees or higher until ready to serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	305.00
Fat	12.00g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	127.50mg
Sodium	760.00mg
Carbohydrates	31.00g
Fiber	4.00g
Sugar	5.50g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 174.00mg	Iron 2.16mg

Hawaiian Pizza



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13938
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
CHEESE MOZZ SHRD 4-5 LOL	3 Cup		645170
SAUCE PIZZA PREP 6-10 ANGM	3/4 Cup		373800
BACON TOPPING 3/8 DCD 2-5 HRML	2 Ounce		104396
TURKEY HAM DCD 2-5 JENNO	6 Ounce		202150

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6- 10 GCHC	1/2 Cup		189979
OIL OLIVE XVRGN ITAL 6- 2LTR PG	2 Tablespoon		432050

Preparation Instructions

- 1) Spray 16" Pizza Screen with pan spray
 - 2) Place dough on Pizza Screen.
 - 3) Brush crust with seasoned oil.
 - 4) Place 6oz of sauce in center of dough. Spread sauce evenly over crust, leaving clear a 1" border around the edge.
 - 5) Weigh out 12 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered.
 - 6) Sprinkle oregano over cheese.
 - 7) Add ham, pineapple and bacon evenly over pizza.
 - 8) Cover and freeze for transport. Hold frozen at 0°F or below.
1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust hold have some color. For Impinger Oven Bake at 500F for 4.5-5.5 minutes
 2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan before cutting into 8 equal pieces. If holding hot for service, do not cut until last minute.
- CCP: Hold hot at 140°F or above until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.06
GreenVeg	0.00
RedVeg	0.09
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	401.12		
Fat	19.00g		
SaturatedFat	8.62g		
Trans Fat	0.00g		
Cholesterol	48.70mg		
Sodium	1017.10mg		
Carbohydrates	34.62g		
Fiber	1.84g		
Sugar	6.21g		
Protein	22.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	328.15mg	Iron	2.15mg

Cheeseburger Pizza



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13941
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNQ 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon		513733
SAUCE BBQ 4- 1GAL GCHC	1 Cup		734136
CHEESE BLND CHED/MONTRY JK SHRD 4-5	3 Cup		712131
BEEF CRUMBLES 8-5 COMM	6 Ounce	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
ONION RED JUMBO 10 MRKN	4 Ounce		596973

Description	Measurement	Prep Instructions	DistPart #
KETCHUP FCY JUG W/PUMP 6- 114Z REDG	1/2 Cup	READY_TO_EAT None	695530
MUSTARD YELLOW PREP 4- 1GAL CRWNCOLL	1/4 Cup		860221
OIL OLIVE XVRGN ITAL 6- 2LTR PG	1 Tablespoon		432050
SEASONING ITAL HRB 6Z TRDE	1/3 Teaspoon		428574

Preparation Instructions

- 1) Spray 16" Pizza Screen with pan spray
 - 2) Place dough on Pizza Screen.
 - 3) Brush crust with seasoned oil.
 - 4) Place ketchup and mustard in center of dough. Swirl as you spread evenly over crust, leaving clear a 1" border around the edge.
 - 5) Weigh out 12 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered.
 - 6) Add ground beef and onions evenly over pizza, leaving center of pizza free.
 - 7) Cover and freeze for transport. Hold frozen at 0°F or below.
1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust hold have some color. For Impinger Oven Bake at 500F for 4.5-5.5 minutes
 2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan. Top with pickle slices. Cut into 8 equal pieces. If holding hot for service, do not pickles OR cut until last minute.
- CCP: Hold hot at 140°F or above until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.10
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	459.75
Fat	20.45g
SaturatedFat	11.65g
Trans Fat	0.00g
Cholesterol	46.50mg
Sodium	1509.27mg
Carbohydrates	51.30g
Fiber	1.55g
Sugar	14.50g
Protein	20.85g
Vitamin A	130.29IU
Vitamin C	2.25mg

Calcium 332.26mg **Iron** 2.37mg

Supreme Pizza



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13946
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPING. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP 6-10 ANGM	3/4 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900

Description	Measurement	Prep Instructions	DistPart #
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon		513733
SAUSAGE ITAL CHNK CKD W/TVP40/Z 10PG	1/2 Cup		499552
ONION RED JUMBO 25 MRKN	1/4 Cup		198722
PEPPERS COLORED MIXED ASST 12CT P/L	1/2 Cup		491012

Preparation Instructions

- 1) Spray 16" Pizza Screen with pan spray
 - 2) Place dough on Pizza Screen.
 - 3) Brush crust with seasoned oil.
 - 4) Place 6oz of sauce in center of dough. Spread sauce evenly over crust, leaving clear a 1" border around the edge.
 - 5) Weigh out 16 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered.
 - 6) Sprinkle oregano over cheese.
 - 7) Spread Pepperoni in 3 rings on pizza, leaving center of pizza free of pepperoni. Add sausage evenly over pizza. Add onion, red peppers, black olives.
 - 8) Cover and freeze for transport. Hold frozen at 0°F or below.
1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust should have some color.
 2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan before cutting into 8 equal pieces. If holding hot for service, do not cut until last minute.
- CCP: Hold hot at 140°F or above until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.09
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	404.17
Fat	20.14g
SaturatedFat	9.31g
Trans Fat	0.00g
Cholesterol	33.75mg
Sodium	870.35mg
Carbohydrates	34.60g
Fiber	1.93g
Sugar	5.66g
Protein	21.50g
Vitamin A 250.08IU	Vitamin C 14.87mg

Calcium 434.30mg **Iron** 2.11mg

Chicken Tenders and Roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13983

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	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.	283951
Honey Wheat Tea Roll BB	1 Each	READY_TO_EAT	4365

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00
Fat	16.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	480.00mg
Carbohydrates	30.00g
Fiber	5.00g
Sugar	3.00g

Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	8.00mg

Egg & Bacon on a Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13997

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
BACON CKD MED SLCD 3-100CT GFS	1 Slice		314196
DOUGH BISC WGRAIN 216-2.51Z PILLS	1 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	287.50
Fat	14.25g
SaturatedFat	5.80g
Trans Fat	0.01g
Cholesterol	99.00mg
Sodium	538.45mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	3.00g
Protein	9.70g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.00mg	Iron	1.17mg

Chocolate Glazed Donut



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13999

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
ICING CHOC RTU HEAT NICE 1-12 RICH	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155711

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	357.84
Fat	17.50g
SaturatedFat	7.60g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	318.98mg
Carbohydrates	46.17g
Fiber	2.00g
Sugar	21.57g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 1.50mg

Breakfast Croissant (Sausage & Egg)

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14037

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	330.00		
Fat	17.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	125.00mg		
Sodium	620.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.00mg	Iron	1.86mg

Boneless Wings & Breadstick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14497
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.	561301
BREADSTICK WGRAIN 1.31Z 10-20CT	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	152211

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	300.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	500.00mg		
Carbohydrates	32.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	2.00mg

Cinnamon Sugar Donut



Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14608
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	20 Each		556582
SUGAR BEET GRANUL 25 GCHC	1/2 Cup		108588
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon		224723

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: 20.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	298.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	34.80g
Fiber	2.00g
Sugar	10.80g

Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.50mg

B. Breaded Chicken Patty on a Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19627

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 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
Hamburger Bun	1 Each	READY_TO_EAT	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	380.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	650.00mg
Carbohydrates	41.00g
Fiber	6.00g
Sugar	4.00g

Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.00mg

BREAKFAST - Egg and Cheese French Toast



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-20753
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST PLAIN 4.25 100-2.5Z PAP	1/2 Slice	Pan up french toast and bake as directed. You will use one slice per order	103852
EGG OMELET CHS COLBY 144-2.1Z	1/2 Serving	Pan up Egg and Cheese Omelet and bake as directed.	240080

Preparation Instructions

Ingredients:

French toast #103852

Egg & Cheese Omelet #240080

Tray 1#537273

Take french toast and egg & cheese omelet place them on individual pans then bake as directed on box

Take pans from oven

Cut french toast in half

Place one egg and cheese omelet on top of one side of french toast

Put the other half of french toast on top of the omelet

Place in a 1# tray

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	135.00		
Fat	6.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	127.50mg		
Sodium	255.00mg		
Carbohydrates	12.50g		
Fiber	0.50g		
Sugar	3.50g		
Protein	6.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.50mg	Iron	1.25mg

Boneless Chicken Wings in a Waffle Cone



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20997
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CONE WAFFLE LRG 9-22CT COLOSSO	1 Each		222704
SYRUP PANCK BKFST 100-1.4FLZ SMUCK	1 Each	Pre-packaged	425700
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	5 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301

Preparation Instructions

With hands washed and gloves on

Ingredients:

Boneless Chicken Wings - 561301 - Take boneless chicken wings out of the freezer and place them on a lined sheet pan. Bake at 375 degrees for 10-12 minutes or until internal temperature reaches 165 degrees.

Cone, Waffle - 222704 - Ready to use - 1 each

Syrup - 425700 - Ready to use - one each

Tray - 537393

Assemble:

Take 5 pieces of boneless chicken wings and place them in a waffle cone. Put them sideways in a 3# tray then set one carton of syrup on the tray.

Please keep in warmer of 145 or above until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	400.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	385.00mg		
Carbohydrates	62.00g		
Fiber	3.00g		
Sugar	30.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

Smoothie Fruit

NO IMAGE

Servings:	70.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-21011
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	5 Pound	Need 5# bag from freezer	621420
BANANA SLCD IQF 20 GCHC	2 Cup		143710
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 #10 CAN	Need one can of pineapple from storage area	189979
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Package	Need 4 sleeves of yogurt from case of 6 in cooler	811500

Preparation Instructions

Using a mixing bowl combine:

Four sleeves of yogurt

One #10 can of Pineapple Tidbits w/Juice

Three cups of sliced Bananas

5# (1 package) Diced Strawberries

Mix all ingredients together with a mixer

Pour into 9-ounce cups #792220

Place lid on top #792201

Keep in the cooler 35-41 degrees until ready to serve

Makes 70 9-ounce cups

Meal Components (SLE)

Amount Per Serving

Meat	1.21
Grain	0.00
Fruit	0.49
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00

Amount Per Serving			
Calories		131.18	
Fat		0.61g	
SaturatedFat		0.30g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		48.44mg	
Carbohydrates		28.92g	
Fiber		1.25g	
Sugar		20.21g	
Protein		3.37g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	111.12mg	Iron	0.62mg

Pinwheels



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21186
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	Refrigerated: BRING TO ROOM TEMPERATURE.	690141
CHEESE CREAM GRDN VEG TUB 4-3 PAULY	2 Tablespoon	READY_TO_EAT	781061
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 1/2 Slice		722360
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
TOMATO 6X6 LRG 10 MRKN	3 Slice		199001

Preparation Instructions

Ingredients:

Tortilla Flour 10" - 690141 - 1 ea
Garden Cheese Spread - 781061 - 2 TBLS.
Romaine Lettuce - 735787 - 1 Cup
American Cheese - 722360 - 1/1/2 slices
Sliced Turkey - 244190 - 5 Slices
Tomatoes - 199001 - 3 slices cut in half

Preparation:

Lay Tortilla shell down
Spread Garden Cheese Spread
Lay Turkey slices on Garden Spread.
Add 1/12 slices of American Cheese,
1 Cup of Romain Lettuce, and two slices of tomato cut in half
Roll up the pinwheel and cut into 8 pieces
place them flat down in a Tangerine container #820421
place a label on it.
Keep in cooler at between 35-41 degrees until ready to serve

Meal Components (SLE)

Amount Per Serving

Meat	2.04
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	426.32		
Fat	19.90g		
SaturatedFat	9.75g		
Trans Fat	0.00g		
Cholesterol	73.75mg		
Sodium	986.71mg		
Carbohydrates	37.13g		
Fiber	4.83g		
Sugar	6.63g		
Protein	27.02g		
Vitamin A	562.28IU	Vitamin C	9.25mg
Calcium	286.75mg	Iron	2.46mg

Chicken on a Biscuit - Breakfast

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-21299
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISC WGRAIN 216-2.51Z PILLS	1 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200

Preparation Instructions

Prepare Chicken patty and Biscuit as directed

Open up the biscuit

Put one chicken patty on the top of the bottom biscuit then add the top of the biscuit

Put them in 1# tray

Keep in warmer at 145 degrees or higher until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	295.00
Fat	12.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	545.00mg
Carbohydrates	34.00g
Fiber	3.50g
Sugar	3.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 101.00mg	Iron 2.08mg

Sausage Pizza (Homemade)



Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21345
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Slice	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup		373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup		645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon		732900
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon		513733
SAUSAGE ITAL CHNK CKD W/TVP40/Z 10PG	1 Cup		499552

Preparation Instructions

Take pizza pan and spray with oil
 place pizza crust on a pan and spread oil blend over the crust
 spread 1 cup (8oz) pizza sauce all over crust leaving 1" from the edge.
 add 4 cups (32oz) of mozzarella cheese over the sauce
 Sprinkle with Oregano or Italian Seasoning
 Add 1 cup (8oz) of Italian Sausage over the cheese
 Bake in the pizza oven and keep warm at 145 degrees or above until ready to 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: 8.00

Serving Size: 1.00

Amount Per Serving	
Calories	282.50
Fat	19.13g
SaturatedFat	8.56g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	621.25mg
Carbohydrates	9.13g
Fiber	1.13g
Sugar	3.75g

Protein	17.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	417.50mg	Iron	0.66mg

Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21428
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	3/4 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811490
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/2 Cup		621420

Preparation Instructions

You will be using one of each: 20oz cup #672292, Insert 4oz 819340 and Dome 820360

Start by placing 1/2 cup of Yogurt in the bottom of the cup
 1/2 cup fruit (either blueberry or strawberry) on top of the yogurt
 Then add another 1/2 cup of yogurt and 1/2 cup of fruit (either blueberry or strawberry)
 You will measure 3/4 cup of granola into the insert and place it on top of the berries
 Finish with placing a dome lid on top
 label and keep in the cooler at 41 or below until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	772.76		
Fat	11.99g		
SaturatedFat	2.49g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	428.81mg		
Carbohydrates	148.04g		
Fiber	6.00g		
Sugar	90.67g		
Protein	19.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	537.31mg	Iron	2.20mg

c-store pretzel and marinara sauce



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22874
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each		142411
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup		592714

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	161.43		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	345.71mg		
Carbohydrates	32.86g		
Fiber	4.43g		
Sugar	3.86g		
Protein	6.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.43mg	Iron	1.80mg

Protein Pack

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22876
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT DRY RSTD 12-38Z GFS	1 Tablespoon		742440
DRIED CRANBERRIES PREM 4 P/L	2 Tablespoon		741950
CHEESE CHED MED CUBED 6-1 GCHC	4 Piece		471496
APPLE FRSH SLCD 4-3	1/4 Cup		792382
PEANUT BUTTER 120-1.1Z JIF	1 Each		794301

Preparation Instructions

- 1) Mix cranberries and peanuts together.
- 2) Place peanut butter in cup section of the container
- 3) In container from left to right put the following items. Peanuts and cranberry mix, sliced apples then cheese cubes
- 4) Close lid and keep in cooler

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories	436.48		
Fat	28.67g		
SaturatedFat	8.67g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	383.33mg		
Carbohydrates	32.92g		
Fiber	2.76g		
Sugar	19.68g		
Protein	15.67g		
Vitamin A	50.00IU	Vitamin C	2.40mg
Calcium	226.67mg	Iron	1.51mg

Turkey Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22886
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 PRSD 16-12CT	1 Each	<p>GRILL After product has reached room temperature, fluff and individually separate each tortilla.</p> <p>Grill Heat grill to 400°F. Heat tortillas on each side for five seconds.</p> <p>MICROWAVE After product has reached room temperature, fluff and individually separate each tortilla.</p> <p>Microwave Stack no more than six tortillas and heat 30-45 seconds on high (microwaves vary for power settings and times).</p> <p>STEAM After product has reached room temperature, fluff and individually separate each tortilla.</p> <p>Steam Cabinet Return tortillas to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.</p>	505749
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	1 Tablespoon		676210
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
PICKLE DILL SLCD HAMB 2900CT 5GAL	1 Ounce		149209
TOMATO 6X6 LRG 25 MRKN	1/3 Cup		199036

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD VLLY BLND 6-2 P/L	1 Cup		520643

Preparation Instructions

Place tortilla on flat surface. Spread dressing on tortilla. Layer the meat then cut cheese slice in two and place on meat. Add lettuce, pickles, and chopped tomatoes. Fold wrap. Place in Grab & Go container. Add 1/2 cup vegetable and 1/2 cup fruit.

Examples: FRUIT - Apple slices, orange, banana, grapes, kiwi VEGETABLES - Broccoli, Carrots, Celery, Peppers, Cucumber, Cauliflower

Meal Components (SLE)

Amount Per Serving

Meat	1.58
Grain	2.25
Fruit	0.00
GreenVeg	1.33
RedVeg	0.33
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	409.03
Fat	16.13g
SaturatedFat	4.45g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	1604.64mg
Carbohydrates	44.31g
Fiber	7.06g
Sugar	6.32g
Protein	22.03g
Vitamin A 19161.47IU	Vitamin C 56.14mg
Calcium 259.61mg	Iron 6.24mg

Ham Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22887
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 PRSD 16-12CT	1 Each	<p>GRILL After product has reached room temperature, fluff and individually separate each tortilla.</p> <p>Grill Heat grill to 400°F. Heat tortillas on each side for five seconds.</p> <p>MICROWAVE After product has reached room temperature, fluff and individually separate each tortilla.</p> <p>Microwave Stack no more than six tortillas and heat 30-45 seconds on high (microwaves vary for power settings and times).</p> <p>STEAM After product has reached room temperature, fluff and individually separate each tortilla.</p> <p>Steam Cabinet Return tortillas to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.</p>	505749
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	1 Tablespoon		676210
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
PICKLE DILL SLCD HAMB 2900CT 5GAL	1 Ounce		149209
TOMATO 6X6 LRG 25 MRKN	1/3 Cup		199036
LETTUCE SALAD MXD VLLY BLND 6-2 P/L	1 Cup		520643

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD .51Z 4-5.25 JENNO	6 Slice		656891

Preparation Instructions

Place tortilla on flat surface. Spread dressing on tortilla. Layer the meat then cut cheese slice in two and place on meat. Add lettuce, pickles, and chopped tomatoes. Fold wrap. Place in Grab & Go container. Add 1/2 cup vegetable and 1/2 cup fruit.

Examples: FRUIT - Apple slices, orange, banana, grapes, kiwi VEGETABLES - Broccoli, Carrots, Celery, Peppers, Cucumber, Cauliflower

Meal Components (SLE)

Amount Per Serving

Meat	3.31
Grain	2.25
Fruit	0.00
GreenVeg	1.33
RedVeg	0.33
OtherVeg	0.10
Legumes	0.00
Starch	0.00

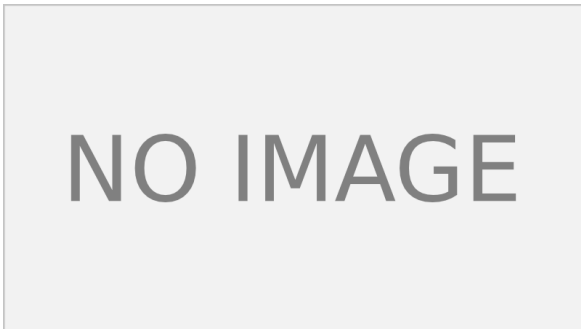
Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	488.69
Fat	20.02g
SaturatedFat	6.08g
Trans Fat	0.00g
Cholesterol	104.30mg
Sodium	2168.87mg
Carbohydrates	45.84g
Fiber	7.06g
Sugar	6.32g
Protein	33.64g
Vitamin A 19161.47IU	Vitamin C 56.14mg
Calcium 259.61mg	Iron 7.65mg

Assorted Pastries (frudels, mini bagels, bagel stix)



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23010
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838350

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

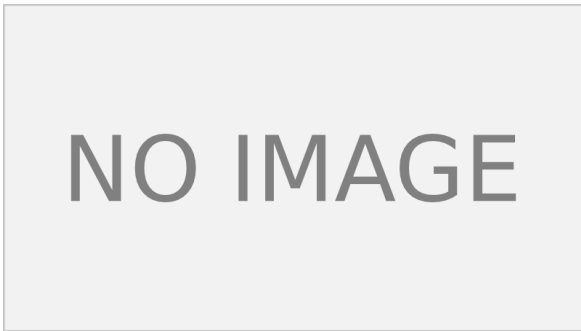
Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	210.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	37.00g
Fiber	2.00g
Sugar	11.00g
Protein	4.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

Assorted Crackers (Goldfish, Grahams, & Teddys)



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23011
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Assorted Muffins



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23012
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Assorted PopTarts



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23013
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	354.00		
Fat	5.50g		
SaturatedFat	1.80g		
Trans Fat	0.10g		
Cholesterol	0.00mg		
Sodium	371.00mg		
Carbohydrates	76.00g		
Fiber	5.60g		
Sugar	30.00g		
Protein	4.20g		
Vitamin A	220.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

Assorted Fresh Fruit



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23014
School:	C-store		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Assorted Fruit (canned/cups)



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23015
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD 6-10 COMM	1 Cup		110700

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	120.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	26.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Assorted Fruit Juices



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23016
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

Veggies - Dark Greens



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23020
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Crowns	1		199043

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

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

Veggies - Red/orange



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23023
School:	C-store		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	92.44		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.44mg		
Carbohydrates	21.33g		
Fiber	7.11g		
Sugar	10.67g		
Protein	1.78g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.11mg	Iron	0.00mg

Cheese Sticks - Cheddar or Mozz



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23028
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	90.00		
Fat	7.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	200.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	204.00mg	Iron	0.00mg

Veggies - Other



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23032
School:	C-store		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	6.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.00mg

Veggies - Starchy



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23033
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TRIANGLES 2Z 6-5 LAMB	4 1/2 Ounce		265659

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	220.00		
Fat	11.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	520.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.00mg

Veggies - Legumes/beans



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23034
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	1/2 Cup	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Salad - c-store meal

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23035
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD VLLY BLND 6-2 P/L	3 Ounce		520643

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.00mg		
Carbohydrates	3.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	7000.00IU	Vitamin C	18.00mg
Calcium	40.00mg	Iron	1.44mg

Small Salad

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23039
School:	C-store		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD VLLY BLND 6-2 P/L	3 Ounce		520643
CARROT BABY WHL PETITE 4-5 RSS	1 Ounce		768146

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	26.56		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	64.56mg		
Carbohydrates	5.67g		
Fiber	2.89g		
Sugar	2.33g		
Protein	1.22g		
Vitamin A	7000.00IU	Vitamin C	18.00mg
Calcium	48.89mg	Iron	1.44mg

Nashville Hot Mega Minis with a roll



Servings:	1.00	Category:	Entree
Serving Size:	10.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23714
School:	Zeeland High Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN HOT 4-7.8	10 Piece		176764
HG Honey Wheat Roll	1	READY_TO_EAT	4365

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00

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